

Alternative therapies & Home Remedies Diabetes Care

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DO you KNOW

pproximately 77 million adults in India and 101 million globally are diabetics .
Concern is half of them ignore or unaware as reported by WHO

**“One step at a time,
we’re walking toward
change.”** 



Alternative and Complementary Therapies

- **Herbs**
- **Supplements**
- **Diet**
- **Exercise**
- **Relaxation techniques**



DIET

What you eat and how active you are affect your blood sugar level and health. Maintaining a balanced diet and staying active have a positive effect on diabetes.

moderate diet for people with type 2 diabetes could include foods such as:

legumes
Vegetables
whole grains
fruits

type 2 diabetes.

Bitter Melon: Also known as bitter gourd, it is full of these insulin-like components that can drive down blood glucose levels. Most effective way would be to ingest its juice as soon as it is empty. Regular drinking will help regulate glucose metabolism and improve responsiveness to insulin inside the body.

Aloe Vera: Fresh aloe vera gel has been used to lower blood sugar levels. Small amounts of daily fresh aloe vera gel are very helpful for maintaining the normal balance of Sugar in the Blood. This easy remedy might work for those who are trying to control their Blood sugar levels.

Fenugreek Seeds: Fenugreek seeds are high in Soluble fiber, which is the one that will really help you control your Blood Sugar levels. Just soak them overnight and drink that water in the Morning or add it to what you are Cooking. Incorporating them to your diet may help you to keep your Blood Sugar under Control.

Indian Gooseberry (Amla): Amla is rich in Vitamin C and Antioxidants, both of which are crucial elements in the treatment for Diabetes. Daily consumption in the form of amla juice mixed with water may maintain blood sugar levels while enhancing immunity overall. The constant glucose management in the body helps to combat it effectively.

Basil (Tulsi): Tulsi leaves have fantastic anti-diabetic properties, which control the levels of blood sugar. You can be gained by chewing a few fresh leaves every day or by drinking tulsi tea daily. This herb may help in maintaining healthy blood sugar levels, so include it in your diet to support the effort.

Spices: It is well known for its improvement of Insulin sensitivity, which helps reduce blood sugar levels. Sprinkle cinnamon over oatmeal or add a teaspoon to Tea for a great taste and increase in blood sugar control. Include it in your daily routine for maximum benefits. This component is commonly added to pulao(rice dish), biryani, garam masala and masala tea, among other dishes.

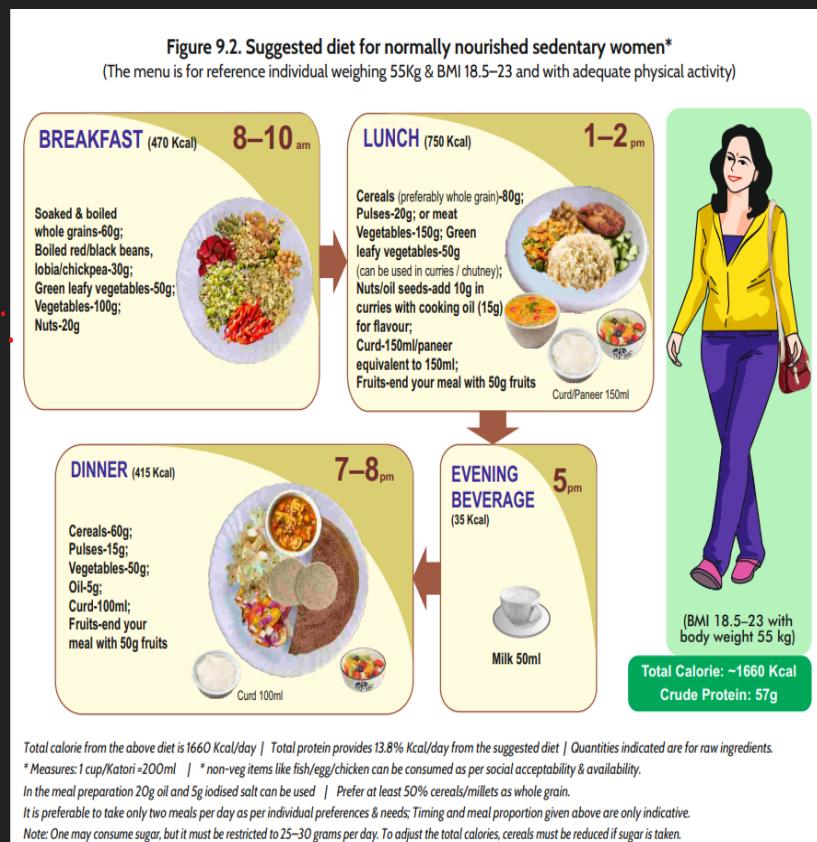
Apple Cider Vinegar: According to research, apple cider vinegar increases the insulin sensitivity and reduces blood sugar spikes after consuming. It can assist in killing dangerous microorganisms. To enjoy the Benefits, combine one spoonful of apple cider vinegar with a glass of Water and Drink it before eating. It is such an easy routine that may just help you to monitor your Blood Sugar. It also improves your skin health.

Drumstick Leaves : Drumstick leaves are replete with nutrients that can naturally regulate your Blood Sugar. Adding these leaves in your soups or salads gives your body all the support to keep your Blood Sugar levels within the normal ranges.

Guava: Guava is a high fiber fruit that reduces sugar absorption in the bloodstream. This fruit, consumed especially when you have a sweet tooth, could be a perfect addition to the diet for improvement in blood sugar regulation. Eat this nutritious and healthy snack to promote blood sugar management.

aml-a-haldi water at night

last tip includes a nightcap of amla (Indian gooseberry) and haldi (turmeric). Amla is a chroma natural source that enhances insulin sensitivity, and turmeric has curcumin, which is anti-inflammatory and lowers glucose. They work together to aid detoxification, balance cholesterol, and balance glucose metabolism at night.



10 Home Remedies Foods for Diabetes



EXERCISES

• A. Vijay, G. Sathiyavathi, S. Suganthi et al

Effectiveness of a three-month yoga protocol on glycemic control in type 2 diabetes mellitus: a systematic review and meta-analysis of randomized controlled trials

- Fourteen RCTs comprising 1876 participants with T2DM met the eligibility criteria. Pooled analysis showed a significant reduction in HbA1c (Mean difference [MD] = -0.55 ; 95% Confidence interval [CI]: -1.02 to -0.08 ; $I^2 = 97\%$), FBG (MD = -24.72 mg/dL; 95% CI: -34.10 to -15.34 ; $I^2 = 80\%$), and PPBG (MD = -26.01 mg/dL; 95% CI: -40.91 to -11.12 ; $I^2 = 51\%$) after three months of yoga.
- Most trials had a high overall risk of bias. A three-month yoga practice significantly reduces HbA1c, FBG, and PPBG in participants with T2DM without adverse effects, supporting its role as a safe, low-cost adjunct to standard care.

**Table 10.1. Recommended Physical Activity:
Duration for good health**

Activity	Duration (min.)
Sleep	480
Occupation (work)	480
Household chores (cleaning, cooking or washing utensils)	220
Personal care / eating / watching TV	180
Leisure time physical activity (different yoga postures, walking, gardening, dancing etc.)	60
Aerobic exercise (brisk walking, running, Swimming, cycling etc.)	20

Specific Yoga asanas for Diabetes:

kapal Bhati (Skull Shining breathing technique)

utta Matsyendrasana (Lying-down body twist)

hanurasana (Bow pose)

aschimottanasana (Seated forward bend)

ardhya Matsyendrasana (Sitting half spinal twist)

navasana (Corpse pose)

HERBS & SUPPLEMENTS

- **Aloe vera:** A [2023 study](#) indicates that people with type 2 diabetes in the experimental group showed a significant difference in their blood glucose scores after drinking aloe vera juice.
- **Alpha-lipoic acid (ALA):** [ALA](#) is an antioxidant found in foods like spinach or broccoli. Some people claim ALA might reduce nerve damage related to diabetes (diabetic neuropathy). A [2024 study](#)[Trusted Source](#) concluded, however, that alpha-lipoic acid may have little or no effect on neuropathy symptoms.

CONTD...

- **Chromium:** People with diabetes lose more chromium in their urine than the general population, which may affect insulin resistance. A [2022 review of studies](#)^{Trusted Source} found that while chromium supplements may reduce the glycosylated hemoglobin in people with type 2 diabetes to a certain extent, they cannot effectively improve fasting blood glucose and blood lipid levels.
- **Cinnamon:** A [2024 study](#)^{Trusted Source} revealed that cinnamon may effectively lower fasting blood sugar in people with type 2 diabetes but did not change levels of insulin. The researchers concluded that cinnamon may be used as a complementary therapy for treating type 2 diabetes.

RELAXATION TECHNIQUES

- **Mindfulness and Relaxation Techniques: Allies in Diabetes Management**
- **Mindfulness-Based Stress Reduction (MBSR)**

research indicates that MBSR, an eight-week evidence-based program, encourages diabetic individuals to be proactive about their health. It aids in:

- Reducing stress levels: High stress levels can raise blood sugar levels. Mindfulness training helps combat this by promoting relaxation.
- Improving mood: A positive frame of mind aids better diabetes management.
- Developing coping tactics: Learning to handle stressful situations can reduce the negative effect on glucose levels.