

**PART I: INTEGRATIVE WELLNESS CARE PROTOCOL FOR TYPE 2 DIABETES
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ABSTRACT

There is an urgent need to integrate modern and traditional approach without creating any disputes of medicine versus other healing practices. Because the international and national health surveys show the threatening calls on life style disorders in coming future arena. Pharmacological and non- pharmacological together should be a frontline integrative wellness management to sustain the wholistic health, to re- cover, re- energize all bodies (physical, vital, mental, supramental and bliss.) of person. Every Modern or Traditional healer prescribes the one system of medication, works at physical level to control the disease at a limit but beyond it, there is no alternate or hope to heal completely. That's why, non-pharmacological (integrative wellness care) protocol is defined here. First protocol which was researched done on Type2 Diabetes mellitus patients, have given the good whisper and significant result are mentioned here in conceptual way. Touch -massage is introduced here, forrecycling of glucose, to improve metabolism and to re-transform the glucose again to maintain the optimal glucose with simple therapeutics.

KEYWORDS: Integrative, Non-pharmacological and Pharmacological approach, Skin, Sense organ, Touch-massage, Type2 Diabetes mellitus, Vital energy, Wellness.**INTRODUCTION**

Diabetes Mellitus (Type 2 Diabetes), in the recent years, has come to be recognized as a global epidemic both by the International Diabetes Federation (IDF) and by the Indian Council of Medical Research (ICMR) that requires a standardized and consistent approach for management of symptoms and resultant complexities. This needs to be cost effective and lend itself to easy administering in a decentralized manner so as to improve the public access to an effective and efficient diabetes care and to reduce the burden on the institutional medical centers.

Towards this objective IDF issued its global guidelines for Type 2 Diabetes in 2012 and the ICMR issued a revised and updated set of guidelines in 2018. These guidelines are quite wide-ranging and cover a broad spectrum of causative and palliative factors so that the Diabetes Care professionals can choose from a wide variety of options and custom design a Diabetes Care model based on the local, regional, cultural and individual factors.

Diabetes Type 2 incidences are seen to have grown rapidly in the recent years and the modern healthcare paradigm usually attributes this to changes in the social and work environment, nutritional choices and an average urban life of sedentary behavior. But the spread in the rural areas with a significantly different lifestyle has been a puzzling phenomenon and this makes one think that the root cause goes beyond the known factors. There has also been an introduction of a large number of treatments and therapies from a variety of alternative or traditional healthcare domains e.g. Ayurveda, Homoeopathy, Yoga, various Psychotherapies etc with claims of success. In many cases people are indeed seen to benefit and even reverse their pathologies but there are significantly high levels of failures as well. This often leads to confusion in the minds of patients and caregivers and uncertainty about the outcomes.

To solve this riddle, we decided to examine the underlying philosophies and theories behind one of the most established traditional health care models provided by Ayurveda and map this with reference to the model

emerging from the ICMR/IDF guidelines. We also propose to look at the model of life and health provided by the new advances in the field of Quantum Science of Consciousness that is providing a new way of looking at the interface of the physical/ material phenomenon with the subtle/ energetic aspects of human experience.^[1]

We hope that this will lead to the establishment of a holistic framework of healthcare based on the idea of Integrative Wellness.

REVIEW OF LITERATURE

Model based on ICMR/ IDF guidelines

As per the ICMR guidelines of 2018, “*Type 2 diabetes is a metabolic-cum-vascular syndrome characterized by a predominant insulin resistance with varying degrees of insulin secretory defect. It is a progressive disease often associated with central obesity, dyslipidaemia and hypertension.*”

The goals of management of this condition is largely centered around relief from symptoms of diabetes and improvement in quality of life as well as glycemic control and prevention of acute complications.

Following roadmap is suggested for detecting, diagnosing and evaluating Diabetes Type 2 and providing an effective system of caring for the patients.

- Screening Strategy and methods to assess the presence of a diabetic or pre-diabetic condition and its severity.
- Pharmacological protocol based on the outcome of the screening tests.
- Non-pharmacological protocol combining several self management methods with minimal clinical monitoring.
- Prevention and Control of diabetes in potential risk groups.

Screening and Diagnosing

The strategies for screening are chosen based on clinical assessment of family history, weight and waist girth, extent of sedentary lifestyle and any history of risk conditions e.g. hypertension, cardiac or ovarian cysts (for females) etc.

The screening tests recommended are

- Random plasma glucose
- Fasting plasma glucose
- Oral glucose tolerance test (OGTT) using 75gm glucose
- In certain conditions Glycosylated Haemoglobin (HbA1c) is also recommended

Diabetes Care Protocol

- Pharmacological protocol is based on the choice of options from amongst the following categories:
 - Oral anti-hyperglycemic drugs
 - Insulin therapy
 - Non-insulin injectable therapy

- Non-pharmacological protocol is encouraged to be adopted as a central option for diabetes care since this is seen to help an individual maintain a reasonably normal and active lifestyle. This is promoted as the first line of defense and also it helps promote emotional and mental well-being of the person who has already developed diabetes type 2.

The broad category of focus areas in this protocol are as under.

- Lifestyle management: These are designed to cater to the following lifestyle goals
 - To improve health through optimum nutrition
 - To provide energy for reasonable bodyweight, normal growth and development
 - To maintain glycemic control
 - To achieve optimum blood lipid levels
 - To individualize the diet according to complications and co-morbidities
 - Achieve optimal physical activity
 - Advise other behavioral changes for: smoking, other tobacco products and alcohol
 - Advocate stress management
- Medical Nutrition Therapy: This is built around the assessment of pre-existing nutritional patterns and design of customized meal plans according to the family eating patterns
- Physical Activity and Exercise: Regular physical activity and exercise is a very important part of any diabetes care protocol since it is seen to improve insulin sensitivity, reduce risk of heart disease, manage hypertension and relieve stress, avoid depression etc. It also helps improve the quality of sleep, an important part of regulating bodily functions.

The global guidelines for type 2 diabetes, issued by the IDF (International Diabetes Federation) also recommends the following additional measures in the non-pharmacological protocol category.

- Diabetes Education
- Psychological care

Diabetes Education

There is a unanimity in the world of formal medical care that diabetes being a chronic condition requires a large dose of self- management skills of the affected individual to help him improve his skills and ability to manage the symptoms, treatment, physical and psychosocial consequences and lifestyle changes required.

This understanding has given rise to many DSME (Diabetes Self- Management Education) programs and SMS (Self- Management Support) protocols. Evidence obtained through certain meta studies suggests a statistically significant improvement in the established Diabetes markers like HBA_{1c}. However, the same studies suggested that the effect of such education wears off in 1-3 months and hence it is important to maintain an

ongoing support mechanism.

The global guidelines recommend the Diabetes Education to be more patient centered with a great emphasis on positive behavior change with an understanding that knowledge itself is not sufficient usually to induce behavior change and improve outcomes. It is important to have an ongoing engagement component in any successful DSME program.

Psychological Care

The IDF guidelines recognize the importance of psychological well-being as an important goal and the psychosocial factors as integral to all aspects of diabetes management. Data shows that the discovery of diabetes as a condition in a patient can have a significant correlation with the risk of any mental health issues. It is suggested here to adopt a stepped care approach with a systematic monitoring of well-being to avoid or at least detect in time any mild or serious psychological problems so that an appropriate treatment can be introduced in time.

Even though the above guidelines are quite elaborate and provide a robust framework for holistic care for diabetes type 2 patients involving both pharmacological and non-pharmacological elements but in practice, it is observed that most wellness practitioners tend to be focused mainly on only the pharmacological treatments. For the other part they offer some cursory suggestions but there is no sustained way of ensuring compliance or active monitoring. Due to this the patients usually take the non-pharmacological advice in a rather casual manner, not recognizing its critical importance.^[2]

METHODOLOGY

Quantum Model of cellular biology and healing

Dr. Bruce Lipton in his path-breaking research of the cellular biology recognized the central role of the environmental signal in the functioning and health of a cell and the way in which the DNAs involved in the onset of a pathological condition and its reversal and recovery can be triggered by modulating the signal being received by the cell.^[3]

This was further elaborated and demonstrated practically in the works of Dr. Joe Dispenza, who did some phenomenal work to unravel the mysteries of epigenetics and how it can heal the seemingly difficult or chronic conditions.

Interestingly this understanding finds its theoretical basis not only in the work of Dr. Amit Goswami, the author of the Quantum Doctor but also the yogic philosophy underlying the age old doctrines of Ayurveda, the eternal science of health established by the ancient Rishis (consciousness researchers) of India.^[4] Dr. Goswami, in his seminal book *Quantum Doctor*, has defined the prakriti (tridoshas) with quantum principles.

Yoga model of Subtle Anatomy and Ayurveda

The system of Ayurveda is based on the yogic philosophy that describes the human system as a model of 5 bodies (panch koshas) that work together in unison and cohesion to sustain life and health. As per this model the following are the 5 layers or *koshas* or sheaths and their respective functions.

1. Annamaya kosha [physical body] reflecting food habits.
2. Pranamaya Kosha [vital body] reflecting vitality and feelings.
3. Manomaya kosha [mental body] reflecting the mode of thinking, Excessive sleeping in daytime and sedentary work habit create disturbance in this and then there is a requirement to change the lifestyle along with ayurveda medicines. DMT2 is comes under the vatajprameh [excessive vata].
4. Vigyanamaya Kosha [Intellect- supramental body] reflects intuitions and archetypes patterns.
5. Anadamaya Kosha [Bliss body] reflects the state of unconditional love and ecstasy and the feeling of Sat-Chit-Ananda. Every person suffering with Diabetes has specific etiological factor, may be physical or mental or social etc. The person has its own basic constitution [prakriti] and living style.

Quantum Approach to Healing DMT2

The main difference in treating a condition like DMT2 using an Ayurvedic or Quantum approach vis-à-vis the approach taken in the modern medicine paradigm lies in the role and priority they accord to the action of the mind versus the action of molecular chemistry.

In the Ayurvedic or Quantum approach the role of the mind is central to the healing protocol while any herbs or pharmacological formulations are used as a supportive measure that helps deal with any emergencies/ traumas or to create the right electro-chemical environment in the body for the cells to unleash their self-healing potential. This approach also gives hope of even a condition characterized as chronic to be potentially cured.

On the other hand, in the modern medicine approach the pharmacological component is the main element. Next importance is given to the nutritional element which again is seen through the prism of supplying the depleted chemical or molecular components. The role of the mind, for which elements like diabetes education and psychological care have been recommended, is seen to play only a supportive role for helping a person deal with the limitations on lifestyle imposed by a chronic condition.

Vitality Activated through Quantum Yoga & Ayurveda (VAQYA)- A new paradigm

V.A.Q.Y.A. (VAQYA) is a model set of procedures and protocols, based on the philosophy and principles of Vedic knowledge system of Ayurveda & Yoga that find scientific validity and compatibility with the cutting edge model of life and reality derived from the theoretical

framework of the Quantum Science of Consciousness.

This VAQYA model provides a holistic and integrative approach for AYUSH practitioners to bring in the best of the ancient knowledge systems as well as the modern scientific and technological advancement for providing the people with sustainable and empowering tools for self-healing and well-being.

Core philosophy of Ayurveda relies upon looking at the body-mind system as a whole and maintaining a harmonious balance between the man and his environment. This is achieved through a continuous and meaningful, two-way information interchange between them.

Quantum Science also concludes that any sustainable healing resulting in the altering/ reversal of pathology can be obtained by activating and promoting an unhindered, smooth flow of vital energy (*prana*), in short VITALITY, which can invigorate the cells of the body and allow them to perform their assigned functions with perfection. The unique gift of Creativity that Consciousness has endowed us humans which has the capacity to change the manifest reality by addressing the root cause.

According to IDF and ICMR, there is a strong need of integrative – nonpharmacological management along with pharmacological protocol, to improve the wholistic health of a patient.

Ayurveda also suggests the three types of protocol to achieve wholistic health of a person i.e. 1] occult practice like yoga, meditation, prayer etc. (*daivevayapshrya*), 2] mental practice like reading spiritual books, attend spiritual teachings etc. (*satvajya*), 3] pharmacological treatment (AYUSH medicines).^[5]

Quantum Science of consciousness also mentions the five bodies concepts and how to achieve the wholistic health, by developing the archetypal qualities. Diabetes Mellitus Type 2 (DMT2) is a chronic condition that, if not treated or managed actively may become life threatening and, even otherwise has the potential to severely limit the lifestyle and the sense of well-being of the affected person.

The VAQYA protocol for eradicating the menace of DMT2 involves following daily practices that are recommended to be incorporated in their lifestyle by DMT2 affected persons. This protocol follows the fundamental principles of ancient wisdom (traditional practices) and quantum science of consciousness.

Healers heal the alive person who have life and prana (breath). No consciousness (*chetna*), No treatment (*chikitsa*). The fundamental principle is to get back the consciousness/aliveness – vitality to attain the wholistic health. Because consciousness is the ground of all being.

Ayurveda advises two ways of healing. (I) External and (II) Internal Therapeutics.

In 1920, Rudolf Steiner, introduced Anthroposophy Principles. He explained in his book “Fundamentals of Therapy” that the human being must have the power to dissolve sugar. The impairment of this power points towards the disease of diabetes. He had given some practices/therapeutics regarding Diabetes mellitus. Still these therapeutics are not explored by the scientist. Many factors which are the reason of manifestation of this disease, are not researched or not counted in text books, others count the cause is unknown. The meaning is simple, that how to regulate glucose level by burning or utilizing or consuming the glucose – we are using glucose or energy – to do some constructive activity – through the process of massage therapy or quantum yogic practices or walking or running or doing some service for plants and animals and many more creative activities which is easily done on everyday basis. The person can choose any one of activity to regulates the glucose level. He suggested some therapeutics regarding Diabetes mellitus. Still these therapeutics are not explored by the scientist. His foundation of Anthroposophy is based on three-fold human being^[1] upper pole- of the human organization, Nerve- Sense system^[2] Middle pole- is Heart and Lungs, rhythmic system^[3] Metabolic -Limb System.^[6]

As we know that Diabetes mellitus is related with metabolic disorder with multiple etiological factors at physical or mental or vital level. Therefore, there is always a scope for creativity add on for the better results to control the hypoglycemic level adopting selected integrative protocol and management along with the pharmacological management.

VAQYA protocol first suggests the External- Quantum Integrative Management to heal the part/body (physical, vital, mental, supramental) of a patient which is needed or there is a lack/gap. Ayurveda recommends in three treatment modalities as mentioned above, the non-pharmacological management involves psychological care, diabetic education and life style management as mentioned by IDF and ICMR.

When we doctors treat the patients, they come from different streams of work profile; and different family and cultural background; they have varieties of stress level; each has unique life history and unique basic constitution, different habits pattern; having unique life style; therefore a unique protocol to be set up to improve the life span of T2DM. Patients have many questions about DM like life style modifications, diet, psychological issues etc. (non- pharmacological therapies), along with pharmacological treatment.

The most important part of the non- pharmacological intervention is to set up a specific lifestyle protocol. Because of mismanaged and disordered life style [at

physical, vital, mental and supramental level] a person's chances to fall ill or to catch diseases are increased.

Table I: Pharmacological Treatment and Non- Pharmacological Management Protocol, Integrative Wellness Care Protocol for T2DM.

		PATIENT CHOICE			
I.	Pharmacological Treatment: as per patient choice	Modern (Allopathy) or	Traditional (Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa-Rigpa and Homeopathy-AYUSH)	other ancient medicinal systems	
II.	Non-pharmacological Management: Protocol	Physical Body	Vital Body and Mental Body	Supramental Body	Bliss Body
II.A.	Daily Regimen	Food and Diet Chart; Conscious chewing	*Yogic Exercises; Head and Face massage, *Full body massage, *Bathing with medicinal herbs	Developing Nine ^[9] Archetypal qualities Beauty Love Compassion etc.	*Spend time in Silence *Spend time in Nature
II.B.	Early Morning Evening T2DM Ayurveda Herbal medicines	Rejuvenating Medicinal Herbal Drinks	*Quantum Yoga And Meditation (Do-Be-Do)	*Reading Scientific Spiritual books *Join authentic good spiritual courses	*Do mantra Chanting *Do Blissful Creative service like spend time with birds and animals or needy persons etc.
II.C.	Night – using rasayana	Anti-Aging (Rasayan) Herbs	*Counselling Sessions in series with plentiful time to listen * Vital herbs for Relaxing of mind *Relationship and Social counselling classes and education	* Practice Art, Music or any creative activity	* Disseminate knowledge and experience. [SAT-CHIT- ANANDA]

This paper is presenting the process and outcome of the first non-pharmacological protocol for T2DM which has been experienced over last two years as an anecdotal research. Patients reported benefit with touch massage therapeutics.

Face and Head Massage [TOUCH MASSAGE Therapeutics]

Where touching begins, there love and humanity also begin.

- A Quote of ASHLEY MONTAGU

Self-touch massage as an external therapy is one of the oldest fundamental therapeutics- since millennia, which is being used by everyone when we feel tired or we want to be relaxed, for example head massage, facial or body massage which relaxes, nourishes, calms and heals the stressed body/body parts and re-energize us again; touch healing enhances the vitality – this is the real food of our vital body. Touching also nourishes the whole nervous system through feeling of relaxation, meets out when vital energy movements flow in channels of vital body under the skin bed; gentle touch and slow massage with gentle pressure improves the circulation of vital energy flowing between the peripheral neurons pathway webbed as we called the peripheral nervous system- the place of air element [vata-sparsh-indriya].

Skin is the largest sensory organ out of five senses, is having the co-relationship with mind [mental body] and vital body; it connects our inner and outer world through the continuous touch of the invisible external cosmic world – we say outer environment. The surface area of

skin, outer most layer- the epidermis has a network of hair shafts, sensory receptors, sweat pores, nerve endings, mini blood and lymph channels. So, we can say that skin is the home of three major systems i.e., (i) via immune system and via lymphatic system-it connects the seven dhatus (tissues) (ii) via neuro- endocrine system – co-relates with the vital [vital energy] – physical [hormones] (iii) via embedded nerves (peripheral nervous system) which cover the whole skin bed, linked with brain. Researches shows that the outer layer is having the cells of keratinocytes (epidermal cells), carries the same information as the information carried by the immune system.^[7]

Skin speaks the same language as our systems or tissues (dhatus) speak. It is the primary vast gate open to detoxify our body, because it has the end product of the food reflected through adipose and muscular tissue- the accumulated fecal material like sweat, black heads, white heads, white and red patches, dryness, wrinkled skin etc. (tvacha-mal) flows in the channels. Early morning, these fecal calls us to clean the accumulated matter. Skin's bed keeps all ingredients like water, glucose, salt and various endocrine hormones in balanced nature and excretes toxin/fecal everyday with the use of daily regimen i.e. massage, bathing, rubbing, walking, yoga, pranayam etc.

The book *Seth Speaks* written by Jane Roberts, reveals the fact that Touch- Massage practice activates the consciousness – through the sensory receptors. When we sleep at night, and our subtle body travels other realms

and to aware about ourselves, needs touch massage to be fully active. For example, in 1896, Vayam Dipika introduced that do Tad-Asana (mountain pose)- means to stretch the body to activate seventy-two thousand nadis (72,000); makes us more aware or enhances consciousness. Morning massage makes us alert towards our Physical body – Energy body both. When the finger tips touch the skin bed, the consciousness awakes the sleeping patterns- re-activate sensations, re-fresh and reconnect our inner and outer, scientifically massage activates the nervous- lymphatic- blood circulation systems all together.

Ayurveda mentions that body is made up of seven body tissues- dhatus [rasa (plasma and lymph), rakta(blood), mansa (muscles), meda (adipose tissue/fat), asthi (bone), majja (bone marrow and nerve tissue), sukra (re-producing tissue)]. Via one example we can understand the importance of SKIN, the upper cream of boiled milk carries all the fundamental information of whole milk in subtle/coded form, the same skin (rasa-sar) carries all the information of seven body tissues[dhatus]. Skin is the rasa-sar [the essence of all dhatus/tissues].

So, what-ever we eat (food essence) or we feel (vitality) or we think(memory), it reflects on the skin. Seven tissues (dhatu) and seven layers of the skin, both are having a very deep connection. As the skin is touched or rubbed or massaged, the activated seven layers of skin stimulates all seven tissues concurrently and gives nourishment to them.

Ayurveda texts guide the physicians that the ayurvedic massage and daily regimen like bathing practices, simple rubbing or with some medicinal herbal power in routine, yoga practices boost up the immune system and open subtlest channels (peripheral and lymphatic circulation). The skin is also called second brain by the researchers because it communicates with outer cosmic environment and transfers the information to brain autonomously. Generally, we doctors see in the autoimmune disease, texture of skin (become wrinkled) is totally changed

because skin is the home of stored information's and memories.

Ayurveda texts strongly recommends the massage and its benefits; it enhances longevity- works as an anti-ageing (jarahar), relaxes all tissues/body; removes fatigue and stress (shramhara); pacifies air element-prevents nervous system related disorders like anxiety and stress (vatahar); maintains the eye- sight and balances the fire element (dristiprasadkar); maintains good sleep (swapankar); enhances the texture of skin(twac-dadyakar); gives strength to all systems and relieves pains in the body(kaleshsahatv). Charak advocates massage (unvartan, touch therapy, oil massage etc.) is the highest remedy (cure) to pacify the vata diseases. He mentions that massage therapeutics means massage with recommended ayurveda guidelines, helps the skin in four ways of healing.^[8]

1. Snehana: it enhances sensory fields and creates the feeling of love because it activates the consciousness – develops the co-relationship via fingers/palm/hands and the skin.
2. Vishyandan: Doing slow massage with gentle touch, it activates the bonding hormone – like oxytocin.
3. Mardav: it gives the feeling of smoothness and softness, increases affection.
4. Kaleda: it gives the feeling of touch, activates the channels/ chakras – directs the flow of vital energy and enhances the flavor of hormones. Massage gives the message to the network wedded of chemical tributaries of vessels.

The pharmacological intervention is not sufficient, it just gives satisfaction at physical level – molecular/body chemistry level. The causative factor of Diabetes mellitus Type 2 still stands at vital and mental level like feelings and mental stress level; the patient is carrying these factors continuously along with medication; the quantum and ayurveda vital and mental therapeutics introduce and intervene the integrative external therapeutics which can be done with any pharmacological medication(Modern or Traditional).

Table II. How to practice Self – Touch Massage [Non- Pharmacological Protocol -1].

Practice # 1	Face and Head Massage [Self- Touch Massage]
When	Every Morning, just after getting up.
Duration	15-20 Minutes
Sensory Faculty	Touch, sensory receptor
Sensory Organ	Skin- A sevenlayer wonder that acts as an interface connecting the <i>Pranamaya Kosha</i> (Vital Body) with <i>Annamaya Kosha</i> (Physical Body) on one end and the <i>Manomaya Kosha</i> (Mental Body) at the other.
Purpose	Break the conditioned habit of sluggishness that causes resistance to healing by rebooting the movement of the <i>Pranic</i> energy in the Vital body and the Lymph fluids in the Physical one. This invigorates the body and the <i>Pranic</i> system to break old patterns and provide an active channel for receiving and healing information and infusing it into the concerned cellular structures.
Science Involved	Sensation of a healing touch activates memories of wellness that reside deep within the subconscious mind and eases the flow of healing information through the peripheral nervous system. Strategically designed massaging movements at key locations activate the flow of lymphatic fluids under the skin and correspondingly mobilize the flow of the vital energy (<i>prana</i>) that is quantum correlated or entangled with this.

	<p>The cyclical relationship between the flow of the physical lymphatic fluids and the vital prana energy has the capacity to dissolve any blockages to the energy flow caused by any physical trauma or emotional mental factors.</p> <p>The revitalized energy flow activates a better information exchange of the higher mind with the cellular structure of the body and organs. The natural healing intelligence of the body then takes over and directs the healing information to the correct organs and functional structures that need it to return the body to a health state.</p>
Action Steps	<ol style="list-style-type: none"> 1. Start massaging with gentle pressure from the finger tips at the top of the center of head [Brahma Randhra] in a clockwise move continuously. Use both hands in order to activate all the points. Be careful and vigilant while doing massage. The Fontella (talus), the soft spot, the seat of bliss, start slow touch massage to flow the vitality in the vital body. Cover the surrounding area of head. Daily practice makes you more aware towards the clockwise movements and becoming easier. 2. Shift to the forehead now. Give circular massage with both the hands. With slow movements from left to right – then right to left. Relax for a few minutes 3. Begin circular movements around the eyes with gentle pressure on the eye balls. You will feel the energy flowing around the eyes. Stretch the corners of the ears. 4. Exert pressure on both side of nostrils and massage the upper lip. In circular motions massage the cheeks and then move in upper direction from the edge of mandible. Take rest for few minutes. You will feel completely recharged. 5. Both hands take on the back side of neck- the medulla oblongata (many amala) and massage with gentle pressure from up to down. It is good for relieving tension and relaxing shoulder neck pain.
What Follows	 <p>Feeling of warmth and rejuvenation. A feeling of Wholeness and Wellbeing</p>
What happens when massaged	<p>Re-cycles glucose, re-energize all body systems, improves metabolism. Skin is the abode of immune system so enhances immunity, skin texture. It improves the circulation of peripheral nervous system, lymphatic system and sensory outputs, prevents neuropathy disorder, retinopathy, relieves chronic fatigue and pain, removes weakness, diminishes burning and pin pricking sensation, improves the dhatus (tissues)</p>

CONCLUSION

Slow and gentle touch massage recycles and refreshes the glucose- regulates the blood sugar, activates the consciousness, enhances the hormonal activity. Limb movements and metabolism are having the correlation and touch massage movements utilize the glucose in energy- form. There is a new opportunity for tissues to make fresh glucose. Touch massage gives the sense of well-being. This is the best method for recycling of glucose is the first morning break- exercise, doing massage in steps – first step is head and face and then it covers the full body. Daily morning massage for 15- 20 minutes gives various benefits; regulates the temperature of the skin of the body; circulates the blood and lymph flow properly; utilizes the energy; recycles the glucose and helps the shifting of old glucose to new glucose. A continuous series of massage practices thus refreshes the glucose. T2DM patients can prevent many complications through these daily simple practices.

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