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Case Report

A Study on Effect of Naturopathy in Diabetes Control without Medicine

Sonali Harish Ghongade

M.D (Alternative Medicine), Nature Cure Naturopathy Clinic, Bhavanipeth, Solapur, Maharashtra, India.

ABSTRACT

The common cause of all diseases is the accumulation of waste and poisonous matter in the body. The ancient and modern science of healthcare management described various modalities for the treatment of different diseases and naturopathy is one of them. Naturopathy is a natural system that removes toxic matter and strengthens physiological functioning of body. Naturopathy treats diseases without medication and generally not deteriorates functioning of vital organs of the body. Natural therapies such as; application of cold water compression, mud application, sun bath, lifestyle management and diet etc. cure diseases by stimulating vitality of the body. Present article explored use of naturopathy in case of diabetes, article summarized effect of naturopathy in the management of diabetes using a clinical case study.

Keywords: Naturopathy, Disease, Diabetes, Sun Bath, Lifestyle

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*Address for Correspondence:

Sonali Harish Ghongade, M.D (Alternative Medicine), Nature Cure Naturopathy Clinic, Bhavanipeth, Solapur, Maharashtra, India.

INTRODUCTION

The natural ways can cure diabetes by various means including use of naturopathy. Naturopathy has taken rapid strides in India now a days and peoples are now turning to this system for the management of diseases. The basic fundamental law of naturopathy is that diseases are due to the abnormal condition of body resulting from the violation of the natural law. Therefore by regulating natural law of living the normal harmony of physiological system can be maintained¹⁻⁵. **Figure 1** depicted various approaches of naturopathy which is utilized for health management.

There are some rules described as part of naturopathy which should be considered during illness, these rule are as follows:

- One should not eat while sick and stick to light diet of fresh fruits and vegetables.
- During unhealthy condition one should wait for the return of usual healthy appetite means no burden should be placed on the digestive organs.
- Alkaline foods such as raw vegetables and sprouted whole grains cereals may be added during recovery period.

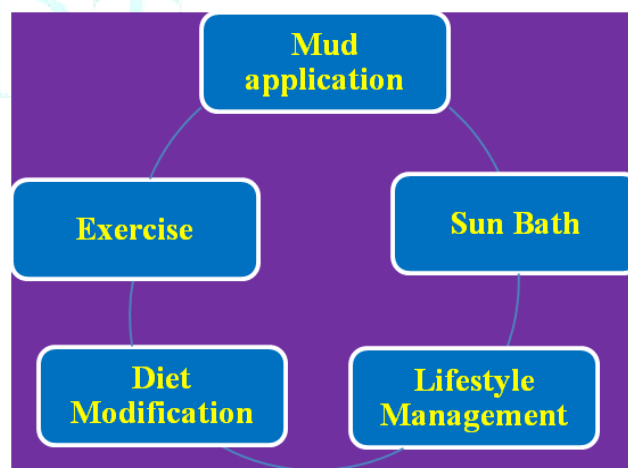


Figure 1: Various approaches of naturopathy treatment.

Overeating and excessive fasting should be avoided.

When toxins accumulates in organs such as bowel, kidneys, pancreas, skin and lungs then these organs cannot get rid of these harmful substances as quickly as they are produced, these toxins affects functioning of organs and various ailments take places. Therefore detoxification of body by natural way can help to remain healthy.

Diabetes is a chronic condition affecting large number of population world widely; there are two types of diabetes type-1 and type-2. Type 1 diabetes is a chronic condition in which pancreas produces little or no insulin while Type-2 diabetes is non insulin dependent diabetes⁴⁻⁷.

The treatment method should aim to remove actual cause of the disease, build up healthy physical and mental status. Diet plays a vital role in treatment of diabetes, in this regards it is suggested to take vegetarian and natural diet only. Fruits, nuts, vegetables and alkaline diet can be recommended while sugar and starch should be avoided. The patient should avoid over eating, packed & refined food, bakery items and milk products⁵⁻⁸.

Present article explored use of naturopathy in case of diabetes, article summarized effect of naturopathy in the management of diabetes using a clinical case study. The descriptions and findings of case presented here.

CASE STUDY:

A patient 48 years of age, weight around 75 kg came with symptoms of diabetes.

Past history:

Patient had come with type 2 diabetes mellitus, patient complaint about leg pain, knee pain, back pain, weakness, improper digestion and constipation along with common symptoms of diabetes. The investigational report revealed following data:

B.P.: 140/95

BSL-f: 120

HBA1C: 8.6%

PP: 160 (with tablet).

Naturopathy Treatment

Following natural measures were suggested to the patient:

1. *Yoga, pranayama* & walk in morning hr.
2. Patient was put on wheat grass juice 100ml + dry fruits (2 almonds + 2 walnuts + 2 dates) soaked in water after 7 a.m. of daily morning.
3. At 8:30 a.m. of daily morning patient was advised to take mix juice (200 ml) of spinach, curry leaves, pudina leaves, coriander, beetal leaf and tulsi leaves.
4. At 10:30 am daily morning patient was put on tomato soups along with sprouts & vegetables salad (300 gm) made from moong, chana, kidney beans, mataka, cucumber, carrot and cabbage.
5. Patient was advised to take jowar roti along with cooked vegetables at lunch.
6. *Tulsikada* made up of tulsi, ginger, cinnamon and black pepper after boiling in water at afternoon time while fruits such as; apple, pear, papaya, guava, jamun and peach (750 gm/day) advised to consume at 3:00 pm daily.
7. At early evening (5:30 p.m.) patient was suggested to take flax seeds, til and sunflower seed.
8. At dinner time (7.30 p.m.) patient was advised to consume mint juice, bajra (millet) roti along with cooked vegetables.

9. Patient was suggested to have cheeseeds (antioxidants), amla juice (01 spoon) along with one glass of warm water at 10:00 p.m. bed time daily.

10. Patient was advised to strictly follow given treatment and dietary supplements without any violation.

Advice given to the patient:

Finally patient was advised to change her life style, to avoid packed food, milk products, bakery food, tea, coffee, sugar and refined food items that are restricted for the patient of diabetes.

RESULTS

The naturopathy treatment given to the patient and initially therapy was continued with diabetic tablet which patient already had been consuming.

The following observations were reported after one month of therapy:

B.P. 138/90

BSL—F: 107

PP: 136

Patient was suggested to take same diet and dosing frequency of tablet was reduced; now following observations were made:

- ✓ Weight was reduced to 72 kg after one month.
- ✓ Improvement in digestion and knee pain was observed.
- ✓ Patient feels energetic after initial period of therapy.
- ✓ Numbness and dullness reduced significantly.

After few months of therapy the anti-diabetic tablet was stopped completely and on final day the blood pressure was reduced to 125/85 and HBA1C was remain only 6.0%. The weight of patient reduced to 67 kg. Knee pain reduced, digestion improved and relief in constipation was also observed.

DISCUSSION

Study revealed that the use of naturopathy approaches offers beneficial effects in the management of diabetes. Exercise; *yoga, pranayama* & walk control blood glucose, reduces risk of cardiovascular abnormalities, reduces weight thus improves symptoms of diabetes. Evidence suggests that dietary modification not only controls diabetes but also improves overall health. The metabolic disturbance controlled by balanced diet help to reduce chronic pathogenesis of diabetes. Similarly good conduction of life management helps to control stress which has now become major triggering factor of diabetes. The therapy helps to control symptoms of diabetes such as; thirst, hunger, increased frequency of urination and fatigue. The insomnia, foot problems, numbness and tingling also reduced in patient after the naturopathy treatment. It is believed that therapy enhance circulatory process, detoxify body, balances metabolic activities, reduces weight and normalizes hormonal balances therefore offers beneficial effects in diabetes. Study also observed that the suggested dietary and daily regimen not only control diabetes but also improves overall physiological functioning of body thus restore healthy physical and mental status.

CONCLUSION

Naturopathic is a natural way of treatment included important dietary and lifestyle recommendations for the management of disease like; diabetes. The naturopathy can be used as supplements to conventional medications for the treatment of diseases including diabetes. The study suggested that naturopathy can be used to treat diabetes up to some extent, however prospective data collection and large scale study is required to establish effect of naturopathy in case of diabetes.

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