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## The personalized nutritional model for the patients with type-2 diabetes mellitus during Ramadan

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**Statement of the Problem:** Ramadan Fasting is the 28 days period with 2 meals (the Suhur and the Iftar) and the deprivation from food, water and perioral drugs at light period. Therefore, appropriate nutrition is the main theme of therapeutic education-the module (Ramadan and Type-2 Diabetes Mellitus (T2DM)).

**Purpose:** This study is to develop the nutritional model for the patients with T2DM during Ramadan, which was based on the national plants, herbs and mineral water.

**Methodology & Theoretical Orientation:** In the observational study 78 patients with T2DM (40-65 years age) were included. They fasted during Ramadan and learned at the school for patients T2DM with therapeutic module Ramadan and T2DM with nutritional education. We accessed the metabolic status and the effectiveness of our nutritional recommendations.

**Findings:** The following recommendations were the most effective: (1) Cumin oil intake (2 caps before the Suhur and the Iftar), (2) Natural liquids (mineral water, fresh tomato juice, green tea with saponins from blackcurrant, mint, cinnamon, hawthorn, rosehip, flax, ginseng), (3) The Suhur: 100 gr the low-fat cottage cheese, salad with nut oil and lemon, green bean with yogurt, lentil, oatmeal, red or brown rice without salt, (4) The Iftar: The meat and fish meals with the additional inulin-containing products (topinambur, garlic, onion, dandelion), (5) The mineral waters with hydrosulphates and hydrocarbonates and (6) The bathing with the natural plants (coniferous, wormwood, rosehip, lavender, mint, lemon, chamomile, rose, celandine, marigold, nettle).

**Conclusion & Significance:** The personalized nutritional model for the patients with T2DM during Ramadan includes nutrition with saponin and insulin-containing food, cumin oil, mineral water with hydrosulphates and hydrocarbonates in combining with the plant bathing. Those recommendations should be included in the therapeutic education at another T2DM-School.

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