



Blood Sugar Formula

Ayurvedic Formula for Balancing Blood Sugar

Ayurvedic medicine is a system of healing from India that has proven itself over the course of thousands of years. India was the first country to identify and treat diabetes, so Ayurvedic medicine has a long history of dealing effectively with blood sugar imbalances. Blood Sugar Formula, formerly sold under the name NBS-AV, is a traditional Ayurvedic combination of herbs for treating diabetes. The formula also helps metabolic syndrome X or hyperinsulinemia, the forerunner to type II or adult onset diabetes.

Here is a breakdown of the herbs in this formula.

Gymnema

Gymnema sylvestris leaves have a long history of usage in India for diabetes. The leaves have the remarkable property of blocking the sweet taste buds. After chewing on gymnema leaves, sugar tastes like sand and a chocolate bar tastes like mud. Not only does gymnema block the taste of sugar, it prevents or inhibits absorption of sugar in the small intestines. Gymnema reduces the need for insulin, which gives the pancreas a rest and aids its ability to heal. Research even suggests the plant may help a damaged pancreas recover its insulin-making ability.

Turmeric

Curcuma longa, or Indian turmeric, is a rhizome used for various liver problems. It stimulates bile flow, protects the liver, and has an anti-inflammatory action. The liver works with the pancreas and adrenals to help maintain balanced blood sugar levels.

Neem

Azadirachta indica leaf, or Neem, is an astringent that is becoming increasingly known in the West for its ability to clean the teeth and tone up the gums in gum disease. It also has an effect of toning the gastrointestinal system, and reduces fever and inflammation. Neem has a blood sugar lowering effect.

Enicostemma

Enicostemma littorale herb has been shown in experiments to cause a significant reduction of blood sugar in diabetic animals. This herb is also antibiotic and is used against malaria.

Picrorhiza

Picrorhiza kurroa root has immune stimulating and hepatoprotective properties, as well as possessing antibacterial and antiviral properties. It also relaxes muscle spasms. It has a his-

tory of use for digestive problems, fever, hepatitis, and various inflammatory diseases. This root also improves blood circulation and reduces cholesterol.

Kino

Pterocarpus marsupium gum, called Kino, is very useful for diabetics and lowers cholesterol, also exhibiting hypoglycemic action.

Fenugreek

Trigonella foenum-graecum seed, or fenugreek, has a soothing effect on the digestive system. Fenugreek has an antidiabetic effect and it also helps to lower cholesterol levels. It reduces inflammation in the body.

Bael

Aegle marmelos leaf, also known as bael, contains a sitosterol, a type of compound that lowers blood cholesterol. The herb is used in Ayurvedic medicine for constipation and diarrhea.

Andrographis

Andrographis paniculata herb is known as the "king of biters." This tells you that the liver benefits from the herb and the gallbladder, also. This herb is used for general debility and convalescence.

Momordica

Momordica charantia fruit/bark has also been used in China for reducing blood sugar.

Jambolan

Jambolan are the seeds of *Syzygium cumini*. The herb is a traditional remedy for diabetes and other diseases of the pancreas. It is also used for constipation and gastrointestinal problems.

Cyperus

Cyperus rotundus tuber, "nut grass," is a liver tonic and helps to counteract indigestion.

Selected References

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