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Ayurvedic Approach to Diabetes and Obesity: Emerging trends and Interventions

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The prevalence of chronic diseases, such as diabetes and obesity, is increasing, and chronic stress may further increase the risk for these conditions. Stress also affects a person's immunity and gut health and has been linked to increased cortisol levels. Ayurvedic approaches, including the use of Ayurvedic diet and Ayurvedic therapies, could be effective tools for stress management. An integrative approach, combining Ayurvedic practices with modern nutrition and lifestyle management, could help reduce risk factors for obesity and type 2 diabetes and improve their management. This presentation explores the impact of stress on chronic disease and the potential benefits of Ayurvedic approaches. It discusses the emerging trends and interventions in the field, as well as the latest research and practical applications of Ayurveda. The presentation emphasizes the importance of an integrative approach, incorporating Ayurvedic practices with modern nutrition and lifestyle management, to achieve optimal outcomes for individuals with chronic diseases. The Ayurvedic diet emphasizes the use of fresh, whole foods and spices, which are thought to promote health and prevent disease. Ayurvedic therapies, such as Abhyanga and Shirodhara can help manage stress and improve overall well-being. Combining these approaches with modern nutrition and lifestyle management and stress reduction techniques, could provide a comprehensive and effective approach to chronic disease management. An Integrative approach using Ayurvedic Diet, lifestyle management, Ayurvedic Therapies and Modern nutrition could be used as an effective tool to reduce risk factors for Obesity, Diabetes and better management of diabetes. Through this presentation we will learn about Obesity, Type 2 diabetes, Ayurvedic approach combined with the modern nutrition perspective. In conclusion, chronic stress is a risk factor for chronic diseases such as obesity and diabetes, and Ayurvedic approaches offer promising solutions for stress management and disease prevention. Integrating these approaches with modern nutrition and lifestyle management could provide a comprehensive and effective approach to managing chronic diseases.

Biography

Gauri Junnarkar is an Author, International Keynote speaker, Nutrition Ayurveda & wellness expert. She is the Founder of 'Ayurnutrition', an integrative and Holistic wellness practice in Dallas-Fort Worth, Texas, combining the ancient wisdom of Ayurveda with modern nutrition. Gauri Junnarkar is a highly accomplished Registered Dietitian Nutritionist, Certified Diabetes Educator, Ayurveda Practitioner (Vaidya) and Panchakarma Specialist with 17+ years' experience in Integrative Health. She specializes in Diabetes, Weight management, metabolic disorders and Women's health. She recently co-authored two books published on Amazon. She hosts 'Wellness Bites with Gauri' on YouTube and as a podcast. She is a highly acclaimed speaker and has presented at international and local conferences on Ayurveda and Nutrition. Gauri believes that mind and body have a profound effect on each other. Gauri loves to educate people in choosing the right foods using Ayurveda & Nutrition to nourish the body and create a positive impact on health and wellness.