

## A Note on Naturopathy Approaches in Diabetes Disease

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### Letter To Editor

The naturopathy treatment of diabetes is to reduce high level of glucose in the blood and to bring it under control to ensure the overall wellbeing of the patient in a natural way.

Diabetes is known as an incurable disease which formerly diagnosed remains lifelong. It's basically a metabolic complaint in the digestive system and affects the function of liver. Diabetes isn't a life threatening complaint. It's veritably important possible with naturopathic treatment for the patient to live a normal and healthy life

### What's Naturopathy?

Naturopathy is considered one of the safest treatment approaches for diabetes. It has surfaced as the foremost viable indispensable medication with a holistic approach [1]. It utilized the mixes of customary healthcare and traditional pharmaceutical for treating diverse afflictions. In a number of cases, a doctor may use naturopathy to back surgeries and cutting edge treatment.

### Why naturopathy is effective in treatment of type 2 diabetes?

Still, it gets frustrating at times, if you have diabetes you would know that while overall you can live a normal life. Feeling tired after little exercise. Resisting your favourite food dishes. Anxiety about continuous monitoring and maintaining optimum blood sugar situations. Frequent passages to restroom and especially getting up at night to empty your bladder and also chancing it hard to fall back to sleep again. Swallowing capsules every now and also as if you're eating peanuts. And worrying if side goods of these diurnal boluses of medications will take a toll on your body and mind. However, naturopathy might be the answer you're looking for, if you're tired of these trials and tribulations of diabetes [2]. In this blog we've participated some information which would help you decide. You might formerly know, but just to clear it off the deck, let's start with

### The Naturopathy Treatment for Diabetes

Naturopathy treatment for diabetes helps in reversing and overseeing diabetes without any side effects. In reality, the World Wellbeing Organization notes that as people are more inclined towards elective healthcare, the naturopathy approach has proceeded to rise.

As a life complaint, the diabetes root underlies the patient's compromised life. Naturopathy prescribes life and gets changes substantiated to the patient's requirements [3]. Rather than only targeting blood sugar situations, it focuses on the impunity and overall well-being of a case. Piecemeal from furnishing diabetes treatment, Naturopathy is also effective in controlling and precluding life conditions similar as stress, order failure, stroke, high blood pressure, and more.

Naturopathy doctors use various modalities like botanical drugs, homeopathy, life comforting, nutrition, and further to treat diabetes. In fact, numerous scientific studies also validated that naturopathy treatments help achieve optimal health for diabetes [4]. There are several ways by which Naturopathy can manage diabetes. Let's take a see at that result and how it can be helpful for diabetes treatment.

### What kinds of treatment will a person have to undergo once diagnosed with diabetes?

A number of medicines can be managed to completely cure a person of diabetes. A numerous styles are Diet remedy This cure isn't as it were given to regulate blood sugar circumstances but a case is additionally prescribed certain authorities are to assist improve the complaint.

Hydrotherapy In this form of remedy a combination of cataracts, packs and warm water enema are given as a remedy. Hydrotherapy helps improve a person's metabolism and controls blood sugar levels, enhances the body's capability to use glucose and the enema helps cleanse poisons from the colon, detoxify the system.

Slush remedy Helps eliminate poisons and corrects imbalances in the digestive and endocrinal systems (which are normally under-active in diabetics).

Yoga Yoga asanas improve functions of the liver, pancreas and digestive system that are salutary in treating diabetes [5]. Some asanas that are specified are-Merudantasna (utthitapadasana), Vipareeta karani Mudra, Pavanamuktasana, Dhanurasana, Vajrasana, Kati Chakrasana, Udhva Hstottansana, Pada hastasana, Trikonasana, Matsyasana, Shavasana, Bhujangasana, Ardha Matsyendrasana, Ushtrasana, Paschimottanasana, Vakrasana, Surya Namaskar, Mandukasna and sukhshma Vyayamas.

### Different Approaches in Naturopathy

Naturopathy uses some beliefs along with a series of principles to produce individualized treatment plans. These include self-healing, underlying symptoms, harmless treatment, holistic approach, teaching self-care, and prevention. Naturopathy interpreters use a wide range of approaches to treat diabetes and other conditions. These are

- Lifestyle and dietary changes
- Homeopathy, a type of natural medicine
- Hydrotherapy, water-based therapy
- Counselling and psychotherapy
- Stress reduction

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- Manipulative therapies involves putting pressure on specific body parts
- Herbs and other dietary supplements
- Exercises
- Practitioner guided detoxification

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#### **Conflict of Interest**

The authors declare that they are no conflict of interest.

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