

# Alternative therapies & Home Remedies Diabetes Care

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# DO you KNOW

approximately 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.”**



Inspirational Quotes  
for Diabetes



## 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.**

A 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 sugar 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 are very helpful for maintaining the normal balance of Sugar in the Blood. This easy remedy might work for those who struggle 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. Adding 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 management for Diabetes. Daily consumption in the form of amla juice mixed with water may maintain blood sugar levels and enhance 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. It 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.

**Cinnamon:** 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 tablespoon 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 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 with the skin, 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.

## **la-haldi water at night**

last tip includes a nightcap of amla (Indian gooseberry) and haldi (turmeric). Amla is a chronic 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 enhance glucose metabolism at night.

**Figure 9.2. Suggested diet for normally nourished sedentary women\***  
(The menu is for reference individual weighing 55Kg & BMI 18.5–23 and with adequate physical activity)



Total calorie from the above diet is 1660 Kcal/day | Total protein provides 13.8% Kcal/day from the suggested diet | Quantities indicated are for raw ingredients.

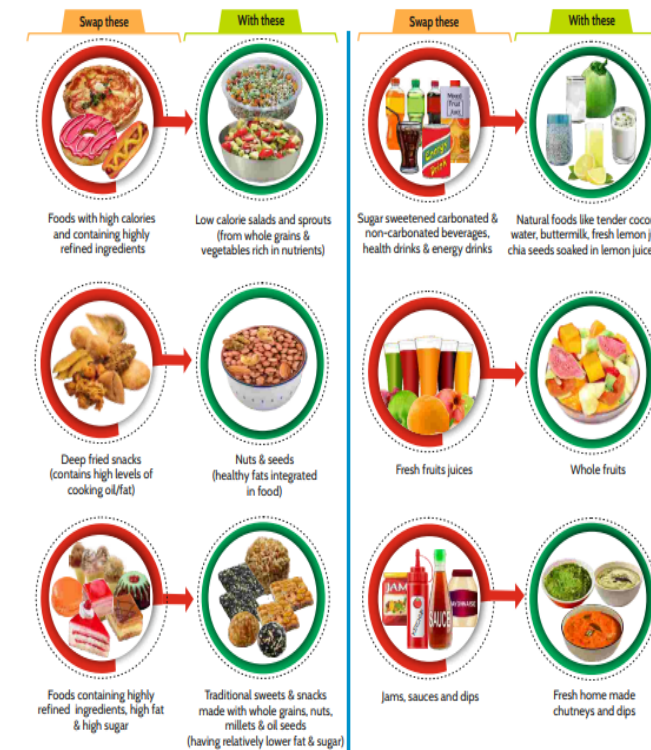
\* Measures: 1 cup/Katori=200ml | \* non-veg items like fish/egg/chicken can be consumed as per social acceptability & availability.

In the meal preparation 20g oil and 5g iodised salt can be used | Prefer at least 50% cereals/millets as whole grain.

It is preferable to take only two meals per day as per individual preferences & needs; Timing and meal proportion given above are only indicative.

Note: One may consume sugar, but it must be restricted to 25–30 grams per day. To adjust the total calories, cereals must be reduced if sugar is taken.

**Figure 9.3. Swap high calorie foods with healthier foods**



Note: The foods circled in RED color if consumed may be taken occasionally in moderation

## 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)

Upta Matsyendrasana (Lying-down body twist)

Urdha Dhanurasana (Bow pose)

Paschimottanasana (Seated forward bend)

Ardha Matsyendrasana (Sitting half spinal twist)

Shavasana (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 studiesTrusted 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 studyTrusted 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.