Prevention is the Best Intervention to Manage the Context and Consequences of Diabetes

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India is becoming diabetic capital of the world. This fact will be supported by statistical data in the presentation at the conference. In this paper, lethargic and stressful lifestyle, junk food and wrong eating habits, and sleeping and genetic disorders are the context of diabetes. Diabetes-based mufti-organ failures are the consequences of diabetes. Therefore, health Information Literacy (HIL) needs be promoted among the stakeholders to enable them to control the moments of truth in their lives. The first moment of truth is when one makes a decision and the second moment of truth is when one faces the consequences of one's decision. People must be trained to develop positive thinking, healthy eating and sound sleeping style, active living, and engaging and innovative attitude to avoid stressful life and ensure health and wellness. In fact, prevention is the best intervention to avoid diabetes. Regular treatment is needed only in the case of genetic disorders and diabetes at advance stage. This paper presents a case for avoiding diabetes by following a healthy lifestyle and good eating and sleeping habits. Traditional interventions are suggested for people who are suffering from three types of diabetes. The paper also underlines the need to create awareness and understanding of diabetes among people with the help of health information literacy training workshops. It has been found that after attending such training workshops at Punjabi University, Patiala, India and East West University, Dhaka, Bangladesh, participants felt more confident and empowered to take the bull of diabetes by horns. Participants of these workshops were also made aware of the money making motive of the pharmaceutical companies that create fear psychosis among people suffering from diabetes. They were advised to follow a healthy lifestyle and use herbal products and Ayurvedic medicines to avoid the side effects of the allopathic medicines. During these workshops and PhD research at Punjabi University, Patiala, the HIL Model-Health Information Literacy Model has been developed to improve the health and wellness system in India. IME9 (http://www.ime9.in/) is a very effective ayurvedic medicine approved by the Ministry of Ayush, Government of India (https://antidiabetesayush.wordpress.com/). Similarly fennel, groundnut, bitter gourd, turmeric, seasonal fresh vegetables and fruits, triphla, garlic, etc have also shown wonderful results in treatment of diabetes. An effort will be made in this paper to share with the conference participants results of the treatment of diabetic patients with herbal products and ayurvedic system.

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