



BEST AYURVEDIC MEDICINES FOR DIABETES



TULSI



Tulsi is a good ayurvedic treatment for sugar to include in your diet if you are a type 2 diabetic patient. It is a herb for pre-diabetic people. Including tulsi in your daily diet helps lower blood sugar levels. Tulsi is rich in antioxidants. These antioxidants further produce elements like caryophyllene, methyl eugenol, and eugenol. All these elements come together to increase insulin sensitivity.

How to consume Tulsi:

1. You can consume tulsi leaves by simply chewing them.
2. Another way to use it is by brewing it with tea every day.

BLACK JAMUN



People who follow [ayurvedic treatment for sugar](#) include jamuns in their diet whenever possible. It is a delicious fruit that comprises 82% of water and has nil amounts of sucrose. It is hypoglycemic, meaning it reduces helps to keep the sugar levels in check in urine and blood. Jamun seeds are rich in jamboline. It limits starch from transforming into sugar. Not this, [jamuns](#) are also rich in alkaloids that reduce blood sugar levels.

How to include jamun in your diet:

It is a delicious fruit and can be enjoyed eating raw.

GILOY



The next **ayurvedic medicine for diabetes** to make to the list is giloy. It is excellent for type 2 diabetes.

Giloy helps in **sugar ayurvedic treatment** by acting as a hypoglycemic agent. It produces insulin and helps to keep the blood sugar level under check. It also works towards burning glucose off, which further decreases blood sugar levels. As per NCBI (National Center for Biotechnology Information) giloy is good for diabetes treatment.

How to consume it:

You can keep giloy overnight in water and consume the water in the morning. Another way of consuming it is by boiling it in water and drinking the concoction.

CURRY LEAVES



Curry leaves are also great for managing diabetes and thus are recommended to be consumed two-three times a day.

How to consume it:

You can eat eight to 10 fresh curry leaves first thing in the morning, or you could juice the leaves and drink it every morning. Add them to curries, rice dishes and salads to enjoy their goodness.

BITTER GOURD



Bitter melon is linked to lowering the body's blood sugar. This is because the bitter melon has properties that act like insulin, which helps bring glucose into the cells for energy.

Diabetics must include bitter gourd in their everyday diet. It is rich in hypoglycemic bio-chemical substances. The substance is great to manage blood sugar levels.

BAEL LEAVES



If you are seeking **sugar ayurvedic treatment**, you can try the nutritious bael leaves. Bael leaves are anti-diabetic herbs that keep blood sugar levels and cholesterol under check. These leaves have hypoglycemic herbs with antioxidant properties. Apart from treating diabetes, bael leaves also provide energy to the pancreas. Boosting the pancreas further increases the production of insulin. Insulin production helps to keep blood sugar levels under check.

How can you include bael leaves in your diet:

You can include bael leaves in your diet by eating them raw or preserved. you can also get the juice out of the leaves and drink the juice. But, for diabetes, you can chew 3-4 fresh bael leaves early in the morning. This habit, if continued for long, keeps diabetes under control. People often chew bael and tulsi leaves together on an empty stomach.

BANYAN TREE BARK



The banyan tree is a well-known herb for **ayurvedic sugar treatment**.

The bark of this tree has anti-diabetic properties. Banyan tree bark contains compounds such as glycosides and flavonoids. For patients with mild diabetes, banyan bark is quite an effective solution.

How can you consume banyan tree bark:

1. Take a fresh piece of bark (about 2 inches) and soak it in water overnight. Blend the bark in the water and filter the liquid out. Consume the extract.
2. Another way of consuming the bark is by taking it in powder form. Grind the bark when dried and turn it into a fine powder. Once done, you can store it for some days. Take in a small amount each day and boil it in water. Reduce around 2 glasses of water to half a glass. Filter the liquid and consume it regularly.

AMLA



Amla is one of the common-most natural remedies for diabetics. It keeps blood sugar levels checked. Not only for diabetes, but Amla is also beneficial for skin and hair. One can consume it in several forms and can also store for months in murabba. But, before including amla in your diet with an already prescribed medication, consult with an expert physician. As, while consuming both, you might drop blood sugar levels lower than required.

You can consume amla in the following ways:

1. One of the common ways to eat amla is to have it fresh and unprocessed. It tastes bitter, but you can acquire the flavor with time.
2. Drinking amla juice is another efficient way of consuming amla.
3. The most delicious form of consuming amla is in the form of murabba. Amla murabba is a popular delicacy that people prepare at home.
4. Amla powder is another way of consuming it. Just take a spoonful and have it with water.

SADABAHAR



Sadabahar is known as periwinkle and is a commonly found herb in India. The smooth and glossy dark green-colored leaves along with the flowers are known to act as natural medicine for type-2 diabetes.

How to use:

All you need to do is to chew a few fresh leaves to manage blood sugar levels naturally. Another way to use it is to take the pink-coloured flowers of the sadabahar plant and boil them in a cup of water. Strain the water and drink it every morning on an empty stomach.

GURMAR



Gurmar, or *Gymnema sylvestre*, is a perennial woody vine that grows in tropical regions of India, Africa, and Australia. It contains certain compounds that include flavonols and gurmardin that have positive effects on diabetics. Did you know gurmar translates to ‘the sugar destroyer’?

How to use:

Have a teaspoon of powdered gurmar leaves along with water half an hour after lunch and dinner. This may help regulate the absorption of carbohydrates in the body.

BERBERINE



Berberine is a bioactive compound found in various plants, such as *Phellodendron amurense* (Amur cork tree), *Hydrastis canadensis* (Goldenseal), and several shrubs from the *Berberis* genus. It has been long used in Ayurvedic and Traditional Chinese Medicine to treat health issues like infections.

Interestingly, research suggests that berberine has powerful blood-sugar-lowering effects.

Research suggests berberine may lower blood sugar levels and be as effective as some conventional diabetes medications in people with type 2 diabetes.

How to use:

As we can't consume berberine in our day-to-day life. But it is recommended by health practitioners to consume as a supplement.

However, most studies have administered 1,000–1,500 mg per day.

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