

Research Thrive Publications

To Whomsoever It May Concern

Notice of Article Retraction

This is to inform that on author's request received on 4th October 2025 and after mutual decision of publisher, Research Thrive Publications and Editor-in-Chief of "International Journal of Nutrition & lifestyle" the article entitled as "Cure of type 1 diabetes" authored by "Yatharth Ojha and Majula Bhati" has been retracted from the journal's Volume 4, Issue 1 (2024) on 7th October 2025 on the grounds of "The authorship of the article cannot be identified and there are serious concerns about accountability of the research".

Dr. Vineeta Bansal

Editor-in-Chief

International Journal of Nutrition & lifestyle

Research Thrive Publications

*Review Article***Cure of Type 1 Diabetes****Yatharth Ojha* & Manjula Bhati***Yoga with Yatharth & Swasthya Kranti, Jaipur***Abstract**

In the present review article, studies were collected to observe the effect of various alternative therapies on treatment of diabetes. Curative effect of yoga (asanas and pranayam), healthy diet and naturopathy including acupressure was studied. Collected review presented with many health benefits in diabetes after intervention with yoga, pranayam, healthy diet, naturopathy and acupressure. Glycemic index was significantly reduced. Doses of anti diabetic drugs were reduced. The study summarized that Surya namaskar, mandukasana, Yogmudrasana were beneficial in relieving symptoms of diabetes. With this a diet composed of liquids, complex carbs and high fibre was considered good for controlling hyperglycemia. Certain naturopathy (hot cold bath, sauna bath etc) were found to have a positive impact on symptoms of type 1 diabetes.

Keywords

Type-1 Diabetes, Alternative therapy, Yoga, Pranayam, diet, Naturopathy, Accupressure

*Correspondence

Yatharth Ojha

yatharthojha2007@gmail.com

Yoga with Yatharth & Swasthya Kranti, Jaipur

©The Author(s). 2024 Open Access. This article is distributed under the terms of the Creative Commons Attribution 4.0 International License (<https://creativecommons.org/licenses/by-nc/4.0/>), which permits unrestricted use, distribution, and non-commercial reproduction in any medium, provided you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license, and indicate if changes were made. The Creative Commons Public Domain Dedication waiver (<http://creativecommons.org/publicdomain/zero/1.0/>) applies to the data made available in this article, unless otherwise stated.

Introduction

In the recent past decade, cases of type 1 diabetes have been remarkably growing that are supposed to be managed by insulin pumps only, hence has become a challenge for health policy makers^[1]. Type-1 diabetes is also known as Juvenile Diabetes. It's a chronic condition in which the pancreas produces little or no insulin. It can also occur in children and adolescents depending on how many beta cells of the pancreas are non-functioning. The onset of symptoms corresponds to an 80% reduction in the beta cell mass. It typically appears in adolescence although it can occur at any age. Insulin is an important hormone that regulates the amount of glucose (sugar) in your blood.

In absence of enough insulin, hyperglycemia occurs and the body can't use the consumed food to derive energy. This is fatal and can lead to death also if left untreated.

Symptoms of diabetes



Excessive thirst, poor wound healing, excessive hunger, frequent urination, unusual weight loss, blurred vision, bed wetting in children, mood swings, feeling tired and weak are some common symptoms of type 1 diabetes.

Effects on human body: If left uncontrolled, Type 1 diabetes can affect many organs including heart, blood vessels, nerves, eyes and kidneys. These complications can lead to life threatening conditions.

- Heart and blood vessel disease: Diabetes is a major risk factor for coronary artery disease. It can lead to death by myocardial infarction in order to narrowing of arteries
- Diabetic neuropathy: It can lead to peripheral nerve damage causing numbness in limbs that can lead to ulcers in foot and cellulitis
- Diabetic nephropathy: Diabetes can affect kidneys by infections and damaging normal kidney function
- Diabetic Retinopathy - Uncontrolled blood sugar level can damage the blood vessels of the retina and may precipitate into blindness
- Gum Problems: Diabetes can cause less saliva production leading to dental cavities and gingivitis
- Diabetes Dermopathy: Diabetes can reduce blood supply to the skin and can cause shin spots that are usually harmless
- Diabetes and Pregnancy: Gestational diabetes can increase the risk of diabetic ketoacidosis, pregnancy-induced hypertension and preeclampsia
- Fatty Liver, hypercholesterolemia, hypertension are some common comorbid conditions with diabetes
- Body Shivering can be seen in hypoglycemia
- Diabetic ketoacidosis (DKA) is a serious complication of diabetes that can be life threatening.

The role of insulin: It is secreted from islets of langerhans in pancreas that allows glucose to enter into cells.

Etiology of type 1 diabetes:

- Natural causes - Inherited Cause, Depression

- Chemical causes - Radiation Exposure, Drug Exposure, Vaccine Exposure , Exposure to milk products

Rationale of the study

Alternative medicine including yoga, naturopathy and diet has been a part of treatment of many health ailments since ancient times in India [2]. Some researches' have been published on effect of naturopathy and yoga on type 2 diabetes [3] but still there is a scope to find out whether there is any role of alternative medicine in treatment of this disease. With this view in mind, present review article was planned to find out a cure of type 1 diabetes with modes of alternative medicine.

Methodology

Research articles were retrieved from google scholar, pubmed and other web portals in relation to type 1 diabetes and alternative therapies. These articles were then divided into many categories such as effect of yogic workout, effect of diet and effect of naturopathy on type 1 diabetes respectively. The data obtained has been presented further in review of literature section under following sub headings

1. Yogic workout (Pranayam and asanas)
2. Healthy diet
3. Naturopathy & acupressure

Review of literature

Yogic workout / Pranayam and Type 1 diabetes: Positive impact of yoga was seen by Maurya et al (2023) [4]. Mercury et al. (2003) also observed beneficial impact of yoga therapy on hyperglycemia and control of heart rate in type 1 diabetic patients who showed compliance with yoga therapy [5]. An improvement was seen in glucose uptake after exercise was seen by Thangasami et al. (2015). It was attributed to increased insulin sensitivity [6]. Kurian et al. (2023) also reported reduction in plasma glucose level,

lipid profile, insulin dose, blood pressure and an increase in hemoglobin levels after yoga. Therefore yoga can be used as a safer tool for management of hyperglycemia in both type 2 and type 1 diabetes [7].

Diet and Type 1 diabetes: Herz et al. (2024) found positive impact of fasting in reducing hypoglycemia, fluctuations in blood glucose level and improvement in fat metabolism in both type 1 and type 2 diabetes. It was also found to reduce body weight and improve body composition as well [8]. Diet adherence study was done by Patton (2011) in youth affected with T1DM. Study identified many youth with T1DM were not able to adhere to the prescribed diet, nor were they able to meet dietary guidelines [9].

Quarta et al. 2023 observed that a healthy lifestyle is important in type 1 diabetic children to control hyperglycemic peaks. Consumption of low-glycemic-index foods may provide glycemic stability and may prove very helpful in preventing postprandial increase in blood glucose levels. Although this study also reported poor compliance of children to a prescribed diet pattern. Satisfactory results can be achieved by following a balanced diet including low glycemic-index foods [10].

3. Naturopathy & acupressure: Bairy et al. (2020) studied the effect of integrated naturopathy and yoga program on glycemic control of type 2 diabetes and it was documented that intervention significantly reduced the requirement of anti diabetic medication [11]. Pandey et al. (2011) studied the role of alternative therapies in management of diabetes. Other potential alternative treatments for diabetes include acupuncture, hydrotherapy, massage therapy, yoga and Chromotherapy, etc [12]. Natural therapies including cold water compression, mud application, sun bath with lifestyle management found to cure diabetes. This study presented that naturopathy led to significant reduction in weight, improvement in digestion and knee pain in diabetic patients. Patients reported energetic who felt numbness in the initial phase of study [13].

Role of acupressure was studied in another research. Study showed that acupressure at the Zusanli (ST-36) acupoint for 30 minutes for 11 weeks, found to be effective in reducing blood glucose levels. Acupressure was found to be an effective mode for prevention of hyperglycemia and in reduction of diabetes related complications ^[14].

Zarvasi et al (2018) found that insulin level remarkably increased after acupressure. Although no significant difference was found between the levels of insulin in study or control groups still serum glucose levels decreased significantly after acupressure ^[15].

Conclusion

Yogic workout (Pranayam and asanas): Asanas include Surya namaskar (Minimum 20 min. per day, mandukasana, Yogmudrasana, Badhapadmasana, Gomukhasana, Ardhamatsendrasana, Vakrasana, Pawanmuktasana, Sarvangasana, Halasana, Ushtrasana, Setubandhasana, Uttanapadasana (5 - 10 min. each) with pranayamas such as kapalbhati, brahstrika, anulomvilom, brahmari and udgeeth pranayamas are very helpful.

Healthy diet: A high fibre diet with fixed time eating was found to be beneficial as shown below -

Step 1 Eat only fruits till 12 noon: According to the recent studies it has been proved that none of the fruit shoots up blood glucose

Step 2 Lunch/dinner need to be consumed in 2 plates.

Plate 1 should consist of minimum 4 types of raw vegetables, equals to your (body weight × 5) grams and plate 2 should consist of homely cooked vegetarian food with minimum salt and oil.

Plate 1 should be consumed first and dinner should be consumed by 7 pm in order to have digestion before sleep. Besides 3 major meals, there should be healthy snacking options in between such as sprouts and nuts, fruits, fresh coconut water, salad etc.

Step 3 Foods to be avoided should include milk products, wheat, rice, refined foods, packed foods, frozen foods, carbonated drinks, meat etc.

- **Naturopathy and acupressure:** Naturopathy treatments including hot cold compress, hot-cold bath, steam bath, sauna bath, potli massage, medicated oil massage, hot oil lapate etc. were beneficial in type 1 diabetes. Besides this, acupressure may also prove beneficial in improving blood glucose levels. These points need to be pressed for at least 5 min. a day.

References

1. Atkinson MA, Eisenbarth GE, Michels AW. Type 1 diabetes. The Lancet. 2014 (Jan); 383(9911): 69 - 82.
2. Uslu N and Bayat M. The use of complementary and alternative medicine in children with type 1 diabetes mellitus. Journal of traditional medicine and clinical naturopathy, 2018. 7:1
3. Patil S. Effect of Naturopathy and Yoga intervention on blood glucose levels and oxidative stress in patients with type 2 diabetes: Pilot study. Dissertation of thesis, Rajiv Gandhi Institute of Health Sciences, ProQuest. 2019; 30587148
4. Maurya S, Kumar IR, Singh A, Mohanty S, Nagaratna R. Evaluating the effect of yoga as an adjunct therapy in type 1 diabetes care: Study protocol for randomized controlled trial. Advances in Integrated Medicine. 2023; 10(1): 34 – 39
5. Mercuri N, Oliviera E, Souto A, Guidi M. Yoga Practice in people with diabetes. International J of Yoga Therapy. 2003; 13(1): 69 -73
6. Thangasami SR, Chandani AL, Thangasami S. Emphasis of yoga in management of diabetes. Diabetes and Metabolism. 2015; 6(10): 1 – 1
7. Kurian J, Vijayakumar V, Mooventhan A, Mavathur R. Effect of yoga on plasma glucose, lipid profile, blood pressure and insulin requirement in a patient with type 1 diabetes mellitus. J of Complementary and Integrative Medicine. 2021; doi.org/10.1515/jcim-2020-0215
8. Herz D, Haupt S, Zimmer RT, Wachsmuth NB, Schierbauer J, Zimmermann P, Voit T, Thurm U,

- Khoramipour K, Rilstone S, Moser O. Efficacy of Fasting in Type 1 and Type 2 Diabetes Mellitus: A Narrative Review. *Nutrients*. 2023; 15(16): 3525
9. Patton SR. Adherence to Diet in Youth with Type 1 Diabetes. *J Am Diet Assoc*. 2011; 111(4): 550–555.
10. Quarta A, Guarino M, Tripodi R, Giannini C, Chiarelli F, Blasetti A. Diet and Glycemic Index in Children with Type 1 Diabetes. *Nutrients*. 2023; 15(16): 350
11. Bairy S, Rao MR, Edla SR, Manthena SR, Tatavarti GD. Effect of an Integrated Naturopathy and Yoga Program on Long-Term Glycemic Control in Type 2 Diabetes Mellitus Patients: A Prospective Cohort Study. *Int J Yoga*. 2020; 13(1): 42–49
12. Pandey A, Tripathi P, Pandey R, Srivatava R, Goswami S. Alternative therapies useful in the management of diabetes: A systematic review. *J Pharm Bioallied Sci*. 2011; 3(4): 504–512
13. Ghongade SH. A Study on Effect of Naturopathy in Diabetes Control without Medicine. *Journal of Drug Delivery and Therapeutics*. 2019; 9(5):158-160
14. Fitrullah, Rousdy A. Effectiveness of Acupressure at the Zusanli (ST-36) Acupoint as a Comfortable Treatment for Diabetes Mellitus: A Pilot Study in Indonesia. *Journal of Acupuncture and Meridian Studies*. 2017; 10 (2): 96-10
15. Zarvasi A, Jaber AA, Negahnabi T, Tashakori M. Effect of self-acupressure on fasting blood sugar (FBS) and insulin level in type 2 diabetes patients: a randomized clinical trial. *Electron Physician*. 2018 Aug; 10(8): 7155–7163