

EFFECTIVE MANAGEMENT OF DIABETES

Reduce your blood sugar levels naturally
&
Reduce insulin (Injection) and medicine dependency

Preface

Ayushakti ayurved is having more than 100 health centers and have treated more than 1 million people world wide suffering from numerous chronic health disorders like Arthritis, Joint pain, Sciatica, osteoporosis, Anxiety, Depression, Diabetes, Obesity, Infertility, female health concerns like PCOD, Fibroid, Tube blocks, Menstrual problems, High Blood Pressure, Skin problems like Psoriasis, Eczema, Vision, childhood issues, loss of memory, Alzheimer and many more chronic health concerns. Ayushakti has its presence in Europe, USA, Australia, New Zealand, London, India and more than 100 western medical doctors are successfully practicing Ayushakti way of treatments world wide.

“In this booklet, I have shared proven effective solutions to manage your blood sugar levels in a planned manner thereby reduce your medicine & insulin dependency. These remarkable effective tips comes out of Ayushakti’s 27 years of healing experience in thousands and thousands of people around the world. My commitment is to give you practical yet effective tools to manage your health.” Dr. Smita Naram.

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How 50 years old German doctor reduced his insulin dependency and controlled the blood sugar levels ?

I am Dr. Martin, 50 years old, and I practice as family physician in Munich, Germany. When I was 40, I was detected with high level of blood sugar up to 350 after lunch. In the beginning I started with oral medications. Of course, managing my practice along with the hospital duties always created lots of stress, hardly any time for exercise. I ended up with high blood sugar levels which could not be controlled even with oral medications. So, I started with Insulin 22 units in the morning and 10 units in the evening. Every year, I had to increase the insulin units, and I never really got better. So, I finally started looking for more holistic approach than just a symptomatic approach.

I heard about Dr. Naram and went to the Ayushakti clinic in Munich. She advised me some diet, herbs, life style suggestions and strong recommendation on Panchakarma. Just by the diet, herbs and life style, I felt my stress and the neuropathic symptoms reducing. Within 6 months, I needed 20% less units of insulin. Straight away I went to Mumbai for the Panchakarma treatment. After Panchakarma, my insulin need was reduced further by 80%. When I went home, I followed same diet & life style along with the herbs. In next 3 months, I did not need insulin injections but still needed mild dose of oral medication. Today three years hence, I am managing my blood sugar with just Ayurvedic herbs, diet and life style changes. I thank Ayushakti for giving me this breakthrough results in managing my blood sugar levels.

Understanding symptoms

Madhuprameh (diabetes) is a condition where there is high level of sugar in the blood and urine. There are two types – Type 1 & Type 2.

Type 1 - Insulin dependent or juvenile diabetes

In this type, 90% of the insulin producing cells of the pancreas are permanently destroyed and therefore, produces little or no insulin. Most people have develop this before the age of 30 and it is non reversible.

Type 2 - Non insulin dependent

Type – 2 is usually begins in people older than 30 and becomes progressively more common with age. Obesity is the main factor developing type 2 diabetes. In this case, the Pancreas continues to produce insulin, some times even at higher-than-normal levels. But the body develops resistance to the effects of insulin, 80 to 90% of people with this condition are obese.

Normally our muscles and fatty tissues stores sugar in the cells. With the help of insulin, they absorb this sugar from the blood. Whenever our body exercise or uses energy, the sugar from muscles and fatty tissues is burned. Lack of exercise, over eating and eating

Excessive intake of cold, oily foods, sweets, new grains and pulses are main causes. Lack of exercise, worries and stress also leads to increase in blood sugar. Heredity is also an important factor.

wrong food depletes Agni (Metabolic fire), slows down metabolism. Thus, the sugar from the muscles and fatty tissues is not burned and they become saturated with the sugar. So they stop taking sugar from the blood thus there is resistance in absorbing sugar from the blood and the blood sugar remains high. This metabolic slow down produces heavy sticky mucus which is known as plaque in modern terms. Ayurveda call it as “Aama”.

Why do you need to eradicate the root cause of diabetes rather than just controlling the blood sugar with medicines ?

If the metabolism is not rectified by diet and lifestyle, then plaque/Aama can cause following problems even if the blood sugar is controlled by medications.

- Heart disease
- CNS disorders (Nerve Problem)
- Poor kidney functions (Kidney Problem)
- Decreased vision and ultimately blindness (Diabetic Retinopathy)
- Swings in blood pressure
- Deep infections
- Poor healing.

A planned diet with herbal medications can aide deeper healing at all levels

How Ayushakti’s Proven Ancient plans help to manage your blood sugar levels.

Plan – 1 General

Plan 1 include Healthy & balanced diet, Home Remedy and herbal remedies

What can you expect ?

- **Your blood sugar will be controlled over a period of 6 months naturally.**
- **Need of allopathic medicines will be reduced by the end of 6 months.**
- **Within a year, you can expect to manage your blood sugar without any allopathic medication.**

*My sugar level was always very high – fasting 238 and post lunch 295. frequent numbness, chest pain, back pain and burning in body were my main complaints. Within 4 months of taking Ayushakti herbal remedies along with a specific diet and some home remedies, my sugar level came down under control !! Numbness, chest pain and back pain was almost nil. Doses of allopathic medications reduced and I felt so much better. Now I regularly take Ayushakti herbal remedies and home remedies to keep my sugar levels in control. **Pritam.***

Healthy & balanced diet

Healthy diabetic eating includes

- Limiting foods that are high in sugar
- Eating smaller portions, spread out over the day
- Being careful about when and how many carbohydrates you eat
- Eating a variety of whole-grain foods and vegetables every day
- Eating less fat
- Limiting your use of alcohol
- Using less salt

Take more of : Proteins like Chickpea, Mung, lentils, Masoor, Mung daal, soya bean products, chana daal. Vegetables like palak (spinach), leafy greens, Dudhi (bottle gourd), Turai, bhopla (white pumpkin), Padwal (snake gourd), Karela (bitter gourd), cereals like Green millet, Ragi, corn, Kulit (horsegram) & Barley (Jav).

Note :If Kidney problem, then you may require to have more of vegetables and less Protein.

Avoid : Rice, Potato, fruits, maida, wheat, deep fried foods, red meat & Sabudana.

Life style : Exercise of daily walking for ½ hour is very important.

Proportion of food categories :

Vegetables	60%
Protein	30%
carbohydrates	10%

Powerful home remedy

Mix Turmeric Powder ½ tsp + Amla Powder 1 tsp + Methi Seeds Powder ½ tsp in half glass of water and take daily in the morning on empty stomach.

Powerful Herbal remedies helps to remove blockages from the channels and insulin resistance

Sugarid tablet Dose :2 tablets twice daily	Removes blockages from the channels, Improves metabolism, Releases insulin secretion to the cells, Improves physical energy, Rejuvenate body to balance sugar levels.
Diabhar tablet Dose 2 tablets twice daily	Balances blood sugar levels, Promotes Pancreas functions, Reduces fatigue, numbness, tiredness, dryness, weakness and giddiness related to diabetes & promotes physical energy & strength, Reduces Insulin resistance.
Suhruday Dose : 2 tablets twice daily	Fore stimulating metabolism and reducing stress

To order herbs, visit www.ayushakti.eu.

Plan 2 -Fast track diabetes control.

Plan 2 include - Detox diet, Home remedies and herbal Remedies.

What can you expect ?

- **Your blood sugar will be controlled over a period of 3 months naturally.**
- **Need of allopathic medicines will be reduced by 3 months.**
- **Within 6 months, you can expect to manage your blood sugar without any allopathic medication.**

Detox Diet

- **Fasting with only on ginger water for 2 days.**
- **For the next 7 days** take only mung soup and vegetables.
- **Next 5 days**, consume solid mung and vegetables
- Then, come back to the **general** diet mentioned in **plan – 1**.

This specific diet will help to remove blockages from the channels and toxins from the body, improves metabolism and reduces insulin resistance. Your own insulin now will reduce your blood sugar naturally.

Plan 3 - Deeper level reduction of diabetes through Detoxification panchakarma, diet and herbal remedies

What can you expect ?

- **Your blood sugar will be controlled within 6 weeks naturally.**
- **Need of allopathic medicines will be reduced or completely stopped by 6 weeks.**
- **Within 6 months, you can expect to manage your blood sugar without any allopathic medication.**
- **Your diabetes related symptoms like kidney damage, neuropathic changes, weakness and spongy feeling in the feet and legs will be reduced remarkably.**

4-5 weeks Detoxification

panchakarma ensures treatments in deeper levels to eradicate the root cause of any health situation. Detox treatment for diabetes helps regulates the metabolism and

Daily dose of insulin injection was really painful for me. Always felt tired, no physical energy, numbness in hands. I was keen to have a natural treatment to reduce the dose of Insulin and started Ayushakti herbal treatment. Believe it or not, Ayushakti's specific diet, home remedies and Virechan treatment gifted a new life in me !!. In just five months my sugar level reduced, and feel more energetic. Now its more than 6 months I have stopped insulin doses and I am only following Ayushakti's herbal medicines and diet plan. - *Jayshree Swami.*

removes excess dosha and toxins which are the main reasons of metabolic blockages and insulin resistance. It not only stimulates the pancreas to function but also reduces insulin resistance thus reducing blood sugar naturally.

Detoxification panchkarma includes :

- a. Internal cleansing of body through purgation therapy.
- b. Medicated enema for further cleansing and repairing.
- c. Rejuvenation herbs for enhancing pancreas and kidney functions

Detoxification treatments done under the supervision of a qualified Ayushakti vaidya.

*** In all three plans, the result may vary from person to person**

To know more on specific Panchakarma treatments for different health problems, contact 022-28065757/61451300 or ayushakti@ayushakti.com

Effective, safe & deeper healing marma treatment for managing blood sugar

Kshipra marma is situated between the thumb and index finger as shown in the picture.

Method : Apply shunthi powder (dry ginger) on the marked area. Massage in circular direction with the thumb for 5 minutes. Do it on both the hands for 6 times a day.



To know more on marma for various ailments,, write to info@ayushakti.eu

Quick check list to manage your blood sugar levels

- Eat your food at regular intervals and do not over eat.
- Walking exercise for ½ hour daily. Very important
- If you notice symptoms of dryness of mouth, thirst, numbness, fatigue, pain in muscles, frequent urination, consult your physician.
- Avoid smoking. Smoking leads to heart disease and poor circulation
- Take good sleep daily
- Check your blood sugar levels periodically
- Check your weight periodically and maintain ideal body weight
- Reduce intake of Alcohol

Sample healthy meal plan

Your healthy meal schedule should have 60% vegetables, 30% proteins and only & only 10% Carbo hydrates. Very important. This powerful meal plan will be highly beneficial for you.

	Breakfast 8 am	Snacks 11.am	Lunch 1.30 pm	Snacks 4 pm	Dinner 8 pm
Day 1	Mung dal pudla (pancake)	Veg. soup	Nachani Bhakari & vegetables, masala mung pappad	1 apple	Multi grain Rotti (Jwari+Bajri+basen) & vegetables
Day 2	Veg chila	Veg & mung soup	Nachani Bhakari Dal+Vegetable	Dalia salad	Multi grain Rotti (Jwari+Bajri+basen) & vegetables
Day 3	Green Mung Pancake	Veg. soup	Nachani Bhakari Dal & vegetables fish curry (optional)	Roasted chana & shing.	Multi grain mix Rotti (Jwari+Bajri+basen) & vegetables
Day 4	Methi Thepla	Veg. soup	Nachani Bhakari Dal+Vegetable	Mung bhel	Multi grain Rotti (Jwari+Bajri+basen) & vegetables
Day 5	Multi grain mix pancake	Veg. soup	Nachani Bhakari Dal+Vegetable	Mung bhel	Multi grain mix Rotti (Jwari+Bajri+basen) & vegetables
Day 6	Veg. chila	Veg.& mung soup	Nachani Bhakari & vegetables, roasted mung pappad	1 apple	Multi grain mix Rotti (Jwari+Bajri+basen) & vegetables
Day 7	Palak Thepla	Veg. soup	Nachani Bhakari & vegetables Dal/fish curry(optional)	Mung bhel	Multi grain mix Rotti (Jwari+Bajri+basen) & vegetables

Note : snacks should be eaten only if you feel hungry or weakness.

Ayushakti's Nutritious recipes for healthy diabetes diet

Mung soup

1 cup green mung beans, 1 onion, finely chopped, 1 knob fresh ginger grated or finely chopped, 1 tbsp ghee, ½ tsp each ground turmeric (haldi), cumin (jeera), coriander (dhaniya), fennel (variyali), pinch asafoetida (hing), Celtic sea salt, Black pepper (kali miri), 6-8 cups water, 1 bay leaf (Tejpatra).

Wash the mung beans. Soak for 30mins. Discard water and re-rinse. Heat ghee, add spices, onion and ginger. Sauté lightly, add mung beans and stir to coat for greater absorption of the spices. Add water and salt. Bring to boil and cook until the mung beans are completely soft. Add black pepper to taste and serve with extra ghee. You can garnish with freshly chopped coriander.

Vegetable soup

2 Cups cleaned and chopped (2-3 cm sized) vegetables – carrot, beans, white pumpkin, tendli (concinna), turai, snake gourd. 2 Cup water for cooking, 1 Cup Water - for preparing the gravy, 1 tablespoon Ghee, 1 teasp. Cumin, 1-2 Bay leaf, 6 Curry leaves, 1 teasp. Coriander seeds, 1 1/2 teasp. Salt, 1/2 teasp. Turmeric, 1 teasp. Garlic Paste, 1 teasp. Ginger Paste, 1/2 teasp. Kokam water, green chilli 1 (optional)

Clean and chop all vegetables in 2-3 cm sized cubes. Add water and boil it in pressure cooker for 10-15 minutes or until vegetables become tender. Grind the cooked vegetables in a blender and add gradually the water. Then dilute the gravy by pouring the remained water. Heat the ghee in a deep saucepan. Reduce the fire to medium, add cumin, bay leaf, curry leaves and the coriander seeds. When the cumin is lightly brown, add ginger garlic paste, chilli. Then pour in the soup, add turmeric and salt. Finally stir in the kokam water and boil the soup for a few minutes.

Pudla (pancake)

1 cup mung dal flour, Water, Ghee, Salt, ginger garlic paste 1 teaspoon, Haldi (turmeric) 1/4 tsp., red chilli powder ¼ tsp.

In a bowl mix mung dal and add enough water and whisk to runny batter consistency. Add ginger garlic paste, turmeric and chilli powder and mix well. Heat pan and add ghee, spoon in batter evenly and cook pancake approx. 2 minutes on each side until golden. Serve with green chutney.

Note : You can also use soaked and grinded green mung in place of mung dal flour. Also add garam masala, green chilli etc as per your taste.

Vegetable Chila

1 cup Mung dal flour or Multi grain mix flour, ginger garlic paste 1 teaspoon, salt, finely chopped coriander leaves 2 teaspoon, grated carrot & cabbage ½ cup, green chilli finely chopped 1, haldi (turmeric) ¼ teaspoon, water enough to make batter.

Mix all ingredients, add enough salt and water and make a fine batter. Heat pan and add ghee. Stir the batter evenly and cook pancake approx. 2 minutes each side until golden. Serve with green chutney.

Note : you can use any vegetables of your choice.

Mung cutlet

Onion 20 gm, Carrot 10 gm, Green peas 20 gm, Cabbage 10 gm, capsicum 20 gm, French beans 10 gm, Boiled moong 100 gm, Green chilli -1 tsp, Ginger garlic paste, 1/4 tsp, Garam Masala Powder- 1 tsp, Salt to taste. Brown bread 1 no, Corn flour 5 gm Ghee 20 gm, Turmeric powder 1/4 tsp, Jeera powder 1/4 tsp, Coriander powder 1/4 tsp.

Method:-

Steam the chopped vegetables & peas in a pressure cooker. Heat oil in a pan. Saute ginger & green chili paste for few minutes and add onions saute until golden brown. Then add the mashed Boiled moong, steamed vegetables and saute for 10 minutes. Mix garam masala & salt to the vegetables and saute well. Remove from heat and let it cool. Dip the bread slices in water one at a time, take this out from water immediately and squeeze out the excess water. Add this to veg mixture, corn flour and mix well. Make lemon sized balls out of this mixture. coat with corn flour. Flatten this into thin patties. Heat 2 tbs of Ghee in a shallow frying pan and fry few cutlets at a time until both sides becomes brown (turn it once). Repeat this until all the cutlets are fried (Pour some ghee every time you replace the cutlet). Serve hot. Green Chutney (Mint) & date chutney serve as good accompaniments.

Methi Thepla

Bajra flour (millet) 50 gm, Basen (yellow gram) flour 50 gm, Methi (Fenugreek) leaves 1 cup, Coriander leaves 2 tsp., ginger garlic paste 2 tsp., Turmeric powder 2 Pinch, Red chilli ¼ tsp., crushed green chilli (optional) 1, Ghee 2tsp. Salt to taste.

Method:- Sieve Bajra and basen flour together. Add chopped coriander and fenugreek leaves. Add all other ingredients and ghee to prepare a soft dough. Use little water also if required. Roll in to thin chapattis. Bake both side on a hot griddle apply ghee and serve hot.

Note : 1. You can also use Ayushakti's 'Swadshakti multigrain mix' instead of Bajra and Basen flour.
2. For Palak Thepla, use Palak (Spinach) leaves in place of Methi (fenugreek).

Sabji bagh

Spinach (palak) 1 bunch, Capsicum (simla mirch) 10 gm, Carrot (gajar) 20 gm, french beans (fansi) 10 gm, Green peas (vattana) 10 gm, Cauliflower (phool gobi) 30 gm, Coriander leaves (Dhaniya patha) 2 tsp., chopped garlic (lasoon) 1/4 tsp, Ghee 20 ml, Salt As per taste. onion (kanta) masala 1 portion, cumin (jeera) 1 pinch, kokam 5 gm.

Method:- Remove the stem from spinach, wash and cook spinach leaves in boiled water for 2-3 minutes. Grind the spinach leaves to make a paste. Clean the vegetables and cut them in fancy style and steam.. Heat ghee in a pan, add chopped garlic and onion masala, saute until it turns golden brown. Add remaining spices and kokam and mix well. Add spinach puree in it mix well and simmer for a few minutes. Add all steamed vegetable in the gravy and cook until done. Sprinkle chopped coriander and serve hot.

Tofu /Low fat Paneer Palak masala

Ghee 20 gm, Cumin 1 pinch, Chopped garlic 1/4 tsp, Onion 1, Chilly paste 1/2 tsp, garam masala 1/2 tsp, Salt As per taste. Kokam 5 gm, Spinach (Palak) 1 bunch, Tofu –sliced (soy paneer) 1 cup, Coriander leaves 5 gm, Green chilli 1/2 tsp.

Method:- Remove the stem from spinach, wash and cook spinach leaves in boiled water for 2-3 minutes. Grind the spinach leaves to make a paste. Heat the ghee in the frying pan add cumin and sauté till brown. Add chopped garlic stir well. Add onion with remaining spices. cook well, add spinach puree and tofu cubes and mix well. Simmer for 10 minutes and serve hot.

Mung dhamaka missel :

Whole mung (green gram) 100 gm, Whole matki 50 gm. **Method :** Soak the mung and matki in the water for 2 hours. Wash 2 times and cook in the pressure cooker with enough water until three whistle. (Basically mung and matki have to be broken.)

For Missel masala

Coconut powder 20 gm, Kashmiri chilli (mirchi) 10 gm, Moong dal 5 gm, Urad dal (black gram) 2 gm, Methi seed (fenugreek) 5 gm, Jeera (cumin) 10 gm, curry leaves (kadi patha) 4 to 5 leaves, Hing powder (asafetida) 1 pinch, Oil 10 ml.

Method:- Roast all ingredients one by one on a slow Flame. Grind them in the grinder to make a very smooth paste.

For Tempering

Onion 50 gm, Kokam 3 pcs, Ginger garlic paste 1/4 tsp, Coriander leaves 5 gm, Whole jeera 1 pinch, mustard seed 1 pinch, Hing powder 1 pinch, Turmeric powder 1/4 tsp, Chilli powder 5 gm, salt as per taste, Sweet masala 5 gm, Garm masala powder 1 tblsp, Oil 20 gm, ghee 10 gm.

Method:- Soak kokum in half glass water, extract the liquid and keep aside. Heat the ghee in a sauce pan, add mustard seed and hing powder. When mustard seed pop, add cumin and curry leaves and sauté for a minute. Add chopped onion and ginger garlic paste, sauté until onion turns little brown and then add kokam liquid. Add the remaining spices, cook well and add cooked mung and matki and missel masala paste. Mix well and Bring to a boil. Cook on a low flame for another 10 minutes. Add coriander leaves. Now the missel is ready.

To Serve the Missel

Place a couple spoonfuls of missel in a bowl. Top it with a spoonful of chivada/farsan & sev. Garnish with 1-2 tsp chopped onion and serve.

Masala Pappad

Onion (kantha) 15 gm (finely chopped), boiled mung 5 gm, salt 1 pinch, red chilli powder 1 pinch, coriander leaves (dhaniya) 2 gm.

Method:- Roast the moong papad in a slow flame in the pan. Sprinkle the onion and chilli powder. Garnish with coriander leaves and serve.

Daalia Salad

Crushed Daalia ¼ cup, crushed onion or onion juice 2 tsp., Chopped coriander leaves (dhaniya) ½ tsp., Chaat masala (optional) 1 pinch. **Method :** Mix all items and serve.

Moong methi dal

Moong dal 150 gm, Onion 40 gm, garlic 2 tsp, water 1 litre, Kokam 6 pcs, Ghee 10 gm, Jeera 5 gm, salt 1 tsp, Turmeric powder 1/2 tsp, coriander powder 1/2 tsp, Jeera powder 1/2 tsp, methi leaves 50 gm, Chopped chilli 1 tsp, mustard seed 1/4 tsp, curry leaves 2 string, Hing 1 pinch,

Method:-

Wash and pressure cook dal till done. (Approx. 4 whistles). After cooling, remove dal from cooker and beat the dal with a hand beater till smooth. Keep aside. Heat the ghee in a pan add mustard seeds. When mustard starts pop, add hing, curry leaves and add chopped onion, sauté until light brown. Add ginger garlic paste and methi leaves and saute for a minute. Add remaining spices and kokam. Stir for a minute. Add dal and stir. Add water. Bring to boil and simmer on low flame for 7-8 minutes. Garnish with chopped coriander and serve hot.

Moong bhel

Puffed rice 40 gm, Onion 15 gm, Boiled moong 5 gm, Sev 50 gm, puri 3 pcs, Gatiya 10 gm, Green chutney 3 tbsp., Dates sauces 3 tbs, Salt a pinch, Chilli paste, 1/4 tsp, coriander leaves 1 tsp.

Method:- Mix the puffed rice, onions. Mix boiled mung, sev, gathiya and crushed puri and add in to the puffed rice. Mix well and tossed with green chutney and dates sauce. Finally garnish with coriander leaves and serve immediately.

Boiled vegetables

One cup each of medium size sliced Dhudhi (bottle gourd), Bhopla (white pumpkin), Tendli , Turai and kantha (onion), kali miri (black pepper) powder, dhaniya (coriander) leaves and salt.

Method : Steam the slized vegetables till becomes soft. Heat 1 teaspoon olive oil or sunflower oil in a pan, add salt and kali miri powder and add the boiled vegetables in it and sauté for 2-3 minutes, garnish with coriander leaves and serve hot.

Want to control your diabetes ? Reduce risk of Heart disease, CNS disorders, poor kidney functions and live with a healthy lifestyle ?

GOOD NEWS !!

Vaidya Smita Naram will be visiting London (Northwest of Greater London: Rickmansworth 24-25-26, Denham 29-30 November 2014) for health consultations for a limited period. With 27 years of practical experiences, she has successfully treated lacs of people world wide suffering from chronic ailments like Arthritis, Asthma, Diabetes, High Blood pressure, heart disease, Hair and skin problems, infertility, PCOD, Fibroid, fallopian tube block, heart disease, IBS, Acidity, ulcerative colitis and many many chronic health challenges.

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