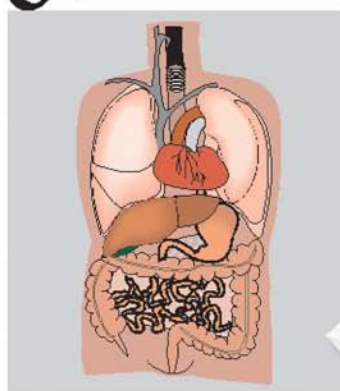


Dr. A.K.Sethi

# DIABETES CONTROL

*In your Hands*



Take on Diabetes through Diet-control,  
Yoga & Exercises, Nature Cure, Acupressure,  
Ayurveda & Allopathy



**V&S PUBLISHERS**

**Revised &  
Enlarged Edition**

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**In your Hands**

**Dr. A.K. Sethi**  
(M.B.B.S., F.C.C.P.)



*Published by:*



**V&S PUBLISHERS**

F-2/16, Ansari road, Daryaganj, New Delhi-110002

☎ 23240026, 23240027 • Fax: 011-23240028

*Email:* info@vspublishers.com • *Website:* www.vspublishers.com

**Regional Office : Hyderabad**

5-1-707/1, Brij Bhawan (Beside Central Bank of India Lane)

Bank Street, Koti, Hyderabad - 500 095

☎ 040-24737290

*E-mail:* vspublishershhd@gmail.com

**Branch Office : Mumbai**

Jaywant Industrial Estate, 1st Floor-108, Tardeo Road

Opposite Sobo Central Mall, Mumbai – 400 034

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# Preface

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**D**iabetes is a dreaded disease which is known to mankind from time immemorial. In India there are about 35 million people who are suffering from diabetes. This accounts for about 25% of total diabetic patients in the world. Majority (90%) of these individuals suffer from type 2 diabetes which is usually detected accidentally or in advanced stage. The World Health Organisation (WHO) has estimated that by the year 2025, the population of diabetic people in the world would reach 300 millions (presently 150 millions) and in India 57 millions. WHO has declared India as the Diabetes capital of the world.

Majority of Indian individuals suffer from the misconception that diabetes is due to excess intake of “Sweet Items” and will be “Cured” if they stop their intake. Moreover, diabetes is a disease which can be controlled but rarely cured by modern medicines. It has been observed that many diabetic patients improve dramatically when they combine Ayurveda, Naturopathy, Yoga, Magnetotherapy, Acupressure, Colour Therapy, Music Therapy and Feng-Shui with allopathic medicines.

In order to provide all this information for a layman, I have ventured to write this book and hope the readers will find it very useful and enjoyable to read.

# Acknowledgement

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At the outset I must thank Shri Ram Avtar Gupta, the Managing Director of Pustak Mahal who has given me the opportunity to write this book for laymen on an ailment which is widely prevalent around the globe. I am grateful to the patients who came to our clinic for treatment of Diabetes and benefited from the alternative forms of treatment provided to them. I am indebted to Shri R.L. Jaggi, retired Senior Accounts Officer (Northern Railways) who has been successfully practising in Chromotherapy and had provided me with abundant literature on different systems of Alternative Medicine. (Dr.) Swami Ananta Bharati, Chairman and Founder of Swami Keshwananda Yoga Institute has thoroughly guided me and taught me the art of Yoga, Pranayama and Meditation. Shri N.S. Dabas, an eminent astrologer and Vastu Shastri who is a staunch believer, follower and practitioner of Magnetotherapy has also assisted me in these fields. Dr. Ruma Banerjee, a practising physiotherapist and Naturopath has guided me in her field of practice.

My wife Dr. Sunanda Sethi, an Ayurvedacharya and a Traditional Reiki Master has been a source of inspiration. I thank my children Rupal and Mitali without whose cooperation this book would not have been completed.

—Dr. A.K. Sethi

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# 1. What is Diabetes?

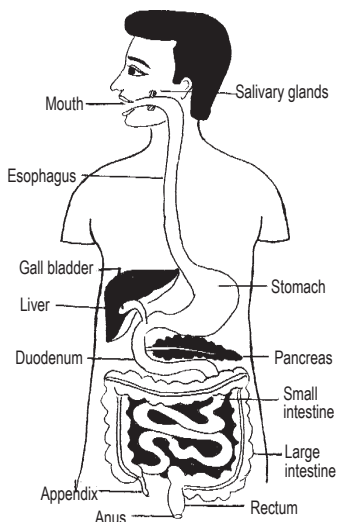
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**D**iabetes or Diabetes Mellitus is a disease in which the patient passes increased quantity of urine. Diabetes is derived from two Greek Words “dia” which means “through” and “betes” which means, “to pass”. “Mellitus” is another Greek word, which means “sweet”. In this disease the patient passes large quantities of urine containing a sweet substance, namely glucose. It is either due to lack of production of a hormone called insulin in the pancreas or due to the inefficient action of insulin.

## Structure and Function of Pancreas

Pancreas is an important structure found in the abdomen, which plays a major role in the causation of Diabetes Mellitus. Pancreas is a soft, flat gland, which is 15-20 cm long, 3-5 cm broad, 2-4 cm thick and 80-90 gm in weight. It is situated in the posterior part of abdominal cavity just behind the stomach. Pancreas consists of three parts—the head, the body and the tail.

The head is enclosed in a C-shaped concave structure, the duodenum that lies between the lower end of stomach and the upper end of small intestine. The tail ends in a firm



**Fig. 1.1:**  
***Pancreas & surrounding organs***

organ, the spleen that is located in the left upper portion of abdominal cavity. The portion between the head and the tail is the body.

Functionally the pancreas consists of two parts:

### ***The Digestive Part***

About 99% of the pancreas consists of the digestive part. It comprises a large number of cells which produce the digestive enzymes which are important for the digestion of proteins, carbohydrates and fats in the food we eat.

### ***The Hormonal Part***

About 1-2% of the weight of the pancreas constitutes the hormonal part. A hormone is a chemical substance which is produced by an organ or a gland and sent to another part of the body through the blood where it increases the functional activity of that part. The hormonal part of the pancreas consists of large clusters of cells called the islets of Langerhans, named after the discoverer Paul Langerhan who discovered them in 1869. There are about two million islets in the pancreas. The islets consist of 4 types of cells:

A or alpha cells produce the hormone glucagon.

B or beta cells produce the hormone insulin.

D or delta cells produce the hormone somatostatin.

F cells produce pancreatic polypeptide.

Insulin is the most important hormone whose deficiency is responsible for producing the disease Diabetes Mellitus.

## **Basic Cause of Diabetes**

Diabetes is mainly due to two causes:

1. Reduced production of Insulin.
2. Reduced efficacy/effectiveness of Insulin.

## **Ayurvedic Concept of Diabetes**

In order to understand the Ayurvedic concept of Diabetes we must first understand the 3 bodily elements, which are responsible for sustaining the living body in their normal state.

These 3 elements are:

1. “Dosha”
2. “Dhatu”
3. “Mala”

Any imbalance in the 3 elements produces disease or ill health.

“**Doshas**” govern the physical and chemical functions of the body.

They are of 3 types:

1. “Vata”
2. “Pitta”
3. “Kapha”

**1. “Vata”** is responsible for active movements of different organs and parts of our body.

There are 5 types of Vata:

- **Prana** refers to functions of the brain and nervous system i.e. sensations of smell, taste, touch, hearing and vision, movements of upper and lower limbs, rectum and sex organs and breath.
- **Udana** refers to movements of the chest, diaphragm and voice box. It controls movements of breathing out, sneezing and speech.
- **Samana** refers to movements of the intestine along with digestion and absorption of food substances.
- **Apana** refers to the movements of the bladder, rectum, uterus and is important for passing urine, stools, menstrual fluids, semen and foetus (delivery).
- **Vyana** is concerned with movements of all kinds of both voluntary and involuntary muscles. It is responsible for movements of the heart e.g. blood vessels, lymph (special white fluid present in different parts of the body) glands and glands which produce hormones.

The diseases caused by the disorder of Vata are as follows:

- Asthma
- Epilepsy (fits) and other mental disorders
- Urticaria (a skin disease)
- Viral fever (due to temperature changes)
- Anaemia (lack of iron in blood)
- Obesity (Increased weight gain)
- Diabetes
- Diarrhoea or constipation
- Reduced functions of thyroid and adrenal glands

2. “**Pitta**” is responsible for the chemical reactions that take place in our body. It is of 5 types:

- **Pachaka** is due to digestive enzymes and other chemicals in the body, which control the digestion and absorption of food substances.
- **Ranjaka** is responsible for haemoglobin (the iron-containing pigment in blood) production.
- **Alochaka** is responsible for the biochemical activity of the eye, which is responsible for perception of vision.
- **Sadaka** is responsible for normal functions of the mind.
- **Brajaka** is responsible for removing waste products in the form of sweat and enhancing the natural glow of the skin.

The diseases caused by disorders of Pitta are as follows:

- Toxic fevers
- Hyperacidity (Gastritis)
- Vomiting
- Diarrhoea
- Jaundice
- Anaemia (due to destruction of blood cells)
- Bronchitis

- Skin diseases associated with pus formation
- All infections due to toxins, bacteria, viruses etc.

**3. Kapha** refers to promotion of growth brought about by secretions of different types of the body and organs. It is of 5 types:

- **Kledaka** refers to secretions of the mouth, stomach and intestines, which dissolve the food and destroy bacteria.
- **Avalambika** refers to secretions of the respiratory tract from the nose to the lungs and facilitates passing of air and flushes out foreign substances.
- **Bodhaka** is the watery secretion of the glands around the taste buds of the tongue which help in perceiving the taste.
- **Tarpaka** refers to the cerebrospinal fluid which is a secretion surrounding the brain and spinal cord. It provides nutrition to the brain and protects it from toxic substances.
- **Shleshaka** is the fluid lying in the bones and joint spaces called as synovial fluid producing movements of bones and joints with ease. The watery fluid surrounding and protecting the heart, and lungs are also referred to as Shleshaka Kapha.

The diseases caused by disorders of Kapha are as follows:

- Common cold.
- Infection of the lungs and other parts of respiratory system.
- Diarrhea due to infection.
- Jaundice.
- Eczema, pimples and other skin infections.
- Arthritis (painful joints).
- Rheumatic heart disease.
- Swelling and infection of the kidneys (glomerulonephritis).
- Peritonitis (swelling of abdominal cavity).
- Encephalitis, meningitis and other infections of the brain.
- Benign tumours of different parts of body.