

PREVENTION OF MADHUMEHA (DIABETES MELLITUS TYPE 2)

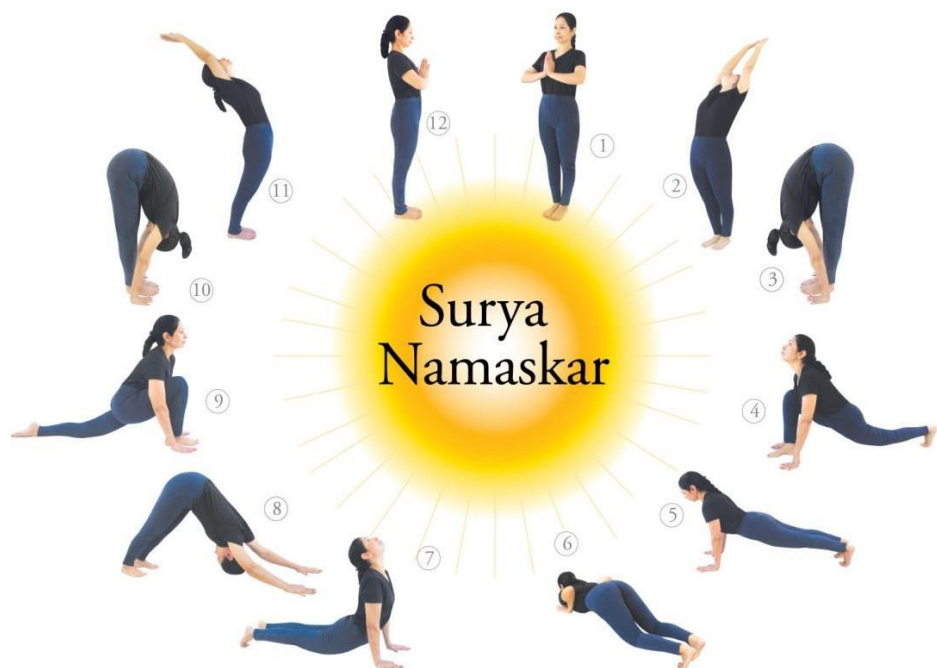
Primary Prevention:

1. Nutrition: Use of antioxidants (free radical scavengers - Rasayanas).
2. Avoid Smoking and excessive intake of alcohol.
3. Weight reduction.

4. Behavioural changes:

a) Yoga:

- Suryanamaskaras.
- Pranayama.



b) Asanas:

- Bhujangasana, Dhanurasana, Trikonasana, Ardhashchakrasana, Matsyasana, Suptavajrasana, Ardha matsyendrasana, Halasana, Sarvangasana, Vajrasana, etc.



c) Exercise:

- At least 30 minutes of mild or moderate intensity physical activity, above usual activity, at least 5 days in a week.
- At least 7-8 hrs restful sleep at night for adults, day time sleep (Divaswapna) is contraindicated. Night sleep is advised.
- Avoid sedentary lifestyle.

Health education:





- Regular Health check up after the age of 40 in males and after menopause for female.

Self care:

- Participate in health programs.
- Self care is to record his own BP and glucose levels by keeping a log book.
- Should follow Daily regimen, Seasonal regimen, Good conduct (Sadvritta), Diet regulation, Achara rasayana (Rejuvenating therapy).

Secondary Prevention

- Proper Medical Consultation & Medication.

DO'S	DONT'S
<ul style="list-style-type: none">• Eat wholesome diet at least every 3-4 hours. 	<ul style="list-style-type: none">• Avoid Sedentary lifestyle and Day sleep. 
<ul style="list-style-type: none">• Exercise daily(at least 30 min) 	<ul style="list-style-type: none">• Avoid excess Sweets & Sugar products 

- Monitor Glucose levels regularly



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- Don't drink Alcohol & don't Smoke



- Reduce Weight



- Avoid Fried & Fatty foods.



- Limit the Salt and Fat diet



- Avoid Mental Stress



- Get 6-7 hours of good night sleep



- Avoid excess Tea & Coffee



- Intake of foods which are antioxidant in nature (Rasayanas).

- Don't skip meals and snacks.

Some Common Rasayanas in Ayurveda



Amla



Karela



Jambu



Guduchi



Methi(Fenugreek)



Shilajit



Ashwagandha

