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Holistic perspective for positive health in diabetes due to lifestyle disorders

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In the present fast-track standard of living of people, attributes like stressful living, dietetic incompatibilities and sedentary lifestyle leading to reduced physical activity persuade the manifestation of the disease. In Ayurveda, Madhumeha, a Tridosha predominant disease commonly manifested with Prabhūta Āvila Mūtratā (increased frequency and turbidity of urine) is considered as Non-Insulin-Dependent DM (NIDDM). Stress (Psychology), an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to their well-being. Stress influences mental health as well as physical health. People who experience a high level of stress may become irritable, socially withdrawn and emotionally unstable. The oxidative stress may be amplified by a continuing cycle of metabolic stress, tissue damage and cell death, leading to increased free radical production and compromised free radical inhibitory and scavenger systems, which further exacerbate the oxidative stress. Structural characterization of the cross-links and other products accumulating in collagen in diabetes is needed to gain a better understanding of the relationship between oxidative stress and the development of diabetes. In the Thoughts of Modern Thinkers, we find yoga as a system of conscious evolution and self-perfection. Meditation is designed to achieve subjective goals such as contemplation, wisdom and altered states of consciousness. A noteworthy attempt ought to be accessible in the field of epidemiology, genetics, molecular biology and synthetic chemistry to uncover substitute course of action to fight against diabetes.

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