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ABSTRACT

Modern medicinal practice is adopted now a day in which all three types of medicinal practices are included; herbal treatment is one of them. This paper comprises natural treatment that is emerging all over the world as an alternative and complementary cure of chronic disease. Abnormal sugar level is a human disorder that has long-term inferences for persons suffering from the illness, also the health-maintenance system in total. One of the factors that is involved in the occurrence of ASL (Abnormal sugar level) is the damaging effect of free radicals. Therefore, anti-ASL bioactive constituents with antioxidant activity should be utilized. Moderation in lifestyle, exercise, and diet are all crucial factors for the effective treatment of ASL. Medicines procured from medicinal plants are being utilized by around 60% of the globe population. Though several approaches are utilized to decrease the damaging effect of ASL.

Keywords-ASL, Modern, Medicinal etc.

Introduction-

Herbal treatment is the traditional approach with roots originated in 100 BC as a spiritual and religious medicine. It connects physiologic, spiritual, and physical processes to maintain a healthy association among the soul, body, and mind. The major aim of Ayurveda is the equilibrium maintenance between the five basic elements of vacuum, air, fire, water, and earth with the theory of the three life forces. The main medicines prescribed in Ayurveda are procured from medicinal plants. The application of Ayurveda in diabetes, a chronic ailment, has resulted in significant improvement in the patient's health. ASL includes lack of insulin sensitivity and the subsequent incapacity of the body to maintain glucose level in blood. Overtime greater glucose level in blood has many complications i.e. damage to digestive system, peripheral nerves, eyes, kidneys, blood vessels, ability of wound healing, sexual response, and heart. Because of the cause and cure of diabetes are associated to lifestyle and diet, Ayurvedic approach is a promising practice to deal with type II diabetes. Thus, the usage of Ayurveda in the treatment of type II diabetes should benefit a large number of sufferers, suffering from diabetes all over the globe.

What is Abnormal Sugar level(ASL)?

ASL is a chronic illness of protein, fat, and carbohydrate metabolism determined by raising level of post prandial and fasting blood sugar. It is a metabolic disorder resulting from the dysfunction and insufficiency of insulin. Diabetes may result in severe complications in different organ system

Symptoms for ASL Condition

Certain symptoms observed in diabetes which are as follows: high blood sugar level, polydypsis, polyurea, polyphagia, weight loss, vomiting, blurred vision, nausea, weakness, andmood fluctuation

Risk factors for ASL

Risk factor for the ASL are widely known and include obesity, ASL family history,absence of physical activity, poor diet, excessive intake of calories, low intake of fibers, high intake of trans and saturated fat, greater glycemic load, greater glycemic index, smoking of cigarette, and consumption of alcohol.

Table 1: Medicinal plants with anti-ASL properties

Plant name	Common name	AntiASL effect
<i>Withania somnifera</i>	Ashvagandha	Hypoglycemic effect
<i>Punica granatum</i>	Anar	Anti-hyperglycemic effect
<i>Emblica officinalis</i>	Amla	Hypoglycemic effect
<i>Ipomoea batatas</i>	Sakkargand	Reduces insulin resistance
<i>Murraya Koenigii</i>	Curry patta	Hypoglycemic effect
<i>Eugenia jambolana</i>	Jamun	Anti-hyperglycemic effect
<i>Aegle marmelos</i>	Bel	Decrease blood sugar
<i>Aloe vera</i>	Aloe	Hypoglycemic effect
<i>Azardirachta indica</i>	Neem	Anti-diabetic activity
<i>Momordica charantia</i>	Bitter gourd	Anti-hyperglycemic agent
<i>Ocimum sanctum</i>	Holy basil	Blood sugar reduction

Herbal formulations

Many herbal formulations as shown in Table 2are available in the market that can be utilized regularly for the treatment of ASL on the direction of physician.

Diet in ASL

Diet is the main supplement in the treatment ofdiabetes as shown in Table 3. Diet is recommended based on season, body constitution, age, and environmental circumstances. **Table 2:** Herbal formulations with anti-diabetic effect

Company	Drug	Ingredients	Effect
Plethico Laboratories	Syndrex	Extract of germinated fenugreek seed	Anti-ASL drug
Ayurvedic herbal health products	Diabeta	Ginger, Giloy, Black babhul, Black plum, Bitter gourd, Kino tree, Neem, Turmeric, Periwinkle, and Gurmar	Anti-ASL effect
Nature beaute sante	Diabecure	<i>Taraxacum</i> , <i>Millefolium</i> , European centary, Barberry, and English walnut	Anti-ASL effect
Garry & Sun	Bitter gourd powder	<i>Bitter gourd</i>	Lower the sugar level

Table 3: Diet recommended in ASL

Diet type	Name
Oils	Mustard, Atasi, Ingudi, Nikumbha
Fruits	Amlaki, Kapitha, Apple, Watermelon, Orange, Jamun, Pomegranate
Vegetables	Bitter gourd, Methi-Fenugreek leaves, Green banana, Garlic, Bathuva, Drum stick
Pulses	Green gram, Horse gram, Red gram, Toor dal
Cereals	Wheat, Barley, Rice, Kodrava
Flesh	Pigeon, Rabbit, Harina
Alcoholic liquid	Old wine

Yoga practices

Many yoga practices as shown in Table 4 are proved to be beneficial in the regulation ofASL; however, their practice is advised after the complete assessment of the risk factors, individual requirement, and overall health of a patient. After considering the patientas a whole, yoga practice of low or high intensity is recommended.

Conclusion-

ASL patient may look for latest complementary remedy available for the cure oftheir illness. Awareness regarding the Ayurvedic approaches is essential for the successful patient counselling and care. Theadvantage of offering broad array of remedy option includes decrease in ill effects with advised usage of herbs and herbal formulations along with mind-body calmness approaches

Table 4: Yoga practices for the diabetes management

Yoga practice	Benefit
<i>Surya namaskar</i>	Stimulates production of insulin via brain signalling
<i>Yoga nidra</i>	Decrease of postprandial and fasting blood glucose level
<i>Aum</i> chanting	Mind stabilization and negative thoughts removal
Meditation (Dhyan)	Positive influence on the level of sugar
<i>Kapalbhati</i>	Enhance the pancreatic β -cells efficiency
<i>Prana mudra, surya mudra, linga mudra</i>	Decrease sugar levels, promote loss of weight, and boost metabolic rate
<i>Surya bhedan</i>	Sympathetic stimulating effect in diabetic people

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