

HIGH BLOOD SUGAR (KUNDRU - COCCINIA INDICA)

Since childhood I am hearing this information about Kundru fruits that its consumption results in deafness. Later, when I got the opportunity to gather the information on traditional medicinal knowledge about Kundru in Chhattisgarh, I found it very promising herb having many health benefits. Kundru is a local name of Ivy Gourd. It is under cultivation as vegetable crop in Chhattisgarh. Kundru Chana dal is a curry prepared by using Kundru fruits with Chana dal (Chickpea splitted seeds). Among the natives this preparation is popular for its delicious taste but the traditional healers are aware of its health benefits. According to them this preparation is specially useful for the patients having diabetes. It is also useful in biliousness and diseases of blood. During fever the use of this preparation with meals, helps in reducing the high temperature. Like other vegetable crops, Kundru is also cultivated by



Using traditional healers recommend the use of organically grown kundru fruits in preparation of this dish, to get real health benefits. Material Required : Kundru fruits, Chana Dal, Methi (Fenugreek), Lason (Garlic), Mirch (Chilli), Haldi (Turmeric), Dhania (Coriander), Namak (Salt), Tel (Cooking oil). Method of Preparation : Kundru fruit is cut into two pieces and seeds are separated. After this, the fruit is washed thoroughly in running water. In Pan, cooking oil is taken and all the ingredients and Kundru fruits are added. The mixture is cooked in low flame. After cooking, it is served as curry with meals. The natives prepare Kundru curry without adding Chana Dal also but according to the healers the combination of Kundru fruits and Chana Dal is more promising. Botanically, Kundru (*Coccinia grandis* syn. *Coccinia cordifolia* sensu syn. *Bryonia grandis* syn. *C. medica* syn. *Cephalandra indica*) is perennial twin with tuberous roots; stem smooth or scabrous, grooved or angled; Leaves palmately 5-nerved from a cordate base, 3-5 lobed, shining, margins glandular tipped; Flowers white. Male flowers having peduncles one-flowered; Female flowers solitary; Fruits fusiform-ellipsoid, slightly beaked, young marked with white streaks, bright scarlet when ripe, seeds embedded in red pulp, yellowish grey

Some less known but promising traditional formulations of Chhattisgarh, India. 297. Dubla Hoi Ke Dawa.

Dubla Hoi Ke Dawa means the remedy able to make slim. For the fatty natives of Chhattisgarh the traditional healers are having many herbs and herbal formulations useful as medicine. Although the problem of obesity is not considered serious in rural and forest regions but in urban areas the natives are becoming health conscious and now they are in search of herbal remedies that can help in reducing extra fat. I have mentioned in previous articles that by passing much time under Bambri (*Acacia nilotica*) trees one can get rid from the problem of obesity. It is not feasible traditional method for the natives living in urban areas. The average farmers pass much time under these trees but they are hard working and obesity is not a problem for them. The traditional healers suggest the interested natives to make change in food habits and add specific herbs in their meals. Through the interactions and meeting with the traditional healers during Ethnobotanical surveys conducted in different parts of Chhattisgarh, I have collected much information on this aspect. The traditional healers of Chhattisgarh suggest such natives to include Kundru (*Coccinia grandis*) fruits

in their diet in any form but its use as raw fruits is preferred. The healers claim that the Kundru fruits are having the capacity to reduce extra fat. Also, its regular use flushes out the toxic material from body. I have mentioned in previous articles that it is common belief among the common natives that the consumption of raw Kundru fruits results in deafness. The healers are aware of this fact. They suggest the natives to consume it with common salt (Namak). Its combination with Namak, nullifies its harmful effects. Kundru fruits consumed in form of spicy curry are although good in taste but it do not reduce the obesity in this form. Kundru is under cultivation as vegetable crop in fairly large areas in Chhattisgarh. It is cultivated under chemical farming. The healers prefer the use of organically grown Kundru as medicine. I have found Kundru very promising for this trouble. The healers have deep faith in this use. They informed that it is their traditional knowledge and they are practicing it sincerely without any modification. Its popularity among them clearly indicates its efficacy. This use is limited to the healers of Chhattisgarh Plains only whereas Kundru is under cultivation in almost all parts of Chhattisgarh. In reference literatures related to different systems of medicine in India, I have not found much detail regarding this use.

Diabetes blood sugar levels?

Diabetes mellitus, often simply diabetes is a syndrome characterized by disordered metabolism and inappropriately high blood sugar (hyperglycaemia) resulting from either low levels of the hormone insulin or from abnormal resistance to insulin's effects coupled with inadequate levels of insulin secretion to compensate. The characteristic symptoms are excessive urine production (polyuria), excessive thirst and increased fluid intake (polydipsia), and blurred vision; these symptoms may be absent if the blood sugar is mildly elevated.

The blue circle was recently adopted as the symbol for Diabetes, much like the Red Ribbon is for AIDS. The World Health Organization recognizes three main forms of diabetes mellitus: type 1, type 2, and gestational diabetes (occurring during pregnancy), which have similar signs, symptoms, and consequences, but different causes and population distributions. Ultimately, all forms are due to the beta cells of the pancreas being unable to produce sufficient insulin to prevent hyperglycemia.[4] Type 1 diabetes is usually due to autoimmune destruction of the pancreatic beta cells, which produce insulin. Type 2 diabetes is characterized by insulin resistance in target tissues, but some impairment of beta cell function is necessary for its development. Gestational diabetes is similar to type 2 diabetes, in that it involves insulin resistance; the hormones of pregnancy can cause insulin resistance in women genetically predisposed to developing this condition. Gestational diabetes typically resolves with delivery of the child, however types 1 and 2 diabetes are chronic conditions. All types have been treatable since insulin became medically available in 1921. Type 1 diabetes, in which insulin is not secreted by the pancreas, is directly treatable only with injected or inhaled insulin, although dietary and other lifestyle adjustments are part of management. Type 2 may be managed with a combination of dietary treatment, tablets and injections and, frequently, insulin supplementation. While insulin was originally produced from natural sources such as porcine pancreas, most insulin used today is produced through genetic engineering, either as a direct copy of human insulin, or human insulin with modified molecules that provide different onset and duration of action. Insulin can also be delivered continuously by a pump surgically embedded under the skin. Diabetes can cause many complications. Acute complications (hypoglycemia, ketoacidosis or nonketotic hyperosmolar coma) may occur if the disease is not adequately controlled. Serious long-term complications include cardiovascular disease (doubled risk), chronic renal failure, retinal damage (which can lead to blindness), nerve damage (of several kinds), and microvascular damage, which may cause impotence and poor healing. Poor healing of wounds, particularly of the feet, can lead to gangrene, which may require amputation. Adequate treatment of diabetes, as well as increased emphasis on blood pressure control and lifestyle factors (such as not smoking and keeping a healthy body weight), may improve the risk profile of most aforementioned complications. In the developed world, diabetes is the most significant cause of adult blindness in the non-elderly, the leading cause of non-traumatic amputation in adults, and diabetic nephropathy is the main illness requiring renal dialysis.

The Symptoms Of Diabetes

There are many different symptoms of diabetes which vary depending on which type of the disease you may have and what type of lifestyle you live. Its important to be aware of the symptoms of diabetes so that you can look out for them and detect any problems as early as possible.

The symptoms of both type one and type two diabetes include excessive thirst, frequent urination, fatigue, loss of weight, blurred vision, and infections such as thrush. These are the initial symptoms which can lead to the onset of diabetes and anyone experiencing them should seek immediate medical attention.

The problem with type two diabetes is that these symptoms can be very mild and can go completely unnoticed for many years. Some people simply feel a bit unwell or assume its part of the ageing process. Many people with type two diabetes will have no symptoms at all and its often discovered accidentally after routine medical check ups.

The problem with type one diabetes is that if its not treated after experiencing these symptoms it can cause additional problems which can be life threatening. The body will start to use energy sources other than glucose and it will begin to produce chemicals called ketones. When ketones build up in the bloodstream it can lead to a condition called diabetic ketoacidosis.

Diabetic ketoacidosis is a serious problem and causes additional symptoms which include vomiting, stomach pain, rapid breathing, increased pulse rate, and tiredness. If diabetic ketoacidosis is undiagnosed and untreated it can lead to a coma which can result in death.

Although most people with diabetes have too much sugar in their blood, there is another type of diabetes called hypoglycemia which causes people to have a lower than normal amount of glucose in the blood. This can cause additional symptoms which include nausea, anxiety, confusion, blurred vision, and in severe cases can cause loss of consciousness, seizures, and comas.

If you have any of the symptoms of diabetes you should visit your doctor and check your blood sugar level. If you have a high or low blood sugar level it can be an indicator that you have diabetes and further tests will need to be done to determine the cause of the abnormal blood glucose. Its essential to detect diabetes as early as possible as there are many new effective medications on the market that can be used to keep the disease under control.

Getting Too High On High Blood Sugar

Have you ever experienced feeling extreme thirst, frequent feeling of hunger yet feeling sick to your stomach, constant headache, going to the bathroom a lot, blurred vision and feeling drowsy at times?

If yes, you must beware. Those that were mentioned above are indications of **high blood sugar** which is also termed as "**hyperglycemia**".

Hyperglycemia is the elevation of **high blood sugar** and normally stays on high elevation. By using glucometer, you would know if your blood sugar is high if it continue staying above 200mg/dl.

Usually, the **causes of high blood sugar** are too much intake of foods and drinks rich in carbohydrates, having excessive stress and a reduce in exercise.

In order to treat high blood sugar, it is necessary to test for ketones specifically when your blood sugar ranges above 200mg/dl. Ketones are the chemicals that is seen in the urine as body fats break down for energy. These are being determined as 'negative', 'small', 'moderate' or 'large'.

If you notice that large ketones appeared in your urine, it is a must that you abruptly call for a doctor or a diabetes nurse.

In addition, observe your **blood sugar** often. If it goes beyond the normal level ask for an insulin dose adjustment from your physician. Follow the directions of your physician or your nurse. It is also very advisable to take plenty of water.

However, if your blood sugar remains high it is now imperative for you to go to a hospital. In this case, you might have developed diabetic ketoacidosis or DKA. Although this case is very rare.

Always keep in mind that having **high blood sugar** that route in your veins leads to a grave cost.

High Blood Sugar Level and Low Blood Sugar Level: The Symptoms You Should Know About

Diabetes is a lifetime disease. It is a disease that affects the production of insulin in the body. Once you have diabetes, you will be dependent on insulin in order to maintain your glucose to a normal level.

There are mainly two things you have to avoid if you have diabetes. One is low-blood sugar level or hypoglycaemia and the other is high blood sugar levels or hyperglycaemia. Having either of these conditions can be very uncomfortable and in some cases, deadly.

Therefore, you should know the signs and symptoms of both conditions in order to take action if ever you get either of the conditions.

Knowing the early signs and symptoms of either condition will prevent you to suffer worse complications of diabetes, which may include coma or even death.

Here are the signs and symptoms of high blood sugar levels and low blood sugar levels:

High Blood Sugar Level Symptoms

- Blurred vision
- Weight loss
- Fatigue
- Poor wound healing
- Dry itchy skin
- Dry mouth
- Impotence (male)
- Recurrent infections



Low Blood Sugar Level Symptoms

- Clamminess
- Trembling
- Palpitations
- Anxiety
- Hunger



- Sweating
- Headache
- Difficulty in thinking
- Coma
- Death

If these conditions are left untreated, it may lead to more serious complications, like blindness, comatose, and even death.

If you experience one or more of the **symptoms**, you should take medication immediately or what your doctor instructed you to do.

It is very important that you should be aware about these **symptoms** if you are diabetic. This is because if you leave it untreated, it can eventually worsen and can lead to a more complicated and dangerous situation.

Getting High: Causes of Increased Blood Sugar

Sugar in your blood ... it is not a familiar description to your blood. The blood is composed of different components such as sugar. Yes, there is sugar in your blood, but at a normal calculated level.

Blood sugar pinpoints to the increase or decrease of glucose in the blood. Your blood sugar can be classified high if the glucose is 200mg/dl or higher. Scientifically, rise in blood sugar is termed as "hyperglycaemia." To test the level of glucose in your blood, you need to use a serum-based glucose monitor.

Increase in blood sugar is caused by several factors such as:

Insufficient insulin. Insulin regulates the glucose level in your body. Thus, you must take adequate insulin to keep your blood sugar normal.

Stress. There are different kinds of stress that you encounter everyday, either physical or emotional stress. You must learn how to control circumstances in your life to maintain average blood sugar.

Flu and other common illnesses. Sickness can also cause stress which makes your blood sugar to become more intense. It is recommended that when you feel the symptoms of flu and other common illnesses, make sure to do preventive care.

Not enough exercise. Exercise keeps your body physically fit and well-balanced which helps normalize your blood sugar, hence inadequate exercise can agitate the stability of your blood sugar.

Consuming foods which have high carbohydrate contents. Sugar can be found in carbohydrates hence excessive intake of foods containing carbohydrates can cause rise in your blood sugar.

It is important to know how your body works. By doing so, you will learn how to take good care of it. Most significantly, it is important to be familiar with the different **causes** of high blood sugar since it poses many disadvantages to your life.

Diabetes High Blood Sugar Symptoms

What about high blood sugar?:

A brief definition of diabetes; it is a disease that may affect anybody; it does not respect age, sex and social differentiation. The main factor in diabetes is that this one is a disease that does not permit to body to work properly, thus, the essential function in our body is: to produce necessary insulin - hormone that converts sugar and other foods in energy –. There are two types of diabetes: type 1 – person is completely dependent of insulin -and type 2 – sometimes is treated by medication.

High Blood sugar is too knows as Hyperglycemia, is when the levels of sugar glucose in the blood are increased, glucose leads to spillage of glucose into the urine -glucosuria- so urine is sugary.

The major concern in diabetics people with high blood sugar - over 200 mg/dl or more-, it is the risk of developing a heart disease, specifically to suffer a heart attack, because last researches pointing that heart diseases and stroke in adults are linked with risks of heart attacks and around sixty five percent of deaths in diabetics people are caused by heart attacks.

The causes about high blood sugar can be: eating too much food and drinking many drinks that contains carbohydrates, your body not taking enough insulin, having the flu or being sick, having stress in your life, decrease of exercise activity.

People with high blood sugar have some symptoms such as: extreme thirst, hunger, headache, going to the bathroom a lot, blurred vision, dry skin, feeling drowsy, feeling your stomach sick. But if your level of sugar is very high or high for long time the symptoms may be: difficulty breathing, dizziness when you stand up, rapid weigh lost, increased confusion, unconsciousness or coma.

Some physician simply recommended follow a diet, in some people works, in the other hand, sometimes is necessary people go to the hospital urgently.

Definition of High blood sugar

High blood sugar: An elevated level of the sugar [glucose](#) in the blood. Also called [hyperglycemia](#).

High blood sugar is a finding in a number of conditions, most notably [diabetes mellitus](#). Elevated blood glucose leads to spillage of glucose into the [urine](#) (glucosuria) so that the urine is sugary. (The term *diabetes mellitus* means “sweet urine.”)

Aside from diabetes, the many other causes of high blood sugar include just eating more sugar (or food) than usual, the presence of an infection or another illness, an injury and the stress of [surgery](#).

High blood sugar may produce few or no symptoms. When there are symptoms, they may be dry mouth, thirst, frequent urination, urination during the night, blurry vision, [fatigue](#) or drowsiness, weight loss, or increased appetite.

An elevated level of blood sugar may be a useful independent indicator of heart disease risk. The risk of dying from heart disease has been found to rise as the level of blood glucose increases (regardless of age, weight, blood pressure, [cholesterol](#) and smoking status).

Effect of COCONIA INDICA, GYMNEME SYLVESTER, LOCHNERA ROSEA etc. in lowering High Blood Sugar Levels

Preparation :-

All three along with other herbs are powdered in polvilizer. 2 tsf is put in 1 glass of H₂O in morning and evening water is filtered and then drink water without filtrate for 2 months.

Result & Analysis:-

In about 20 cases in almost all the cases where patient is **DDDM** Sugar level came down. In case where metabolic activity increased there were more clinical results.