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Holistic approach for the prevention of metabolic diseases

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Abstract

South Asians have a very high incidence of hypertension, metabolic syndrome, Coronary Artery Disease (CAD) and Type-2 Diabetes (T2D). Currently, there are approximately 60 million diabetics in India. According to a World Health Organization (WHO) estimate, T2D will increase by 200% in India, in the next two decades. Once this disorder is diagnosed, there is no better alternative than, to effectively manage the risk factors. Therefore, it is essential to develop early diagnosis and better management, of these metabolic disorders. Many studies done in the west, have demonstrated that life style management is as effective, as medical management for this disease. In South Asian Countries, greater emphasis should be given to the holistic management of "health" for those, who are "at risk", for developing hypertension, obesity, metabolic syndrome, heart disease and type-2 diabetes. Life style management should include; smoking cessation, Yoga, exercise and change in the diet. Studies done at Isha foundation, Coimbatore and Swami Vievekananda Yoga Anusandhana Samsthana, Bangalore, suggest Yoga, sathwik diet, effectively reduces the diabetes burden. However, these studies have to be confirmed by appropriately designed randomized clinical trials. There is a great need to develop alternative therapies, to reduce the use of large doses of modern medicine. We have initiated a survey, to find out, as to what other traditional therapies (Unani/Siddha) have been found to be beneficial, in the effective management of these diseases. Results of these surveys and validation of those therapies, that are found to be effective including yoga, diet etc., will provide us with holistic, alternate or complementary therapies for the management of heart disease and T2D.

Biography

Gundu H. R. Rao obtained his BS degree from University of Mysore and andB.Sc (Hons)and M.Scdegrees from the University of Pune. He obtained his PhD from Kansas State University, USA. He worked as a tenured professor at the Lillhei Heart Institute for over 3 decades. He is the founder CEO of SASAT, GATHS and Mind Body Spirit of India. He has published over 300 research articles. Currently he is Emeritus Professor at the University of Minnesota. https://www.researchgate.net/profile/Gundu_Rao/contributions/?ev=prf_act