Type 2 Diabetes Mellitus : Complementary and Alternative therapies to improve glycemic control

Aniruddha Tewari, India

Abstract

Statement of the Problem: Type 2 Diabetes mellitus is a chronic metabolic disorder in the endocrine system. The prevalence of this dreadful disease is increasing in all parts of the world and has massive health, social and economic consequences. Despite advances in the treatment and management of type 2 diabetes through modern medicine, therapeutic targets are often not met, late stage diabetic complications and adverse effects of drug treatments are also common. Since type 2 diabetes is closely associated to obesity and lifestyle habits - especially regarding exercise and nutrition - there is a lot of potential here for complementary and alternative therapies.

Conclusion & Significance: Complementary and alternative therapies like acupressure, yoga therapy used in several traditional systems of medicine to manage diabetes are less likely to have any side effects and when practiced along with exercises and dietary recommendations can help most people with Type 2 Diabetes Mellitus with better control over their sugar levels.



Aniruddha Tewari is a holistic wellness coach, alternative therapist, psycho-spiritual guide and meditation teacher based in Pune, India.

Aniruddha works along with healthcare professionals to design wellness plans with a holistic and integrative approach towards prevention and disease management with expertise in lifestyle diseases. His programs are customized and personalized in accordance with an individual's lifestyle, work, medical conditions and revolves around the main pillars of good health: adequate activity levels, balanced nutrition, sufficient restful sleep, correcting imbalances and a positive mindset.

His biggest calling is to assist people to live more in harmony within themselves and nature. He helps people discover who they really are and live their best possible life, beyond all thoughts and judgments, pain, and fears, in the midst of the stress and struggles of everyday living.

He has master's degrees Psychology, Applied Economics, and an MBA in IT & Systems. His work integrates psychology, philosophy, spirituality, neuroscience, yoga, nutrition, reiki, principles of wellness, and application of contemplative, and mindfulness-based approaches to psychospiritual development and healing. He is currently pursuing masters in Yoga and Science of Living.

Aniruddha loves to share his insights on holistic wellness, stress, happiness, mental wellness, mindfulness, yogic lifestyle and healthy aging to groups.

Email: aniruddhatewari@gmail.com

Disclaimer - Will be shared at the session