

ENDOCRINE SOCIETY OF INDIA



IMPORTANT COMMUNICATION FOR INDIVIDUALS WITH TYPE 1 DIABETES MELLITUS (T1DM) AND THEIR CAREGIVERS

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As the largest association of healthcare professionals trained in managing endocrinology and diabetes across the lifespan in India, the Endocrine Society of India (ESI) is compelled to take cognizance of a video being circulated in social media where it is claimed by Baba Ramdev that T1DM individuals can be cured of diabetes by yoga and alternative treatment. The video also claims that medical fraternity has failed to progress in the field of T1DM treatment.

Factcheck: The video depicts some children with diabetes mostly talking about reduction in insulin dose and some adults (who are diagnosed with type 2 diabetes who were on insulin or even tablets) who are talking about reduction in medication or stopping of insulin (with yoga and ayurvedic medications added). There are also one or two individuals who claim that they were on insulin and no longer need it. T1DM is caused by autoimmune destruction of insulin producing cells in the pancreas and missing even a single or few doses of insulin can result in a life-threatening emergency termed diabetic ketoacidosis (DKA). Hence it is paramount that insulin is taken lifelong.

Scientific take: It is clear that disciplined diet and lifestyle will result in reduction in insulin requirement. But this by no means is cure of T1DM as claimed. Avoiding fluctuations in glucose control is the aim of therapy. Insulin is the only treatment available for type 1 diabetes management. These children depicted in the video may actually be in the honeymoon phase - in natural history of T1DM where the need for insulin temporarily ceases for a few days to months. ESI is of the firm view that the claim of cure of T1DM made in the video is false and misleading and not backed by strong scientific evidence. The repercussions of stopping insulin can be life-threatening for individuals living with T1DM. ESI clearly advises those living with T1DM and their caregivers not to get guided by misinformation and adhere to their usual insulin use either by injections or pumps under medical supervision. ESI also acknowledges that care of T1DM has greatly improved over years and wishes all people with T1DM a healthy and successful life.

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