

Management of type 2 diabetes mellitus associated with peripheral neuropathy with TCM based acupuncture, naturopathy and yoga therapy



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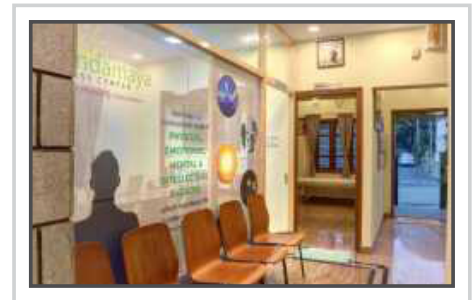
Abstract

Type 2 DM has become an epidemic across the globe contributing significantly to the morbidity and mortality of the entire human race. This being a metabolic syndrome with multi-factorial causative factors, of which lifestyle including stress, lack of exercises regime, improper diet & nutritional habits have been proven beyond doubt about its role in pathogenesis of Type 2 Diabetes Mellitus. The complications arising out of Type 2 DM including peripheral neuropathy has been one of the most frequent presenting complaints of majority of the long-standing type 2 DM sufferers. Complementary/Alternative medicine therapies including Acupuncture (TCM based), Naturopathic interventions and Yoga therapy shall give a promising hope to such sufferers to improve their QOL.

In accordance to the same, the above case presentation shall give all the necessary details of how successfully a case of Type 2 DM with peripheral neuropathy was managed effectively with a combination of Acupuncture therapy (TCM Based), Naturopathy & Yoga therapy.

Biography

Gurudatta H K has completed his BNYS (Bachelors in Naturopathy and Yogic Sciences) at the age of 22 years from SDM College of Naturopathy and Yogic Sciences affiliated Mangalore University, State of Karnataka, India. With his profound experience of 8 years rendering his services in various Naturopathic & Integrated medical centers in India, founded Anandamaya Wellness Center at Bangalore in 2004. He integrates his medical practice on the principles of traditional medical sciences including TCM (Acupuncture therapy), Naturopathy and Yoga therapy to manage and cure several lifestyle diseases including Diabetes Mellitus, Hypertension, Allergies, GI diseases, Pain Management, Psychiatric diseases like anxiety, depression, PTSD and others.



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