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Sugar control

Blood sugar control

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Diabetes

Definition

Diabetes Mellitus is a chronic metabolic disorder in which the body is unable to make proper use of glucose, resulting in the condition of hyperglycemia (high blood sugar). Excess glucose in the blood ultimately results in high levels of glucose being present in the urine (glycosuria). This increases the urine output, which leads to dehydration and increased thirst.

Glucose comes from the food we eat and is also made in liver and muscles. The blood carries glucose to all the cells in our body. Insulin, a chemical (or hormone) produced in the pancreas, is responsible for the uptake of glucose into cells for energy. Decreased levels of insulin affects this mechanism leading to increased glucose in the blood stream.

Causes

- **Excessive intake of foods that are difficult to digest, such as fried foods, creams, etc.**
- **Lack of exercise**
- **Mental stress and strain**
- **Excessive sleep**
- **Overeating and consequent obesity**
- **Excessive intake of sugar and refined carbohydrates**
- **Overloading of proteins and fats**
- **Hereditary factors**

Symptoms

A diabetic person passes urine in large quantities and urinates frequently during day and night; thirst levels are increased; and there may be weight loss or weight gain, fatigue, urinary tract infections, and blurred vision. Wound healing is delayed. If left untreated, Diabetes can lead to blindness, loss of limbs (particularly feet or legs), heart disease, and kidney failure.

Ayurveda does not regard Diabetes as a disease that can be treated by mere medicine or by a dietary regimen. *Madhumeha* is classified as a *Maha Rog* (Major Disease) because, if not treated in time, it can lead to several complications in the body, including eye problems, joint pains, impotency, kidney failure, sexual and urologic problems, and more. Diabetes is a metabolic disorder and it cannot be merely treated by controlling sugar levels.

The treatment recommended in Ayurveda – as against modern medicine – is aimed at rejuvenating the body to not only balance sugar levels, but also ensuring that no further complication is caused. The Ayurvedic treatment for this disease is based on an entire change in the lifestyle of the person. Along with medication and diet, the patient is also advised to lead a healthy lifestyle and live an active life. Dietary and lifestyle changes rejuvenate the body's cells and tissues, allowing them to produce insulin properly. Even mental aspects of the disease are stressed upon in Ayurveda. The medicines that are administered are therefore meant to keep the brain in its right manner of functioning.

All that you Need to know about Diabetes

Insulin, a vital hormone in our body is what converts the sugar and all the other food that we consume into energy. Non-production of this essential hormone or when it ceases to act effectively, the person is termed as diabetic. Although the actual cause of this disease still remains unknown, genetic and other external factors are said to contribute largely.

Essentially two tests Fasting Plasma Glucose Test (FPGT) and the Oral Glucose Tolerance Test (OGTT) can determine if a person is pre-diabetic or diabetic. Both these tests provide rather accurate results but the FPGT is the preferred one because it is a simpler test which gives out the result fast and is also easy on one's pocket.

There are essentially four types of diabetes condition namely Type 1, Type 2, Gestational Diabetes and lastly pre –diabetes. Type1 is generally the condition that is found in children and also in young adults. Also known as juvenile diabetes, the insulin production in the body here is nil.

The next is that of Type2 diabetes which is the most common of all diabetic conditions. Here either the insulin produced by the body is insufficient or the cells disregard the insulin produced. When one is affected by the disease the first thing that happens to the body is that the cells do not have the requisite energy and later on the condition might lead to the disease affecting other parts of your body like the kidneys, heart, nerves and even the eyes. This kind of diabetes can affect any person, age and ethnicity playing no barriers.

The third scenario is that of gestational diabetes which is when a pregnant woman is detected with the disease. It is usually seen in the latter part of the pregnancy period and has to be monitored properly or else it is likely that the baby might be affected.

The last condition is that of pre-diabetes where the person is not diabetic but the blood glucose level is at the higher end than the normal level which indicates that the person is prone to the disease.

Diabetes is a disease which needs to be attended to with care. There is no need to fear as there are far too many cases to prove that a disciplined lifestyle can make the person lead a normal, healthy and happy life.

Ayurvedic treatment for diabetes or Ayurvedic medicines for diabetes.

There are several herbs which are found to be very effective in treating diabetes and lowering blood **sugar level**. It comes as **Herbal medicine for diabetics** with no side effects. The list of few herbs are mentioned below which helps to **control sugar level** or act as **Sugar controller**.

It acts as **Natural medicine for diabetes** under **Natural treatment for diabetes**.

- Gurmar Leaves (Gymnema sylvestrae)
- Nayantatra (Vinca rosa)
- Garlic (Allium sativum)
- Sagar gota (Ceasalpinia crista)
- Andrographis paniculata
- Azadirachtha indica (Neem)
- Costus pictus or Costus igneus (Insulin plant leaves)
- (Trigonella foenum graecum) - Fenugreek
- Costus igneus (Insulin powder) -
- Aegle Marmelos (Bael)
- Momordica charantia (Bitter Gourd)
- Chinnamon

Trigonella Foenum Graecum
Emblica Offcinails
Swertia Chirata
Tinospora Cardifolia
Eugenia Jambolana
Oymnema Sylvester

- Chittamruthu
-

Geneally. Diabetes or any ailments differ to individual to individual since body immune systems differs depending on age, food habits, history of hereditary, Habits, smoking, drinking etc. **Herbal treatment for diabetes or herbal remedy for diabetes** depends on the herb or mixture of herbs, one use. The greatest advantage of these **herbal diabetes medicine** supplements are that they have no side effects. Also the result depends depends on adoptability to user's immune systems.

It is better to go for the Ayurvedic medicine in powder or syrup form manufactured by reputed companies and as well as based on the mixtures of other herbals ingredients which suits to one's boy conditions. Usually one should take minimum 45 days continuously to get adoptability.

Ayuurvedic medicine user may get some sort of minor problems like cold, diarrhea symptoms. User should reduce the qty of medicine or stop for 2 or 3 days and cure the cold or diarrhea in general. It means herbs medicinal system is cleansing your body to get rid of harmful toxins etc and trying to get adoptability in user immune systems.

There are many home made remedies to take different Herbs/herbal powder in different form which acts as ayurveda cure of diabetes or ayurvedic cure of diabetes. Some acts best ayurvedic medicine for diabetes.

example:

- The bitter gourd is regarded as the best remedy for diabetes. Drinking at least one tablespoon of bitter gourd juice daily will reduce blood sugar levels in your blood and urine.
- Having bitter gourd cooked in ghee for a period of three months will bring the diabetes down by a significant amount.
- A tablespoon of Indian gooseberry juice mixed with a cup of fresh bitter-gourd juice, taken daily for two months will enable the pancreas to secrete insulin.

- Drinking a glass of water with 10 tulsi leaves, 10 neem leaves and 10 belpatras early morning on an empty stomach helps in keeping sugar levels under control.
- Mix and grind seeds of Fenugreek (100 gm), turmeric (50gm), white pepper. Take one teaspoon of this powder with a glass of milk twice daily.
- Put one cup of water into a copper vessel at night, and drink the water in the morning.
- Pumpkin juice.

It is always better to choose the herbs which suit to one's immune system and it is practically difficult to identify the one, though remedy comes through different ways and means in the form of Herbs.

As such, one has to choose the herbal powder or Ayurvedic medicines available in the market and try for minimum 45 days to know its adoptability and again it depends on the various mixtures/formula used by the manufacturers.

We cultivate Insulin plant (Costus igneus or Costus pictus) organically and manufacture the product named " INSULAS" - with Insulin plants dry leaves powder along with the mixtures of nearly ten other herbal powders too to ensure that it helps to control sugar level within 45 days. Once the user know its adoptability to his/her body system, then user can continue @ 2 gms a day to maintain the balance/control of sugar level.

Diabetes diet planning, Diabetes treatment,

Diabetes is one disease which can be severely aggravated by the wrong kind of diet. Hence Diet planning is the cornerstone of managing diabetes.

- Avoid sugar in any form - rice, potato, banana, cereals & fruits containing high percentage of sugar content.
- Include at least one bitter dish in every meal
- Take plenty of green vegetables, black gram, soy, fish etc
- Vegetables such as Bitter Gourd, string beans, cucumber, onion and garlic, fruits such as Indian Gooseberry, Jambul Fruit and Grapes and grains like Bengal gram and black gram should be included in the diet.
- Raw vegetables & herbs play a part in stimulating the pancreas and enhancing insulin production.

Diabetes Life style

- Avoid sleeping during daytime
- Avoid smoking
- Take adequate eye care
- Do exercise regularly
- Take extra care of your foot

Diabetes Control

Whether your treatment consists of diet alone, diet and tablets or diet and insulin, you need regular blood tests to keep a check on your blood sugar. Urine sugar test is not a reliable indicator of [diabetes control](#).

Diabetes Herbal Remedy for Diabetes relief

One should start using herbs or herbal medicines from the above mentioned herbs, for diabetics remedy or diabetics relief

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How to control diabetes or **How to control blood sugar**

When blood glucose remains higher than 200mg/dl for 8-10 weeks, the concentration of glycosylated hemoglobin (HbA1c) arises. A (HbA1c) measurement therefore reflects the blood glucose control over a preceding 2-3 months period, while the estimates of blood glucose indicate the glucose value at the time of blood test. HbA1c values between 6-7% indicate very good control on [diabetes](#). You should aim at keeping your blood glucose in the normal range i.e. **between 90-130 mg/dl while fasting and less than 180 mg/dl after meals and HbA1c around 7%**. Frequent tests for blood glucose are necessary when starting treatment with Herbal treatment or Ayurvedic medicines or Ayurveda treatment.

If you are doing capillary blood glucose test using a hand held glucometer, do not squeeze the finger to bring out a sample after you have picked. This invariably gives a low glucose value. Ask your **diabetes** nurse for a demonstration of capillary blood glucose test.

Urine test for sugar is not reliable indicator of diabetes control. Although spillage of sugar in urine occurs when the blood glucose exceeds 180 mg/dl in the majority of healthy persons, this is not always so in a patient with diabetes. Most patients with diabetes of many years acquire an increase in the renal threshold for glucose (capacity to prevent spillage of glucose into urine). Hence urine test for glucose is not helpful for assessing [control of diabetes](#). In the presence of urinary infections, the bacteria eats up the sugar present in urine, thereby making urine test for sugar unreliable.

Things to Do Every Day for Good Diabetes Care



Follow the healthy eating plan that you and your doctor or dietitian have worked out.



Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.



Take your medicines as directed.



Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.



Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.



Brush and floss your teeth every day.



Control your blood pressure and cholesterol.



Don't smoke

What should my blood glucose numbers be?

Keeping your blood glucose on target can prevent or delay diabetes problems. The chart below shows target blood glucose levels for most people with diabetes.

<i>Target Blood Glucose Levels for People With Diabetes</i>	
Before meals	70 to 130
1 to 2 hours after the start of a meal	less than 180

Diabetes Diet

Diet plays a significant role in controlling the diabetes. The [diabetic diet](#) may be used alone or else in combination with insulin doses or with oral hypoglycemic drugs. Main objective of diabetic diet is to maintain ideal body weight, by providing adequate nutrition along with normal blood sugar levels in blood. The **diet plan** for a diabetic is based on height, weight, age, sex, physical activity and nature of diabetes. While planning diet, the dietician has to consider complications such as high blood pressure, high **cholesterol** levels.

With respect to the above factors, a [dietician](#) will assess calories to be given, like scheming the carbohydrates, proteins, fats, type of carbohydrate, amount of fiber and so on.

Exchange meal plan is a diet program which balances the amount of carbohydrate that we intake per day. Glucose is a sugar released from carbohydrate so, if we want to **control blood sugar** we have to limit the consumption of simple carbohydrate. Carbohydrate foods are given as value per portion, known as the exchange. This plan helps us to decide on the type of food to be taken, the amount of food and also the time to eat. You can plan for more flexible meals as you get more knowledge about the diet for a diabetic, may be like the counting **carbohydrate meal plan** or constant carbohydrate. But there is no common diet that works for everyone. Nor is there any particular diet that works perfectly for any diabetic over a long period. While planning [diabetes diet](#) we should adhere to certain important factors, they are as follows:

- Fiber should be at least 30 to 25gms a day
- Instead of 3 heavy meals, we should go for 4-5 small mid intervals
- Replace bakery products and fast foods by simple whole cooked cereals, and don't eat carbohydrates 2 hours before bedtime
- Consume fresh fruit and vegetables at least 5 exchange/ day.

Diabetics always need to take care of their diet and also about the food they eat. Care has to be taken because all foods contain not only carbohydrate, but also some energy value. Protein and fat available in the food are converted to glucose in the body. This glucose has some effect on the **blood sugar** level, which has to be taken care of. Furthermore, you needn't have to eat only the bland boring [diet](#). Instead, you can eat more fruits, vegetables and whole grains. All it means is that you need to select foods that are high in nutrition and low in calories.

Diabetes Prevention

Prevention is proven to be one of the most effective and powerful methods to fight diabetes. More than 50% of diabetes is caused due to inappropriate lifestyle. Regulating lifestyle can prove to be advantageous in downfall of probability of contracting diabetes in one's life. Loss of weight not only helps in fitness but also in control of [blood sugar levels](#). Losing 10% of initial body weight and regular exercise can immensely reduce the risk of diabetes. Physical activities play a key role in reducing the body weight and on the other also the extra blood sugar is broken down. It also helps to uphold the blood sugar in the normal range. You are more liable to diabetes if you are overweight (may also lead to obesity), are having genetic or hierarchal means of predisposition along with proper physical activity.

Food choices: Foodstuffs containing low glycemic carbohydrates, proteins or fats can initially help to lose body weight and maintain dancing blood sugar level. Prefer healthy foods which are low in fats and calories such as lean fish, lean chicken, turkey and fruits and vegetables. Go slow on fast and fried foodstuffs for [prevention](#) of diabetes. Avoid processed carbohydrates as much as possible. Try to increase high-protein food in your diet. And reduce eating refined flour i.e. white flour, bleached flour, treated flour and other kind of white flour.

The Fundamentals to prevent diabetes: Diabetes can be prevented by good production of the insulin and keeping the body fat percent low. Insulin and fats helps to maintain body weight and control sugar level. Consumption of meals to a small fraction instead of heavy food also helps to control [diabetes](#). Also avoid eating carbohydrates few hours before you go to sleep. Taking in high-protein breakfast and 5 or 6 small meals a day also helps you to maintain the body weight. This will also help to control excess consumption of fats and carbohydrates.

Can diabetes be cured?

Diabetes cannot be cured completely, but can be effectively controlled. People with diabetes can lead a healthy life if, their blood glucose level is under control. The decrease in life span of a diabetic is restored to normal by maintaining good blood glucose control (90-130 mg/dl at fasting and with less than 180 mg/dl 2hrs after meals).

Sometimes, patients may not need any tablet/insulin or, even diet control to keep their blood glucose in control. This period is called honeymoon phase (in Type-1 diabetes). The duration may vary from a few days to over six months. Some patients mistake this for [cure of diabetes](#).

India is now the diabetes capital of the world, and people seeking a *cure* for this condition online has never been higher. Once diagnosed, people are either on oral anti-diabetic medication or insulin for the rest of their lives. However, what you should know is that they can only help you *manage* the condition to avoid developing hyperglycemia or extremely high levels of blood glucose. Besides, these drugs can cause several side effects ranging from loss of appetite, indigestion, nausea and diarrhea to itchy skin, swollen hands and feet, a sore throat and fever.

Considering the chronic nature of type 2 diabetes, it makes sense to explore herbal remedies that have traditionally been used in India to control this condition. All these herbal remedies are easily available and they can provide a simpler, more natural way of controlling diabetes without any unpleasant side effects.

Sugar level can be controlled without any side effects
by consuming insulin powder named INSULS.

The leaves of *Costus igneus* or *Costus pictus* is very effective when it is mixed with other Herbal powder ingrediants, which we are manufacturing in the brand name of INSULAS.

Pl visit https://www.google.co.in/search?q=Costus+igneus&ie=utf-8&oe=utf-8&rls=org.mozilla:en-US:official&client=firefox-a&channel=np&source=hp&gws_rd=cr&ei=qHfbUvSgKcWPrQe3hoHYBg

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Medicine for diabetes

Herbal Remedies for Diabetes or How to control diabetes

Diabetes is a serious medical condition that requires constant care and attention. There are herbal remedies that improve blood sugar metabolism, which are effective while under a doctor's care.

About Diabetes

This condition is characterized by the body's inability to move digested carbohydrates and sugars into cells.

Insulin, a protein hormone, is necessary to shuttle the nutrients into the cells. People with diabetes either no longer make insulin, don't make enough of it, or their cells stop responding to it no matter how much of it is present.

Diabetes that strikes people younger than age 20 is usually Type I, or juvenile-onset diabetes. Researchers think this is an autoimmune disorder in which the body has destroyed its own insulin-making cells. These people must take insulin on a daily basis and watch their diet carefully.

Those diagnosed with diabetes after 20 years of age usually have Type II, or adult-onset diabetes. These people are often, but not always, overweight. Their insulin-making cells still work, but they either don't make enough of this hormone or the body's other cells have become desensitized to it. Treatment often includes weight reduction and oral medications to stimulate insulin production.

Regardless of whether a person has Type I or II diabetes, it's important to keep an eye on blood sugar levels. Having too much sugar in the bloodstream eventually damages organs throughout the body. Not having enough blood sugar can result in mental confusion and even coma and death if severe enough.

Herbal Remedies for Diabetes or How to control diabetes

Eating a diet rich in fiber helps the body absorb sugars slowly, which in turn keeps blood sugar levels on a more even keel. Most of the vegetables and fruits in your garden are rich in fiber. The soluble type of fiber, the one that does the best job of stabilizing blood sugar levels, is abundant in apples, apricots, beets, berries, carrots, citrus fruits, parsnips, and winter squash, to name a few. Oats are extremely rich in soluble fiber; their bran makes a good addition to cereals and baked goods. Soluble fiber is also helpful in lowering elevated LDL cholesterol levels, a serious problem in many people with diabetes.

Consume garlic and onions in large quantities. These flavorful foods help to lower "bad" LDL cholesterol and raise "good" HDL cholesterol and prevent heart disease. People with diabetes tend to have a greater risk of heart disease because the lack of insulin prompts fat to float throughout the bloodstream longer and in higher levels than normal. Eat a diet abundant in vegetables and moderate in sweet fruits to get a rich array of antioxidants such as vitamin C, the carotenes, and flavonoids. Antioxidants help prevent fats from oxidizing and causing damage to artery walls, which can lead to plaque buildup and heart disease.

Basil leaves have been shown to lower blood sugar levels. Cactus juice from pods, sometimes found in produce markets or grown in arid climates, is also helpful.

The leaves of the bilberry plant are known to lower blood sugar levels, but don't try to self-medicate your diabetes -- contact a nutritionally trained health care provider before changing your regimen. The berries of this wild perennial help people with diabetes avoid some of the typical complications that are usually related to diminished blood circulation. They have compounds in them that improve circulation and help keep blood cells from clumping together. Their flavonoids keep tiny blood capillaries strong so blood can continue to circulate to all parts of the body. The fruit and leaves of Fig trees are also most helpful in lowering blood -sugar level.

The following are the few herbs which are being used mainly in various Ayurvedic or Herbal medicines.

- Gurmar Leaves (*Gymnema sylvestrae*)
- Nayantatra (*Vinca rosea*)
- Garlic (*Allium sativum*)
- Sagar gota (*Cesalpinia crista*)
- *Andrographis paniculata*
- *Azadirachtha indica* (Neem)
- *Costus pictus* or *Costus igneus* (Insulin plant leaves)
- (*Trigonella foenum graecum*) - Fenugreek

- Costus igneus (Insulin powder) -
Aegle Marmelos (Bael)
Momordica charantia (Bitter Gourd)
Chinnamon

Trigonella Foenum Graecum
Emblica Offcinails
Swertia Chirata
Tinospora Cardifolia
Eugenia Jambolana
Oymnema Sylvester

- Chittamruthu
-

The leaves of Insulin Plants called Costus igneus or Costus pictus is very effective when it is mixed with other Herbal powder ingrediants, which we are manufacturing in the brand name of INSULAS, from the insulin plant dry leaves.

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Controls Sugar