

Impact of Walking F 8 to Live Long with Diabetes Mellitus a Life Long Disease

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Abstract: *The present study was carried out to impact of waking F 8 to live long with diabetes Mellitus a lifelong disease instead of medical expensive and misconception. Sensitizing people's awareness and attitude change to lifespan expansion by simple walking exercise as solution.*

Keywords: Diabetes; attitude change; simple exercise; lifespan expansion

1. Introduction

Diabetes mellitus (DM), commonly referred to as diabetes, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. Symptoms of high blood sugar include frequent urination, increased thirst, and increased hunger. If left untreated, diabetes can cause many complications. (7) When a person affected by DM, his/her pancreas doesn't secrete insulin because of which conversion of glycogen is not possible in tissues but remains in blood. This is what causes DM.(13) Acute complications can include diabetic ketoacidosis, nonketotic hyperosmolar coma, or death.¹ Serious long-term complications include heart disease, stroke, chronic kidney failure, foot ulcers, and damage to the eyes. (7)

Diabetes is due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced. There are three main types of diabetes mellitus:

- Type 1 DM results from the pancreas's failure to produce enough insulin. This form was previously referred to as "insulin-dependent diabetes mellitus" (IDDM) or "juvenile diabetes". The cause is unknown.
- Type 2 DM begins with insulin resistance, a condition in which cells fail to respond to insulin properly.^[3] As the disease progresses a lack of insulin may also develop. This form was previously referred to as "non insulin-dependent diabetes mellitus" (NIDDM) or "adult-onset diabetes". The most common cause is excessive body weight and not enough exercise.
- Gestational diabetes is the third main form and occurs when pregnant women without a previous history of diabetes develop high blood-sugar levels. (7)

The classic symptoms of untreated diabetes are weight loss, polyuria (increased urination), polydipsia (increased thirst), and polyphagia (increased hunger). Symptoms may develop rapidly (weeks or months) in type 1 DM, while they usually develop much more slowly and may be subtle or absent in type 2 DM.

Several other signs and symptoms can mark the onset of diabetes although they are not specific to the disease. In addition to the known ones above, they include blurry

vision, headache, fatigue, slow healing of cuts, and itchy skin. Prolonged high blood glucose can cause glucose absorption in the lens of the eye, which leads to changes in its shape, resulting in vision changes. A number of skin rashes that can occur in diabetes are collectively known as diabetic dermadromes. (6)

2. Diabetic Emergencies

Low blood sugar is common in persons with type 1 and type 2 DM. Most cases are mild and are not considered medical emergencies. Effects can range from feelings of unease, sweating, trembling, and increased appetite in mild cases to more serious issues such as confusion, changes in behavior such as aggressiveness, seizures, unconsciousness, and (rarely) permanent brain damage or death in severe cases.

Moderate hypoglycemia may easily be mistaken for drunkenness; rapid breathing and sweating, cold, pale skin are characteristic of hypoglycemia but not definitive. Mild to moderate cases are self-treated by eating or drinking something high in sugar. Severe cases can lead to unconsciousness and must be treated with intravenous glucose or injections with glucagon. (6)

People (usually with type 1 DM) may also experience episodes of diabetic ketoacidosis, a metabolic disturbance characterized by nausea, vomiting and abdominal pain, the smell of acetone on the breath, deep breathing known as Kussmaul breathing, and in severe cases a decreased level of consciousness.

Management

Diabetes mellitus is a chronic disease, for which there is no known cure except in very specific situations. Management concentrates on keeping blood sugar levels as close to normal, without causing low blood sugar. This can usually be accomplished with a healthy diet, exercise, weight loss, and use of appropriate medications. (6)

A glance of diabetes in India:

India holds the record of being the diabetes capital of the world. Over 30 million people have now been diagnosed with diabetes in India, half of them women. (7)

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Around 70,000 children under the age of 17 years suffer from Diabetes Mellitus Type 1. These children are dependent on insulin for survival. (7)

Cases of diabetes are higher in the four **South** Indian states of Karnataka, Tamil Nadu, Andhra Pradesh and Kerala. There is a 100% rise in diabetes among people between 20-40 years (7)

One out of 10 people in Tamil Nadu is diabetes and every two persons in a group of 25 are in the pre diabetic stage (8). **Tamil Nadu** results of the first INDIAB Study supported by the Indian Council of Medical Research indicate there are about 42 lakh individuals with diabetes and 30 lakh people with pre-diabetes(9)

Treatment involves maintaining a healthy diet, regular physical exercise, a normal body weight, and avoiding use of tobacco. Control of blood pressure and maintaining proper foot care are important for people with the disease.

Type 1 DM must be managed with insulin injections. Type 2 DM may be treated with medications with or without insulin. Insulin and some oral medications can cause low blood sugar. Weight loss surgery in those with obesity is sometimes an effective measure in those with type 2 DM. Gestational diabetes usually resolves after the birth of the baby. (6)

Prevention is no known preventive measure for type 1 diabetes. Type 2 diabetes — which accounts for 85-90% of all cases — can often be prevented or delayed by maintaining a normal body weight, engaging in physical exercise, and consuming a healthful diet. Higher levels of physical activity (more than 90 minutes per day) reduce the risk of diabetes by 28% (6)

Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. To help prevent type 2 diabetes and its complications, people should:

- Achieve and maintain healthy body weight;
- Be physically active – at least 30 minutes of regular, moderate-intensity activity on most days. More activity is required for weight control;
- Eat a healthy diet, avoiding sugar and saturated fats intake; and
- Avoid tobacco use – smoking increases the risk of diabetes and cardiovascular diseases. (1)

Home remedies

Ladies Finger in the Diet:

Include ladies finger or Okra into diet. It has polyphenolic molecules that can help to reduce blood glucose levels and control diabetes.

Bitter Gourd Juice:

Drinking a glass of bitter gourd juice on empty stomach, every morning, for two months helps increase insulin secretion. Also include cooked bitter gourd into diet.

Black Berry Juice:

Drinking a glass of blackberry juice helps in controlling the blood sugar levels. Also crush the seeds while making the

juice, as the seeds contain glycoside jamboline and alkaloid jambosine that regulate control blood sugar levels.

Fenugreek (Methi) Seed Water

Soak two tablespoons of fenugreek seeds in water overnight and drink the water along with the seeds on an empty stomach in the morning. Drink this for at least 4 months to bring down glucose level.

Gooseberry (Amla) Juice:

Extract the juice of at least 4 amlas and mix it with a glass of water. Drink this juice daily on an empty stomach. This will promote the proper functioning of pancreas.

Wheatgrass Juice:

Put a bunch of wheatgrass in a regular kitchen blender. Add around two tbsp water and churn it all. Pour it all out on a strainer and press on it till the juice is strained out and only the pulp remains on the strainer. Drink the juice. Wheatgrass juice is said to normalize blood sugar.(3)

Simple Exercise:

Walking is good for health and it has multiple benefits. F8 Walking is simple and helps to burn extra calories. To improve walking the following technique will help to increase the benefits.

F8 walking technique is one of the ancient yogic fitness regimens. It doesn't need any special preparation. Start walking on an empty stomach in the morning.



Course of Action F 8 Walking:

Describe 8 shaped outline on the ground or any flat surface with 6 feet of width and 12 feet of length in any direction, but it is better open air in a play ground, open terrace, park or in a big hall etc. Start walking at any point and end the 8 pattern either in the early morning or in the evening, Preserve breathing and speed up if possible and continue walking minimum 15 to 30 minutes daily with an empty stomach. It does not need any special tools and equipments.

Tips to walk F 8:

- Walk on a flat surface with a small warm up
- Walk in free space with fresh air
- Wear apt footwear / bare footed
- Avoid talking while walking
- Make walking a practice and regularize
- Walk at least 30 minutes daily @ moderate speed
- If it is difficult to walk continuously 30 minutes then split 15 minutes in the morning and remain in the evening.
- Male or female above the age of 20 can do walking

3. Conclusion

Imbalance of activities of Physical, Bio chemical, Psychological and Dietary pattern result disease in not only human beings but also almost all the lives in the world. Diabetes is well known lifelong chronic disease not only in India but throughout the worldwide countries. But the fact is the people don't know that diabetes is a lifelong health issue and no need to fear one. That is because of illiteracy and ignorance of people about diabetes even though it prevails among the literate groups in everywhere. But people who have hope on that diabetes is a killing disease, expensive and chronic once it occurs, death is ensured in a short duration.

This is the crisis of misunderstanding among the people about diabetes in general. And this is the only cause of writing the article of creating awareness and facts of about the diabetes that is **live long with diabetes a lifelong disease**. How?

At present people who are suffered from diabetes are simply motivated to hospitals, clinics or any other centre for medical care that would be ayurvedic, sidda, naturopathy, unani & allopathy.

The people care their health with support of medicines, capsules, injection etc. until their pockets getting empty of money. Soon after lost their money the patients are losing their confidence and concluded the lifespan reduces. So they are paying very meager attention on their health conditions is commonly found and this is quite nature among the diabetes instead of finding alternative source including simple exercise, walking etc. by the care takers, friends and family members.

The present medical world is around the money and humanities too made money minded so that **the fact a patient could live long with lifelong diabetes** by help of simple exercise and lack of awareness.

So that F 8 walking is promoted to secure and safe the diabetes adding with stress management. This is treated as riskless remedy and alternative medicine of diabetes. The following are the benefits of F 8 walking is

- It reduces the sugar level in the blood and reverses the diabetes and its complication within a year of regular F 8 walking twice daily for half an hour.
- During walk in the F 8 shape the entire body (hip, abdomen etc.) is twisted and all our organs are activated.
- At the end of thirty minutes of F 8 walking stuffy nose is cleared and feel free breathing from both the nostrils.
- In the mean time we can feel the cough in the lungs and sinus cavity get dissolved. The phlegm is eliminated either by spitting out or getting assimilated into the body and asthma is reversed.
- As five kilogram of oxygen is inhaled due to complete respiration, phlegm in the lungs is released. Intake of five kilograms of oxygen energizes the body.
- Headache, Digestive Problems, Thyroid, Obesity, and Knee pains, Rheumatoid Arthritis, and constipation is reversed.

- Improves eye sight. Due to concentration in the F 8 shaped line, short sightedness and other eye related problems are improved /curtailed.
- Hearing power is improved. Gentle walking reduces the blood pressure.
- Practicing half an hour twice a day cures foot cracks, all types' pain & knee pain.
- Aged persons and those who are unable to do this by themselves can do it with the help of others and get benefited even paralysis.
- Shoulder, neck, back, lumbar, knee, heels, cervical and lumbar, spondylitis, sciatica, disc prolapsed, paralysis, depression, epilepsy, migraine, diabetics B.P, thyroid, kidney and gall bladder stones, asthma, sinusitis, piles, colitis, nervous debility , sleeplessness, Heart diseases, kidney problems are advantaged through this "F8" walking.
- Practicing this exercise regularly, brings back youth, reverses all the diseases
- Happily practice "F8" walk" and enjoy good health without any disease(10)

"Live Long with Diabetes a Life Long Disease @ Zero Percent Cost"

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