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## Ayurvedic Treatment for diabetes in Chennai

Ayurvedic treatment focuses on an entire change in the lifestyle of the person. Certainly, **diabetes** is one of the concerning problems in the country. Dr. E Shaji Raj, who has been practicing for almost 30 years, is a relentless researcher, has given a completely new interpretation of the **Ayurvedic Treatment for Diabetes**, and his services available in Chennai and across India.

We are Punarjanis Life Sciences an **Ayurvedic Company of Dr.Shaji Raj**, have an excellent programme to help our patients. This is a very successful programme which helps you to be your own doctor in disease control.

Most important part of the treatment is that even when you are on oral or insulin injection, you can go ahead with this treatment. You can also drastically reduce the medicine dosage you are using currently and in most of the cases the patient can come out of modern medicine altogether.

### Day 1

**Diabetic sensor is put on the patient. Blood sugar and BP is checked.**

Counselling and Analysis of patients food and life style habits. This helps in formulating the right strategy. Arrangement of accommodation

### Day 2 to Day 15 Treatment

**Diabetic sensor is put on the patient. Blood sugar and BP is checked.**

Internal medicines for the entire 15 days stay are given.

## Abyangam Treatment

This is not a massage; it is therapy that helps blood flow. Brings down inflammation and promotes health. Hot medicated oil is applied to scalp and head and the whole body. The muscles are stretched and pressed to undo neuropathic conditions.

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## Thakra Dhara Treatment

Medicines are infused in the yogurt and set aside the previous day and poured over the head

## Dhanyala Dhara Treatment

Horse gram, sliced fruits, Navara rice, and millet grains are blended in pieces of linen and then immersed in a large water pot. The water is then boiled for a specific duration during which the extracts from the mixture leach onto the pot to form vinegar. The therapy using this liquid is known as Dhanyamla Dhara in the world of Ayurveda.

- Activate the nerves as well as improve the blood flow
- Revitalize and restore natural elasticity
- Strength and tone muscle
- This therapy is also effective for swollen joints and pains

**All the Days of Treatment Diet Food will be given all three meals to the patient. Patient is also taught diet food cooking.**

**Exercises and deep breathing techniques are taught to patients every day.**

### Day16

**On the 16th day, sensor is removed and the report of the 14 days blood sugar reading is handed over to the patients along with our reports.**

We can assure you a drastic reduction in blood sugar readings and in many cases the blood sugar can be totally within range.

We provides accommodation, diet food, Internal Medicines, External Therapies, exercises and yoga all during the stay with us.

For more information please click [www.punarjanis.com](http://www.punarjanis.com)