



Central Ayurveda Research Institute

Govt. of India, Ministry of AYUSH,
Central Council for Research in Ayurvedic Sciences

ALARMING SIGNALS OF MADHUMEHA (DIABETES)



080-29535034 (Off.) / 29635035 (Hosp.)



<https://www.cari.gov.in>



nadri-bengaluru@gov.in | nadri.bengaluru1@gmail.com



12, Uttarahalli Manavarthe Kaval, Kanakapura Main Road,
Thalaghattapura post, Bengaluru-560109

ALARMING SIGNALS OF MADHUMEHA (DIABETES)



Prameha, as described in Ayurveda, closely parallels diabetes mellitus. This condition is characterized by increased urination that is often accompanied by turbidity (Prabhoota-Avila Mutrata).

Other diagnostic characteristics and alarming signs enlisted in the Ayurveda texts are:

- Bhrisam Trishna: Intense thirst
- Dourbalya: Fatigue
- Daha and Paridhupana: Burning sensations that can be localized or widespread
- Shosha: Significant weight loss or emaciation
- Bhrama: Dizziness or a sense of disorientation
- Kampa: Tremors or shaking
- Angamarda: Body aches
- Hritsoola: Chest pain
- Moorcha: Fainting spells or loss of consciousness
- Chardi: Nausea and vomiting
- Swasa: Breathing difficulty

It is essential for the public to know about the alarming signs and symptoms that are vividly categorised in the modern science.

Please consult a qualified physician in case of following conditions to avoid serious consequences.

1. Ketoacidosis & Ketones

Ketoacidosis occurs when the body doesn't have enough insulin to allow blood sugar into cells, so the liver breaks down fat instead. This process produces too many ketones too quickly. This condition can happen after a long period of fasting.

- Thirst or a very dry mouth
- Frequent urination
- Constantly feeling tired
- Dry or flushed skin
- Nausea, vomiting, or abdominal pain
- Difficulty in breathing
- Fruity odour on breath
- A hard time paying attention, or confusion
- High blood glucose levels

Initial Warning Signs of Ketoacidosis from Diabetes



Thirst



High ketone
levels in urine



Very dry
mouth



Frequent
urination



Spiked blood
sugar

2. Stroke

A stroke is caused when blood flow to the brain is stopped or disrupted. High blood sugar levels can damage blood vessels, making them stiff and causing fatty deposits to build up.

- Weakness or numbness on one side or any part of the body
- Sudden confusion or trouble understanding
- Trouble talking
- Dizziness, loss of balance, or trouble walking
- Trouble seeing out of one or both eyes
- Double vision
- Severe headache



Signs of Stroke



3. Cardiovascular disease

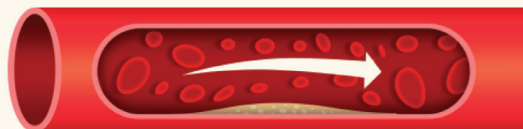
- Chest pain or discomfort, tightness, pressure
- Fullness—this might feel like indigestion or heartburn
- Discomfort in one or both the arms, back, jaw, neck, or upper abdomen
- Shortness of breath
- Sweating
- Indigestion, nausea or vomiting
- Tiredness, fainting or light-headedness
- Fast or irregular heartbeat
- Coughing with pink-tinged mucus
- Fatigue
- Swelling of the feet and ankles

Diabetes is a condition where there is too much glucose (a type of sugar) in the blood

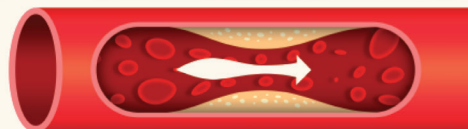
People with diabetes are **2–4 times** more likely to have a heart attack  or stroke 

DIABETES SPEEDS UP HEART DISEASE

Plaque (fatty streaks) build up in the artery wall. This narrows the artery



This happens **faster** in people with diabetes

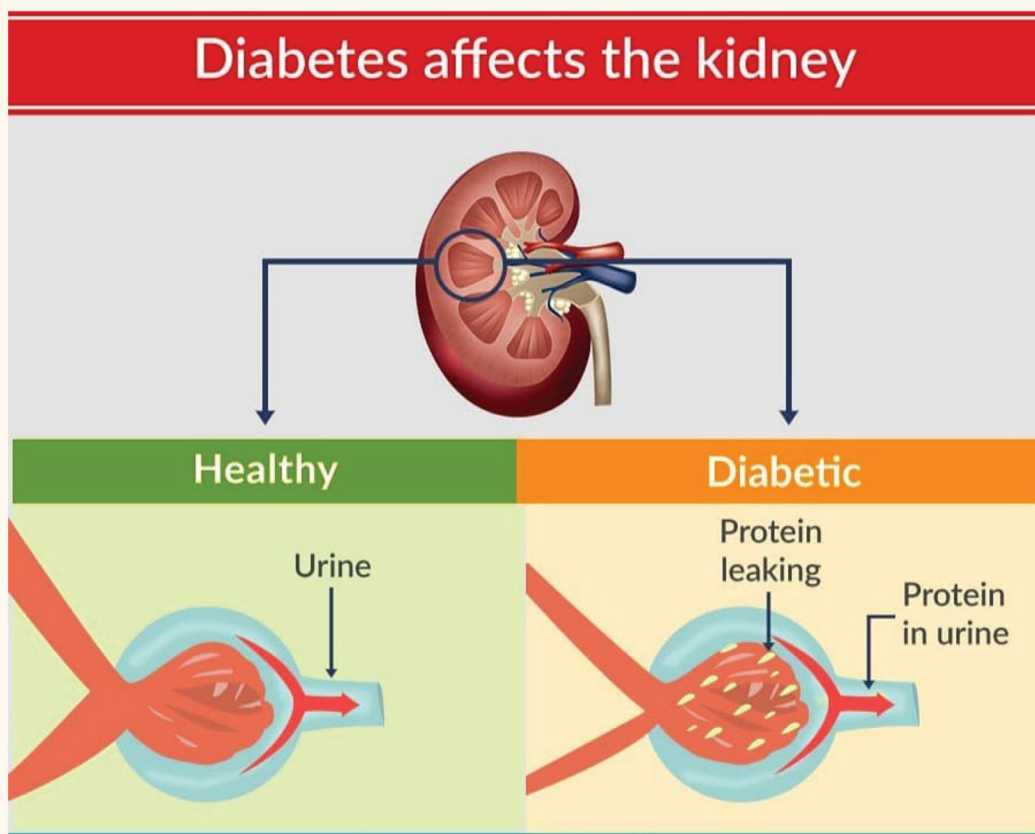


If the plaque cracks, a blood clot can form and block the artery. This causes a heart attack or stroke



4. Renal diseases

- Fluid retention leading to oedema
- Loss of sleep
- Poor appetite
- Stomach upset
- Weakness
- Difficulty concentrating
- Proteinuria (Microalbuminuria)

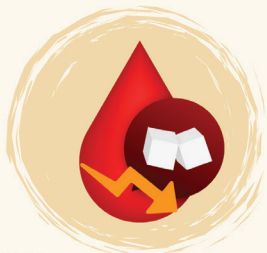


5. Hypoglycemia

Blood sugar below the normal level can happen due to over dose of medication including home remedies or drastic diet / lifestyle change. It results in any of the symptoms viz. blurred/impaired vision, shivering, feeling nervous or anxious, sleepy, excessive sweating, irritability or impatience, confusion, palpitations, dizziness, hunger, nausea, pallor, tingling or numbness in the lips, tongue or cheeks, headache, coordination problems, clumsiness, nightmares or crying out during episodes.

Eating 1 tablespoon of sugar, glucose, honey, any sugary food or drink sweetened beverages immediately. Avoid any food or drink if the patient has impaired unconscious. It may cause choking.

What is Hypoglycemia ?



A condition that occurs when blood sugar levels are too low



Symptoms include shakiness, fast heartbeat, sweating and headache



Blood sugar levels can be raised with fast-acting carbohydrates



It's typically related to diabetes and diagnosed with a blood test

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