

Integrative Therapies for Diabetes Mellitus Type 1 - a Case Study

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Introduction to the Ailment:

Diabetes Mellitus is one of the metabolic disorders where the Blood Sugar Level (BSL) is higher than the normal range. It may either be due to the inability of the body to produce the required amount of Insulin or the insensitivity of the receptors of the body cells towards the produced Insulin.

Diabetes Mellitus is of 2 types.

Type-1: This type is also referred as IDDM i.e. Insulin Dependent Diabetes Mellitus. Since it often occurs in young age, it is also called Juvenile Onset Diabetes mellitus. Here the BSL of the patient will be higher than the normal range due to the inability of the pancreas to produce enough insulin. So in such cases, the patient should inject him/herself with insulin externally as a regular requirement.

Type -2: This disease can be kept under control without the help of external insulin dosage, it is also referred as NIDDM i.e. Non-Insulin Dependent Diabetes Mellitus. Since it usually occurs in the old age i.e. after the 40s it is also called Adult Onset Diabetes Mellitus. Here the pathology is either the pancreas produces insufficient insulin for the present requirement of the body or the cells of the body are unable to utilize the produced insulin due to the insensitivity of its insulin receptors.

History of present illness

Mr. X, 46, from Jaipur (Rajasthan) was admitted at Arogyadham (Sevagram) for an indoor 7-days Yoga therapy, Ayurveda, and Naturopathy treatment for Diabetes Mellitus type-1 (T1DM). He was suffering from T1DM since past 12 years and was taking 30 units of Insulin per day. Still was not able to achieve desired control over sugar levels. He also had Irritable Bowels Syndrome (IBS), Constipation and Obesity since past 5 years. He had a history of anxiety and sleeplessness (Insomnia) as well. He was finding it difficult to work at his office and in performing household activities.

Physical examination

When admitted on 10/03/2017 his BP was 138/90 mm Hg; pulse 76 beats/minute; respiratory rate 22 breaths/minute; breath holding time 9 seconds/minute; height was 183 cms; weight was 95.3 kg and BMI was 28.46 kg/m². His main objective behind the visit to Arogyadham was to recover from DM Type-1 and constipation (IBS), to improve his lifestyle, decrease stress and anxiety levels, increase flexibility, improve balance and lose weight.

Treatment at Arogyadham

The goal of the treatment was to detoxify the body, reduce medication score and restore normal bowel movements through the following integrative treatments in consultation with the Consultant Diabetologist Dr. O.P Gupta Em. Professor MGIMS Hospital Sevagram.

- **Yoga Therapy, Ayurvedic and Naturopathy Treatment:**

Sno	Treatment	Details	Result
1	Yoga Therapy	Customized disease-specific yoga session with specific relaxation techniques like a Cyclic Meditation & Mind Sound Resonance Technique (MSRT) Vakrasana, Mandukasana, Pachimatanasana, Bhunamanasana, Bhujangasana, Dhanurasana, Suryanamaskara, Agnisara Kriya, Nadi shudder Pranayama	Helped in removing stress and bringing parasympathetic dominance
2	Naturopathy Treatments		
2.1	Mud Therapy	Stomach and knees daily	Detoxification
2.2	Partial Steam	Neck, Back, and knees	Relieves pain
2.3	Mud Pack	Cold to stomach and knees	Relieves knee pain, Reduce constipation
2.4	Massage + Steam Bath	Whole body for 45 min. & 7 min Steam 3 times a week	Relaxes the body; Improves circulation
2.5	Medication	Natural soothing diet – low fat & low salt diet with boiled vegetables & fresh fruits	Helpful maintaining the nutritional level in the body to avoid further to avoid further damage to the joints in the body
3	Ayurvedic Treatment	Panchakarma, Basti '8' Yoga Basti with Dashmul, Ashwagandha, Trifala & Vyatyasat Til Oil Basti	Cleansing GIT, Improves bowels physiological functions & Pacify Vata Dosha
		Amalki Rasayan (1tsf bd with Luke warm water)	Amalaki Rasayana is rich in Vitamin C and bioflavonoids that exert potent antioxidant action.
		Madhuhari Churna (1tsf bd before meals)	
		Vasunt Kusumakar Ras (60 mg.	

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Variable	Before Treatment	After Treatment
Pulse (Beats/min)	76	72
Respiratory Rate (cycles /min)	22	18
Sys. Blood Pressure (mm Hg)	138	126
Dia. Blood Pressure (mm Hg)	90	84
Breath Holding Time (Sec)	9	12
Weight (Kg)	95.3	92
BMI (kgs/msqr)	28.46 kg/m ²	27.47 kg/m ²
Insulin Dosage (Units)	30	18
Glucose Fasting	216.90 mg/dl (27/02/2017)	103 mg/dl (16/03/2017)

Results: The Body parameters recorded as follows:

Conclusion:

He stayed for 1 week in Arogyadham. He participated in all the sessions actively. After one week, integrated approach of yoga therapy, Ayurvedic and Naturopathy helped him to reduce his blood glucose levels to its normal ranges with lesser insulin requirement. His sleep quality improved anxiety and stress reduced and bowel movements became normal.

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