



LIVING WITH DIABETES

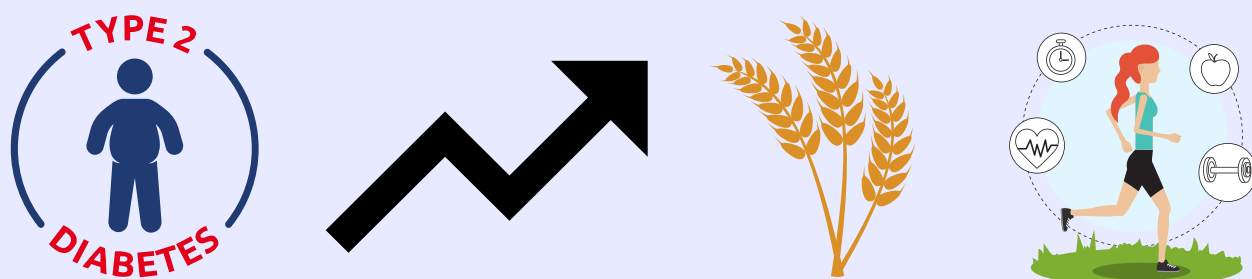
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INTRODUCTION

Diabetes type 2, a metabolic disorder affecting millions globally, profoundly impacting physical, mental and financial health of a patient and creates panic in families. Diabetes type 2 needs a multidisciplinary approach in terms of nutrition, ancient Indian medicine that is Ayurveda's guidance.



OBJECTIVE

Studying the effect of millets and Ayurveda principles on lifestyle correction on better blood sugar control.

METHODOLOGY

A mixed-methods approach was employed, combining qualitative interviews with individuals living with Type 2 diabetes and quantitative analysis of clinical outcomes. A patient-centered diabetes education program, focusing on self-management, nutrition focused on organic millets, was introduced to participants. Data was collected on HbA1c levels, serum fasting insulin, serum homocysteine, adherence to treatment plans, and patient-reported outcomes such as self-efficacy, quality of life, and emotional well-being.

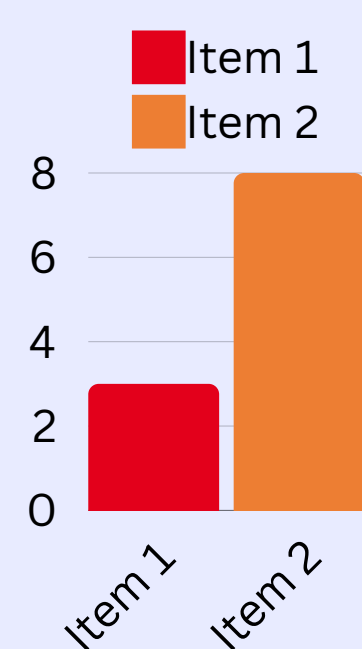
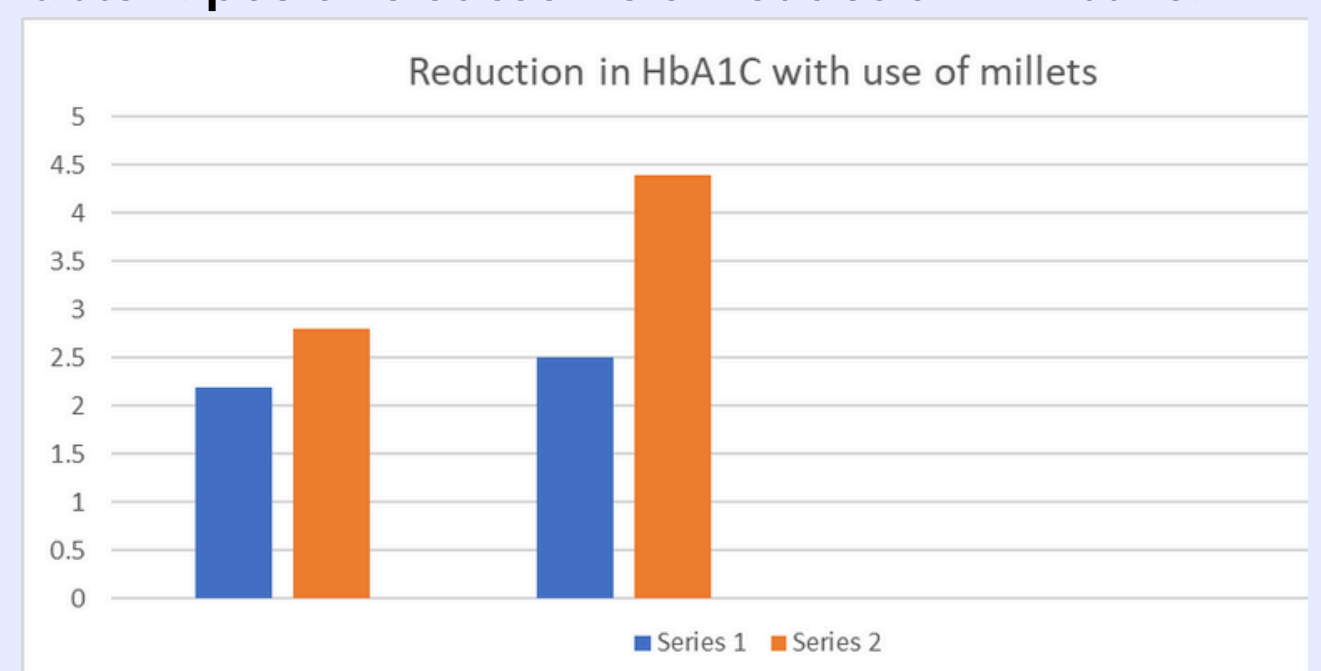
RESULTS

Participants reported significant improvements in glycemic control (average HbA1c reduction of 2%), increased adherence to treatment plans, and enhanced self-efficacy. Qualitative interviews revealed that support systems, including family, healthcare teams, and peer groups, played a critical role in managing diabetes-related stress and maintaining motivation. Introduction of millets specially the little millets played important role in achieving the low glycemic index - low carb - low calorie - high fiber- high protein balanced meals.

CONCLUSION

Diabetes management is not solely about controlling blood glucose levels; it requires a holistic approach that addresses the emotional, social, and practical aspects of living with the condition. Balanced nutrition by using millets plays vital role in achieving blood sugar control.

Table 1. positive outcome of reduction in hba1c.



120 patients showed remarkable reduction in HbA1C by 2% after putting them on organic barnyard millet for 3 months. They were also suggested with anti gravity exercises

REFERENCES

Potential of millets: Nutrients composition and health benefits. Sarita ES. J Sci Innov Res. 2016;5:46-50. [Google Scholar].