Diabetes Management
Dietary management series, Part 2
fruits for Diabetes

Got fed up of dietary restrictions? Manage your sugars with fruits you like.

Trends Ayurveda– Ancient wisdom–
Medicated natural sugars for treatment of Diabetes–
Fruits are often energy storehouses in many plants. They are reservoirs of nutrition. If nutrition comes as gift along with medicinal properties in some drug it certainly will prove drug of choice in supportive management of disease.

Do you know?
Fruit is perfect to satisfy your sweet tooth. Find out the best choices here.

Many fruits advised for Diabetes in this issue are also recommended by American Diabetes Association.
Properties of fruit change with their maturity. As per Ayurvedic philosophy, as a rule Fruits which taste Astringent when unripe or Raw can be consumed by Diabetic person whereas when ripe, they develop sweetness hence should be avoided or consumed in less...
quantity. Fruits tasting sour can also be consumed in Raw (unripe) state. There are exceptions to the rule too and this is not the only criteria of their use and mechanism of action. Still it is better not to consume too ripen fruits which develop more sweetness with maturity.

**Bonus offered to Diabetics-**
Get health free of cost along with management of sugars and prevention of Diabetic complications with fruits.

**Fruits with right Mark are better for Diabetes.**

**Drug of the Issue-**

**Bilva-(Bel)**

**Latin name**- Eugenia Jambolana
**Hindi**-Bel Part used -fruit, for diabetes-Unripe fruit.

**Actions-**
**Unripe fruit**- Appetizer, improves digestion. Useful in Diarrhea, Diabetic persons should consume plenty of.

**Ripen fruit**- Relieves constipation. Diabetic persons should use judiciously and in less quantity.

Fruit pulp of unripe fruit is used for Diabetes
Anti hyperlipidemic (reduces Cholesterol and other fatty lipids), Prevents destruction of Pancreas (responsible for Diabetes), reduces blood sugar, prevents liver damage, antimicrobial, anti-inflammatory and analgesic,

**Uses-**
As a general nutrient supplement. Useful for pain, inflammation (swelling), fever, joint pains (Rheumatic disorders), superficial infections of skin, ring worm (fungal infection), bacterial infections, Diarrhea, infective diarrhea, & Dysentery, ulcers in stomach, intestine, Diabetes(Type-2), prevents complications of Diabetes, and Jaundice, malabsorption syndrome (sprue/chronic diarrhea). It reduces complications due to radiation therapy in Patients of Cancer.

**Recipe of the issue-**
In India it is Used traditionally as Bel sherbet-From ripe fruit pulp-Syrup of ripen seedless fruit pulp added with plenty of sugar

Break open the ripen fruit of bel. Separate the cloves. Remove seeds. Take the pulp in stainless steel sieve with big pores. Rub with hand to pass paste in to collecting vessel. Add plenty of water and sugar to this pulp, mix and churn well till it forms uniform viscous liquid.

It can be prepared with dried fruit pulp.

**Uses**- Energy drink, good for general health, Constipation.
**Bilva Valeha** - (Confection prepared from ripen fruit pulp)

**Method of preparation**– Fruit pulp of ripen fruit is made devoid of seeds and is fried with little quantity of Ghee on mild temperature so as to remove excess of water and colour of pulp just starts turning to faint brown. This fried Pulp is added in sugar syrup which is Concentrated by heating to very thick consistency so that after addition of fruit pulp the final mixture becomes semi solid in nature.

**Useful in**- Ulcerative colitis, Chronic Diarrhea/ Dysentery, Constipation, Anal Piles, Anal Fissure.

**Bel candy**- Bel murabba may be further dried in the form of small balls in oven. Or individual pieces of pulp (cloves) may be dried in oven and then dipped, immersed in concentrated sugar syrup (Chasni/ treacle). Preferably prepared with dried fruit pulp.

**Bilva putapaka**- Slightly cracked (broken) Ripen fruits are roasted in heap of burning cow dung cakes (Gobari/ rana sheni/ upale) till they gets burst and outer covering turns brownish. The pulp is separated and consumed.
Coriander seed Powder and rack salt in sufficient quantity. Pickle is prepared in the same manner as that of mango pickle.

**Use - Good for diabetics.** (Avoid excessive use for long if have associated High Blood pressure).

**Chikitsa - Article of the week -**

Get Fruitful anti diabetic results with following fruits

**Anti-diabetic potential of fruits traditionally consumed in Indian subcontinents**

- India has huge agricultural land and majority of people has agriculture as prime economic source. With modernization the society is turning towards tinned, packaged, junk foods which are neither economic nor beneficial in any way for health.

- On the contrary to which they are all having such essential ingredients which has potential serious health hazards. Keeping this in view fruits having anti diabetic effects are considered as best fast food options for breakfast, snacks, ritual fasts etc for all age groups for wide range of socioeconomic classes. This will directly enrich farming business and nationals with helping to grow economy.

Children usually follow elders in the family. Diabetes (especially type2) is disease of middle or old age, hence if elder Diabetic family member gives an importance for Anti diabetic vegetables and Fruits, the younger are more likely to accept variety of fruits , vegetables happily which is lacking now a days. Usually we consume selected vegetables and fruits. Vegetables and fruits are generally considered for Dieting weight reduction or considered for consumption in view of its Vitamins, mineral content (vegetables) and fruits for their energy source in addition to prior one.

It is well said that “Prevention is better than cure” The cure lies in a true understanding of the underlying cause and implementing simple, inexpensive lifestyle adjustments, including dietary habits.

Fruits are among the numerous plant adjuncts tried for supportive management of diabetes mellitus.

**Heavenly offered combipack for Diabetics**

All these fruits are beneficial for health in many ways. fruits provide-optimum Nutrition with calories and complex carbohydrates like fructose and many other sugars, Vitamins, Minerals (trace elements and antioxidants) and rich with natural fiber necessary for maintenance of health.

**Several among them are claimed to posses different Pharmacological actions in Ayurved and some have been proven potential for their efficacy in various diseases.**

Other indications of these fruits are not
Those fruits are mentioned here which are used traditionally at Indian subcontinents, in Ayurvedic treatment and scientifically proven as anti diabetic and beneficial in Diabetes associated disease states, through current modern research methodologies.

Jambu-(Jamun)
**Latin name**: Eugenia Jambolana

- **Part used**: fruit, ripe
- **Names in**:
  - Hindi: Jamun, Jambul
  - Marathi: Jambhul
  - Bengali: Jam
  - Tamil, Malayalam: naval pazham
  - Kannada: Nerale hannu

Phanas-(Jackfruit Katahal/ Kathal)
**Latin name**: Artocarpus heterophyllus

- **Part used**: fruit, ripen fruit
- **Names in**:
  - Hindi: Kala, Jambul
  - Marathi: Phanas, Panas
  - Bengali: Jam
  - Tamil: Valai, Vaazhai
  - Malayalam: Vaazha, Paala pazham, Chakka, halasina Hannu
  - Kannada: halasina Hannu
  - Telugu: Panas, Phannasa, Theibong

Diet forms the mainstay in the management of diabetes mellitus, which if used judiciously as medicine, nothing would be as good as it is.

Fruits which can be used in raw(unripe state) as vegetables (sabji) which are not included in last issue.

**Kadali-Banana**
- **Latin name**: Musa paradisiaca
  - **Part used**: fruit
  - **Names in**:
    - Hindi: Kela
    - Marathi: Keli, Valai
    - Tamil: Valai, Vaazhai
    - Malayalam: Vaazha
    - Bengali: Kala
    - Tamil: Valai, Vaazhai
    - Malayalam: Vaazha
    - Kannada: Bale Gadde

**Shleshmantaka (bahuvar)**—Indian cherry
**Latin name**: Cordia dichotoma / myxa Roxb.

- **Part used**: fruit pulp
- **Taste**: Ripen fruit-sweet, slimy

Kadali-Banana-
Latin name-Musa paradisiaca,
Karmarda (Krushnaphala) –

**Latin name:** Carrissa Carandus

**Part used:** Fruit

**Taste:** astringent, slight sweet.

Ripen fruits may also be consumed.

Recipe-Pickle

**Names in -**

- Hindi –Karaunda, Karijige
- Marathi – Karavanda
- Bengali – Beinchi, Karamach
- Tamil- Kalakkai, Kalakkay
- Malayalam– Karakka
- Kannada- Dakavalli, Karimkar, Telugu-Peddakalavi, Kalivi, Gujarati-Karmadan, Panjabi-Garna

Sitaphala (Custard Apple/Sugar apple)

**Latin name:** Annona squamosa

**Part used:** Fruit pulp.

Raw fruit pulp should be used for Diabetes

Taste-Raw-Astringent, Ripen-Sweet

**Names in -**

- Hindi –Lasoda, Gunda
- Marathi – Bhokara, Bahabar
- Bengali – bahabar
- Tamil- Naruvalli, Chitam
- Malayalam– Naruvalli, Kannada- Nada, Gunda
- Nepali- lasura
- Assamme-Goborhut, Naruvalli, Kannada- Nada, Gunda
- Gujarati – Vad Gundo, Assamme-Goborhut, Naruvalli, Kannada- Nada, Gunda
- Panjabi-Garna

Badar (Ber)-Indian Jujube

**Latin name:** Ziziphus Jujuba lam., Ziziphus sativa Gaertn.

**Part used:** Fruit pulp.

Traditional recipe-Borkut-Powder of dried fruit pulp.

Dried fruits after moistening can be taken with salt throughout year.

**Names in -**

- Hindi –Ber, Marathi –Bor, Bengali – Kulphal, tami-l-Reyanti, Malayalam–badaram, Kannada-Bogari
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Coming issues-
Fruits for Diabetes Part-2
Indian Dietary recipe beneficial for Diabetes.

Suggestions, doubts, submissions are welcomed on mail - drprashantbedarkar@gmail.com
Readers are suggested to consult registered Ayurvedic practitioner for application of contents.

Suggested Reading-


3. Shahedur Rahman and Rashida Parvin, , “Therapeutic potential of Aegle Marmelos Correa”.


