



Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA

Reversing Diabetes Naturally

..... The Niramay Ayurvedic Approach

The Sugar Trap: What is Diabetes, really?

Diabetes is one of the fastest-growing health challenges worldwide, affecting millions of people across all age groups.

Modern medicine defines diabetes as a **metabolic disorder** where the body either does not produce enough insulin or cannot use it effectively, leading to high blood sugar levels.

But Ayurveda sees diabetes differently – not just as a “sugar disease” but as **Prameha / Madhumeha**, a disorder of imbalance, digestion, and lifestyle. It is not just about blood sugar; it is about **harmony of body, mind & metabolism**.

Types of Diabetes

1



Type 1 Diabetes:

Autoimmune destruction of insulin-producing cells

2



Type 2 Diabetes:

Insulin resistance, most common type

3



Gestational Diabetes:

Occurs during pregnancy

4



Other Forms:

Secondary diabetes due to other conditions or medicines

COMMON SYMPTOMS



**Frequent
Urination**



**Excessive
Thirst & Hunger**



**Fatigue &
Weakness**



**Blurred
Vision**



**Slow Healing
of Wounds**



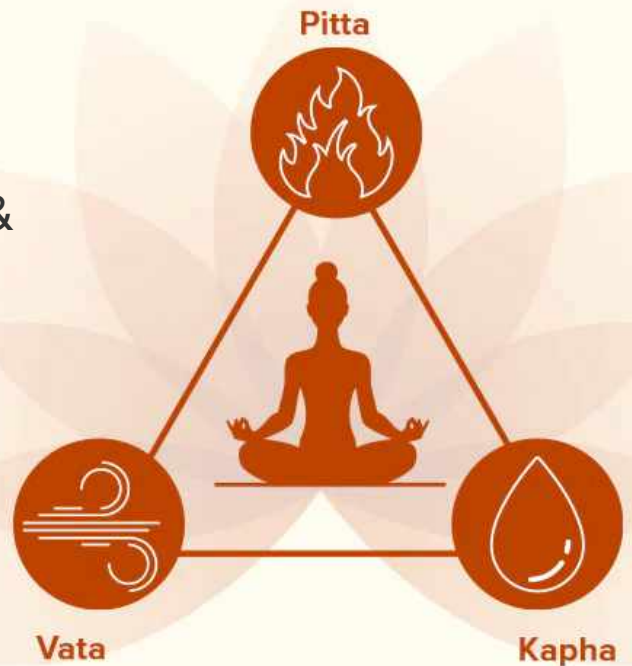
**Numbness or
tingling in
hands & feet**

DIABETES

The Ayurvedic Understanding of Diabetes (MADHUMEHA / PRAMEHA)

In Ayurveda, diabetes is classified as **Prameha** a group of urinary disorders caused by imbalance of Kapha, Pitta & Vata doshas.

When uncontrolled, it develops into **Madhumeha** (sweet urine disease).



Ayurvedic Causes



**Excess Intake of
Heavy, Oily, Sweet Foods**



**Sedentary Lifestyle,
Lack of Exercise**



**Daytime Sleeping,
Late Nights**



**Mental Stress, Anxiety,
Overthinking**



**Genetic
Predisposition**

Ayurvedic View

Diabetes is caused by impaired digestion (**Agni**) leading to toxin formation (**Ama**). This weakens metabolism (**Dhatvagni**) and imbalances Kapha, resulting in excess urination and blood sugar abnormalities.

The Niramay Ayurvedic Treatment Approach

At Niramay Ayurvedic Hospital,

we treat diabetes by correcting **root imbalances** improving digestion, metabolism, and insulin sensitivity – while detoxifying and rejuvenating the body.

Our Healing Process

1 Nadi Pariksha (Pulse Diagnosis)

To assess dosha imbalance & body constitution.



2 Proprietary Ayurvedic Medicines



Madhusudhan Kalp Syrup

(Controls blood sugar, improves digestion, supports pancreatic health)



Madhusudhan Kalp Tablet

(Regulates sugar metabolism, prevents diabetes complications)



Madhusudhan Kalp Powder

(Classical blend for balancing Kapha-Pitta, reduces sugar cravings)



Diacare Plus Tablet

(Enhances insulin action, prevents neuropathy & nephropathy)

3 Panchakarma Therapies



Virechana (Detox Purgation)
(Removes toxins, balances Pitta-Kapha)



Basti (Medicated enema)
(Strengthens digestion & metabolism)



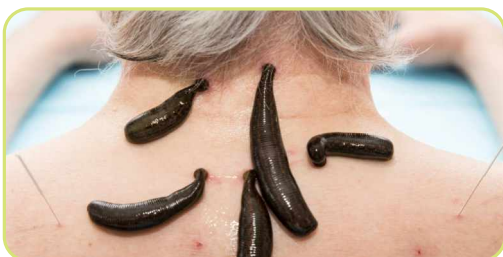
**Udwartana
(Herbal powder massage)**
(Reduces fat, improves insulin sensitivity)



**Abhyanga + Swedana
(Oil massage & steam)**
(Improves circulation, relieves fatigue)



Shirodhara
(Stress reduction & hormonal balance)



Raktamokshan (Blood purification)
(Helps in diabetic complications)



**Research-based
Ekl Panchakarma for Diabetes**
(unique Niramay protocol)

4 Ayurvedic Diet & Lifestyle



What to Eat



Grains:

Barley, wheat, green gram, millets
(bajra, jowar, ragi)



Vegetables:

Bitter gourd (karela), ridge gourd (turai),
lauki, methi, spinach



Fruits:

Amla, guava, papaya,
pomegranate, jamun



Spices:

Turmeric, fenugreek, cumin,
cinnamon, black pepper



Proteins:

Moong dal, sprouts, paneer
(in moderation)



Fats:

Cow's ghee (small amounts),
mustard oil, sesame oil



Avoid These

- White rice, maida, bread
- Potatoes, sweet potato, yam
- Alcohol & smoking
- Sugar, sweets, bakery foods
- Cold drinks, packaged juices
- Excess dairy, curd, fried foods

HELPFUL REMEDIES



1 tsp Methi (fenugreek) seeds soaked overnight – chew in morning



Karela juice (50 ml) daily



Amla juice or powder for immunity & sugar balance



Gudmar herb tea to reduce sugar cravings

Sample Ayurvedic Diet Plan

Time	Meal
6:30 AM	Warm water with fenugreek / cinnamon
7:00 AM	Morning walk / yoga (30 mins)
8:00 AM	Methi paratha (without oil) + mint chutney / Vegetable upma
11:00 AM	Amla juice / handful of roasted chana
1:00 PM	Jowar roti + karela/turai/lauki sabzi + moong dal + salad
4:00 PM	Herbal tea with cinnamon + soaked almonds
7:00 PM	Bajra khichdi + steamed veggies + ghee (1 tsp)
9:00 PM	Triphala powder with warm water OR turmeric milk (sugar-free)

Simple Home Remedy



**100 GM
JAMUN SEED
POWDER**



**50 GM
METHI SEED
POWDER**



**50 GM
KARELA SEED
POWDER**

Mix and take 1 tsp morning & evening with lukewarm water.

Why Choose Niramay Ayurvedic Hospital?

- ★ 15+ years of experience in holistic diabetes management
 - ★ Proprietary researched medicines for diabetes
 - ★ Integration of modern diagnostics with Ayurvedic wisdom
 - ★ Patient-centered care with personalized diet & lifestyle plans
- We don't just lower sugar – we transform your metabolism.

World Renowned Pulse
Reader



Team of Experienced Ayush
Certified Doctors



Center for Ayush Doctor
Fellowship Training



Suddha Ayurved Chikitsa
"Niramay Chikitsa"



Marma Pidan Ruh Chikitsa



103+ Years Guru Shishya
Parampara

Real Stories, Real Relief – Patient Testimonials



Mr. Ramesh Patel

Age 54 (Navsari)

"My sugar levels were out of control despite tablets. After 3 months of Niramay treatment, my sugars are stable and I feel energetic again."



Mrs. Bhavna Shah

Age 48 (Surat)

"I used to get frequent infections and fatigue. Niramay's medicines and Panchakarma improved my health without side effects."



Mr. Harish Mehta

Age 60 (Valsad)

Doctors said I would need insulin soon. With Niramay Ayurveda, my sugars are controlled naturally and I have avoided insulin."

The Niramay Promise

At Niramay, we believe diabetes can be managed and even reversed naturally – by rebuilding metabolism, detoxifying the body, and balancing lifestyle.

Book your Consultation Today &
take the First Step toward Freedom
from Joint Pain.



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