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Treatments of diabetics with their defence and immune system

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Diabetic complications begin with when glucose is not converted into glycogen and vice versa that becomes a hallmark in elevating the tissue complications. If this is controlled then diabetes becomes a mere consequence that happens generally by inciting stress. Insufficiency of insulin function usually hampers all body tissues functioning leading to alterations in **metabolism**. Glucose keeps a major role for retaining the body energy and the excess brings about its combining affinity with proteins, lipids and even carbohydrates through the process of glycation. This becomes the starting point in developing the diabetic complications amid progressions in tissues damages. Nutrition becomes a major role in restricting the glycation process to prevent in developing diabetic complications. The major three alphabets of **nutrition the carbohydrates**, proteins and fats must be supplemented to the body that may maintain a proper body functioning. Generally, diabetics require 1200-1800 calories per day and the food should be taken in parts to maintain the energy levels. Gut bacteria and fungi play a major role for indigestion, constipation and gases formation with a decreased stomach immune system in diabetics. This also affects the gut-brain axis leading to memory loss. A specific diet may enhance or control these gut bacteria and fungi. The recent studies demonstrate that a particular specific bacteria control the gut-brain axis. Even the diabetic complications have been predicted by increased number of gut bacteria. The complications in liver and blood are the two major tissues which must be foreseen precisely in treating diabetics. A thousand biochemical reactions occur in both tissues. The damage to liver and fragility of blood cells require special attention by physicians in treating diabetics. The defence and immune system of the body in **diabetics** is diminished and the physicians do not prescribe to enhance the immune system. The allopathic medicines so far have been incapable to enhance the immune system but the herbal drugs have been shown to enhance it due to unknown factors present in herbs. If the immune system and defence system is maintained in diabetics, even the excess glucose is being tolerated and no damages occur in the tissues. Along with it the constipation and gases formation should also be controlled so that a healthy liver function has to be maintained for a long-term management of diabetes.

Biography

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