

DIABETES REVERSAL THROUGH AYURVEDIC LIFESTYLE**Researcher Dr. Dinesh Kacha***

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Article Received on
02 September 2024,Revised on 22 Sept. 2024,
Accepted on 12 October 2024

DOI: 10.20959/wjpr202420-34199

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ABSTRACT**Epidemiology of the metabolic syndrome**

MS has been associated with type 2 diabetes due to its high prevalence worldwide since it is both related to the increase in obesity and a sedentary lifestyle. Several studies suggest that individuals with MS are 5 times more likely to develop type 2 diabetes.

Insulin is a hormone produced by pancreatic beta cells, which synthesis is activated when there is an increase of plasma levels of glucose and amino acids, having an effect in several tissues, particularly in muscles, liver and adipose tissue.

Type 2 diabetes is a rising global health problem. Individuals with type 2 diabetes are at higher risk of microvascular complications (including retinopathy, nephropathy and neuropathy) and macrovascular complications (such as cardiovascular diseases and other comorbidities), due to hyperglycaemia and individual components of insulin resistance (IR). Environmental factors also contribute to the multiple physiopathological disturbances responsible for the decrease of glucose homeostasis in type 2 diabetes.

For more than 32 years, Dr. Dinesh Kacha has led the health care industry with innovative products and discoveries. Known as the 'Follower of Ayurveda, Dr. Dinesh Kacha compiles traditional blend of ancient wisdom with modern-day Science to develop research based formulations for patients across generations and geographies with his deep-rooted philosophy of creating perfect health for everybody.

Diabetes as an important health problem has reached alarming levels. Nowadays, almost half a billion people are living with diabetes worldwide.

Epidemiology of diabetes

In a great majority of developed countries, diabetes is the main cause related to cardiovascular diseases and other complications. The total number of cases of diabetes in the world has been increasing noticeably, and in 30 years the global prevalence of diabetes has become 12 times greater, a rise which was mostly due to new cases of type 2 diabetes.

The beta cell's incapacity of responding to the increasing demand of peripheral insulin, observed during the progressive evolution of IR in glucose intolerant individuals, is nowadays accepted as a determining phenomenon in the development of diabetes. With this in mind, all the patients with type 2 diabetes have measurable beta cell dysfunction, since the magnitude of the IR after its onset slightly increases with time, however, on the other hand, deterioration of beta cell function is progressive, leading to a progressive loss of therapeutic response from the beta cells.

Dr. Dinesh Kacha addresses the root cause of insulin resistance and lack of insulin, reversing diabetes through ayurvedic lifestyle & fixing the metabolic damage that will not just prevent the disease but also reverse it as his researches believes that focus on lifestyle through the approach of Aahar Vihar Ausadh based on ayurvedic principles and processes will help the management of disease.

The underlying cause of diabetes varies by type. But, no matter what type of diabetes you have, it can lead to excess sugar in your blood. Too much sugar in your blood can lead to serious health problems. To understand diabetes, first you must understand how glucose is normally processed in the body.

- Glucose comes from two major sources: food and your liver.
- Sugar is absorbed into the bloodstream, where it enters cells with the help of insulin.
- Your liver stores and makes glucose.
- When your glucose levels are low, such as when you haven't eaten in a while, the liver breaks down stored glycogen into glucose to keep your glucose level within a normal range.

Metabolic damage occurs when our body's metabolism (essentially how our bodies utilize energy) has adjusted into "survival mode" from periods of intense restriction, exercise, and/or stress. It's actually better described as 'metabolic acclimation' because it has acclimated or gotten used to the new 'norm' of energy utilization it is experiencing.

Research has continually shown that emotional stress can cause blood sugar to surge and because consistent management of blood sugar is the key to living a healthy life with type 2 diabetes, it's important to understand how stress affects you and to find healthy ways to cope when mental distress mounts. When chronically heightened, cortisol works against glucose control even in people who don't have diabetes. Yet people with diabetes are unable to properly process and store that glucose because of insulin resistance, meaning that glucose accumulates even more in their blood in times of stress.

Research suggests that **people who are obese are up to 80 times more likely to develop type 2 diabetes** than those who are not. In obese persons, cells of fat tissues have to process more nutrients than they can manage. The stress in these cells triggers an inflammation that releases a protein known as cytokines.

Studies suggest that **abnormal fat** causes fat cells to release 'pro-inflammatory' chemicals, which can make the body less sensitive to the insulin it produces by disrupting the function of insulin responsive cells and their ability to respond to insulin.

Diabetes cases in the world have increased due to drastic change in lifestyle, unhealthy eating habits and high stress levels. People with diabetes are 2 to 4 times more likely to suffer from heart disease or a stroke as compared to those who do not have diabetes. Diabetes is a condition that hinders your body's ability to respond to insulin that eventually leads to abnormal metabolism of carbohydrates, leading to spiked blood sugar levels.

CONCLUSION

The majority of the studies included in this review reveal that MS is a cluster of disturbances which, once associated with other pathologies, causes severe alterations in the human body that affects namely patients with type 2 diabetes.

Ayurveda can control diabetes. Since the disease is an acquired lifestyle disorder, Ayurveda can trigger the remission process. The focus must be to reduce the dependency on medication (Ayurveda/Allopathy) and to adapt to a newer, improved lifestyle. Efforts must be made to improve your diet, daily routines, yoga or exercise schedule, and stress management techniques.

KEYWORDS: Metabolic syndrome, type 2 diabetes, diabetes awareness, insulin resistance, diabetes complications, diabetes management.