



THE CONNECTING LINK BETWEEN STRESS AND DIABETES

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ABSTRACT Here it is done to confirm that diabetes is not a simple disease that occurs due to only overweight or eating simple carbohydrates in excessive amount instead this is a more complex disease than we thought, we are doing this research on 20 resident in a colony in Delhi who are suffering from diabetes and considering all the other disease or other health-related problems they are facing, this research includes mainly residents of age above 30, both male and female

KEYWORDS : Diabetes mellitus type 1 and 2, obesity, excessive thirst, cortisol, stress, cardiac problem, nerve damage, tachycardia

INTRODUCTION

Before preceding we have to clearly differentiate between type one and type two for that we have to perform the c-peptide test for confirming that there will be no genetic cause for the underlying conditions and we are mainly pointing to the various causes of dm type 2.

The reasons behind DM Type 1 is that self cells start attacking beta cells so there are no beta cells that can provide insulin so there will be a lack of insulin but glucagon is in enough amount to increase blood glucose level, and also consumption of carbohydrates, and there is no cure for that.

But the reasons behind dm type 2 is curable because it happens because cells become resistant to the insulin, and many neurogenic, and hormonal changes for that we are proceeding towards our resident for that cause findings.

METHOD-

As these reports are collected during the ongoing pandemic we have to collect their blood samples at their home and then we sent them to laboratories for c-peptide test and for blood glucose test we are using rapid monitoring device firstly person has to qualify for the c-peptide test, here is the list of candidates and their blood glucose before and after a meal in mg per deciliters.

RESULTS-

	Before meal	After Meal
Rajesh Gupta	174	297
shreyansh	375	349
Geeta #	264	350
Ganika Sinha	347	412
Miraya Pai	235	322
Sai Chanda	431	HI
Navya Subramaniam	359	423
Riya Raj	465	HI
Asim Ahluwalia #	198	298
Diksha Sant	347	398
Parvati Thaman	239	340
Chhavi Bhargava #	191	240
Rati Pant	302	340
Arnav Raval	222	320
Anit Nagar	405	498
Rudra Khatri	279	320
Kamala Chahal #	215	287
Malini Om	279	321
Shakti Mutti	298	342
Anaya Sarkar	364	432

*The above details are in MG\DL.

*HI = the blood glucose level is more than 500 mg/dl

those individuals after high blood glucose started actively involved in stress-relieving activities like active participation in yogas, performing meditation and attaining a healthy lifestyle, by removing the junk food and food with high sugar content.

CONCLUSION-

Those individuals who have more than 400 are actively involved in smoking or have a very unhealthy lifestyle or we can say that they are

also suffering from various cardiac problems like tachycardia.

But the main thing in that patient is that only 2 of them have obesity others are in normal BMI range.

The above-mentioned conditions lead to an increase in cortisol release from the adrenal gland that brings the body in fright mode to counter the negative effects, in order to do so this cortisol starts increasing the blood glucose level so that vital organs such as the brain start getting more glucose in order to maintain proper coordination with other organs, but excessive glucose leads to disturbing the osmotic pressure in the nerve cells, by intracellular sorbitol accumulation that leads to change in osmotic pressure that causes damage at the cellular level, that leads to the severity of other diseases in men it would lead to less libido and several other complications.

So, the final result is that yes, if somehow we can reduce the level of cortisol we can prevent the worsening of the disease.

REFERENCES-

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