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Reversal of Normal Sugar Level in Human Naturally

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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 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, polydypsia, polyurea, polyphagia, weight loss, vomiting, blurred vision, nausea, weakness, and mood 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>Azadirachta 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 2 are 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 of diabetes 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 centaury, 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 of ASL; however, their practice is advised after the complete assessment of the risk factors, individual requirement, and overall health of a patient. After considering the patient as a whole, yoga practice of low or high intensity is recommended.

Conclusion-

ASL patient may look for latest complementary remedy available for the cure of their illness. Awareness regarding the Ayurvedic approaches is essential for the successful patient counselling and care. The advantage 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 chanting</i> | 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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