



Beneficial Effects of Caveman Diet on Diabetes Mellitus

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Abstract

Millions of people follow an unhealthy lifestyle. About 40 million people are suffering from Diabetes in India & the number is estimated to increase to 70 million by 2025. Urban lifestyle leads to the nutrition problems like using fast foods and poor nutrition, increasing problems like metabolic disorders. In preventive and promotive care, every patient have to take both personal, dietetic and homoeopathic care to reduce the complications and to maintain Quality of life.

Key word- Diabetes mellitus, Paleo Diet, Glucose, Insulin, Homoeopathy.

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Received – 18/08/2021

Revised- 25/8/2021

Accepted – 30/08/2021

INTRODUCTION

Diabetes was known even in ancient times; the name of the disease is coined by the greece- roman physician aretaus of Cappadocia (approx 80-130 A.D.) and is derived from Greek word diabainein (to flow through). The adjective Mellitus, which comes from Latin and means honey sweet, was added by german physician JOHANN PETER FRANK (1745-1821) in order to distinguish Diabetes mellitus. According to Ayurveda, it is called MADHUMEHA, is a metabolic kapha type of disorder in which

diminished functioning of agni leads to a tendency towards high blood sugar.[1]

The global prevalence of Diabetes among adults over 18 years of age rise from 4.7 % in 1980 to 8.5 % in 2014. In 2016, an estimated 1.6 million deaths were directly caused by Diabetes.

How to Cite this Article- Sharma S.,
Beneficial Effects of Caveman Diet on
Diabetes Mellitus. TUJ. Homo & Medi.
Sci. 2021;4(3):24-28.

Definition- It is a syndrome characterized by hyperglycemia resulting from absolute or relative impairment in insulin secretion. The term Diabetes mellitus describes a metabolic disorder of multiple aetiology characterized by chronic hyperglycemia with disturbance of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion.

TYPES-[4]

Specific types of DM

- Acute fulminant DM.
- Latent autoimmune DM of adult- DM 1
- Maturity onset DM of young- DM 2
- Latent DM
- PEM DM
- Other- Disease of exocrine pancreas
 - -Endocrinopathies,

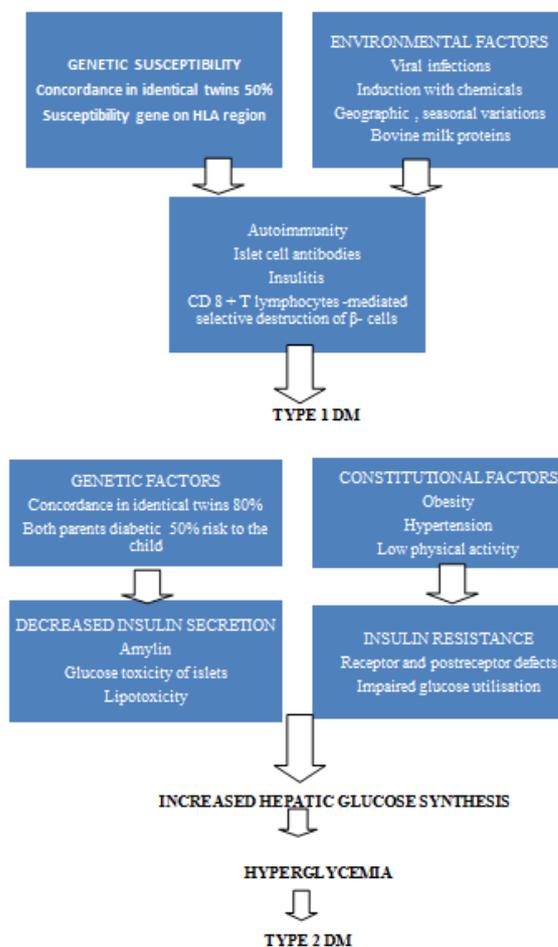
Genetic syndrome,
Gestational DM

Major Types Of DM [5]

DM Type 1 - Diabetes Mellitus type 1 that is primarily a result of pancreatic beta cell destruction with consequent insulin deficiency.

DM Type 2 - It may range from predominant insulin resistance with relative insulin deficiency to a predominant secretory defect with insulin resistance.

Pathogenesis-[6]



Clinical Features-[7]

Warning signs of Diabetes

- Unexplained weight loss
- Frequent Fatigue
- Irritability
- Repeated infections especially in the
 - Genital areas
 - Urinary tract
 - Skin
 - Oral cavity
- Delayed wound healing
- Dry mouth
- Burning pain, numbness on feet

- Itching
- Reactive hypoglycemia
- Acanthoses nigricans- The presence of velvety dark patches of the neck, arm pit, groin which is indicator of insulin resistance.
- Decreased vision

Symptoms:[7]

- Polyuria, Polydipsia, Polyphagia
- Blurred vision
- Weight loss
- Headache
- Fatigue
- Slow healing of cuts

Diagnostic Criteria-[8]

Table 1 Reference and Diagnostic

Values

| | Normal | Prediabetic | Diabetic |
|-----------------------------|------------|---------------|------------|
| HbA1C | <5.7% | 5.7%-6.4% | >6.5% |
| Fasting Plasma Glucose | <100 mg/dL | 100-125 mg/dl | >126 mg/dl |
| Oral Glucose Tolerance Test | <140 mg/dl | 140-199 mg/dl | >200 mg/dl |

Miasmatic Background- Diabetes mellitus comprises the pseudopsoric Miasm (Tubercular Miasm). It is a

combination of both psora And syphilitic miasm.

Homoeopathic View-[9]

Organon aphorism diet and regimen Dr. Samuel Hahnemann mentions about diet and regimen in the aphorism 259-263.

According to Dr. Hahnemann, for the small doses to act, considering its minuteness- all the things must be removed from the diet and regimen which can have a medicinal action. Therefore, careful investigation into these obstacles is required.

PALEO DIET

A Paleo diet is a dietary plan based on foods what might have been eaten during the paleolithic era. It is also known as Paleolithic diet, cavemen diet or stone age diet.[10]

AIM-

The aim of Paleo diet is to control the blood sugar level & improve the health of the person of the persons suffering from Diabetes mellitus.

The diet's Intellectualize that the human body is genetically mismatched to the modern diet that emerged with farming practices, an idea known as the discordance hypothesis.[10] The premise behind "eating paleo" is that the current western diet is contributing to rise of chronic disease such as obesity, heart disease or cancer. Paleo diet proponents claim, eating

this way can reduce inflammation, improve workouts, increase energy & help with weight loss, stabilise blood sugar.[12]

According to a study published in a European journal of clinical nutrition suggests that paleo diet were helps to regulate or lower blood pressure & blood sugar levels if followed properly for two weeks.

Plant Variant [13]

1. Vegetables – Broccoli, kale, peppers, onion, carrots, tomatoes.

2. Fruits- Apples, oranges, bananas, pears, avocados, strawberries, blueberrie.

3. Tubers- Potatoes, sweet potatoes, turnips.

4. Nuts & seeds- Almond, walnuts, Hazelnuts, sunflower seeds, pumpkin seeds.

5. oil- Coconut oil, palm oil.

Animal Products-[13]

Meat- Beef, lamb, chicken, turkey, pork.

Fish & seafood- Salmon, trout, haddak, shrimp, shellfish.

Egg – Choose free range.

Pastured or omega 3 enriched eggs.

AVOID-

All processed foods

Dairy, avoid most dairy esp low fat.

Sugar- Soft drinks, fruit juices, table sugar.

Grains-Includes breads and pastas, wheat.

Legumes- Beans, lentils, & many more vegetable oil.

Oil- Soyabean oil, sunflower oil, cottonseed oil.[14]

Table 2 Pros and Cons of Palleo diet

| Pros | Cons |
|---|---------------------------------|
| Rich in nutrient dense foods. | Eliminate food groups |
| Helps some people lose weight | Unclear impact on gut health |
| May promote heart health | Small risk of iodine deficiency |
| Increase intake of whole foods, fruits and vegetables, healthy protein and healthy fats | Difficult to follow long term |

CONCLUSION

The paleo diet's focus on eating whole, plant based foods may help people with Diabetes mellitus. Certain principles of paleo diet, such as reducing consumption of processed foods from diet, beneficial to people with diabetes. If someone with Diabetes decides to eat a balanced meal with lean protein, a healthy carbohydrate, and a vegetable, it's going to be very healthy for their blood sugar levels because there's balance on their plate. A healthy diet, regular physical activity, maintaining a normal body weight and

avoiding tobacco use are ways to prevent or delay the onset of type 2 Diabetes.

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