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**Causes of Diabetics and its Pessimistic Effects on Human Health**

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**Abstract**

Diabetic is a continuously progressive disease in the human body. The Diabetic is a dangerous disease like cancer and Aids. Diabetic is like a termite because it is lethargic, hidden but it can also cause injury to the human body. Therefore it is important to recognize the symptoms of Diabetic in order to maintain healthy body and blood sugar levels. It is believed that the consumption of sugar-rich foods like sweets, candy causes Diabetic. It is well known that the common causes of Diabetic are insufficient insulin secretion, obesity, sedentary lifestyle and high caloric intake in food. According to reality, the main cause of Diabetic is obesity and being overweight. Diabetic causes disturbances in the normal regulation of blood sugar. There is no denying the fact that Diabetic also has an increased risk of heart disease, stroke, kidney disease, nerve damage, retinal erosion and several types of cancer. It cannot be denied that an imbalance between calorie intake and rate of calorie use can lead to Diabetic disease. There is no denying the fact that Diabetic can be controlled to a great extent through a balanced diet and a smooth lifestyle. By the way, in this problem of Diabetic, it is advisable to eat a variety of vegetables and fruits. This research paper attempts to explore the causes of Diabetic and its effects on human health.

**Key Words: Diabetics, Health, Body, Human.**

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**Introduction**

In the present scenario, good health is a great gift from God. At this time everyone wants his health to be good and balanced. At present maintaining a good and balanced health is

a challenge for all human beings. Due to the rapidly changing lifestyle and environment, new dangerous diseases are spreading among the youths and children's. Today most of the people are suffering from the disease of Diabetic. At present it is true that the root cause of Diabetic is depression. At present, the biggest reason for the increasing number of diabetic patients is psychological stress. It is believed that today Diabetic has become a global problem. The disease of Diabetic is believed to develop from the problem of ignorance in the human body. There is no denying that Diabetic is purely a lifestyle disease that arises due to poor health consciousness and slow physical activity. It is well known that it is important for diabetics to pay attention to the rapidly changing lifestyle as the health challenge gives rise to the dreaded disease of Diabetic. According to the renowned international institution International Diabetes Association, "Diabetic is one of the biggest global health crises of the 21st century".<sup>1</sup>

It cannot be denied that Diabetic patients are on the rise as a growing disease affecting children and adolescents across the world. It is important to note that Diabetic is based on hereditary and environmental factors. It is well known that it is important for diabetics to pay attention to the large amounts in the body of diabetes as it has many negative effects on the human body and physical condition. It cannot be denied that Diabetic occurs when the body does not produce enough insulin and is unable to effectively carry the insulin-producing glucose into the body's tissues.<sup>2</sup>

Insulin is necessary to process glucose and facilitate it to enter the human body's cells, where it supplies power. It is a condition in which the glucose in the human blood fails to be used as a source of energy. It cannot be denied that the symptoms of Diabetic disease are common and easy to spot.<sup>3</sup> In general, Diabetic disease is caused by genes inherited from

parents. It is well important to note that another major reason is the lack of production of a hormone called insulin by the pancreas gland in the human body, which increases the blood sugar level in the human body. There is no denying that general people are suffering from Diabetic disease due to lifestyle changes and less physical exercise, more and more people are suffering from Diabetic. It is well known and important that diabetic patients need to pay attention to this disease as it is also called as slow death. It is a disease that grips the body once and then does not leave it for a lifetime. It is important to note well that the Diabetic disease is more common in men than in women.<sup>4</sup>

Diabetic' is mostly hereditary and this disease is caused by lifestyle changes. It is well important to note that rapidly changing lifestyle, stress, depression and anxiety can cause Diabetic in the human body. At the same time, in developed countries, Diabetic targets the poor peoples and forces them to eat cheap food. The careless attitude of diabetics' patient regarding diet can be dangerous as it is directly related to diseases and mortality. There is no denying that Diabetic in children can be prevented by adopting proper diet from the beginning day. Diabetic and blood sugar levels are easier to control in human body. It cannot be denied that often we see that diabetic patients often do not follow the dietary recommendations due to various reasons. One reason for this may also be that diabetic patients often have preconceived notions about dieting.<sup>5</sup>

#### **Causes of Diabetics and its Effects on Human Health:**

There is no denying the fact that Diabetic is a very dangerous disease for the human body. Diabetes is like a termite because it hides in the human body. Diabetic can also cause injury and serious physical problem. There is no denying the fact that Diet and sugar have

always had a close relationship. Diabetic does not happen overnight. This Diabetic disease is more common in men than in women.<sup>6</sup> Diabetic is hereditary disease and occurs due to lifestyle disturbances. It is important to note that the most common causes of death in Diabetic are heart attack and stroke. The risk of heart attack in a diabetic patient is fifty times higher than that of a normal person. There is no denying the fact that prolonged Diabetic problem leads to diseases related to kidney, heart, blood vessels, nervous system and eyes etc. Diabetic affected peoples are more likely to develop periodontal disease, gum and bone disease.<sup>7</sup>

Over time, high blood sugar levels can damage the nerves system of the human body. There is no denying the fact that almost 5% of Indian citizens suffering from Diabetic disease. The number of diabetic patients is increasing every year. The main reason for this is sedentary lifestyle, consumption of junk food, excessive use of oily foods and products made from milk and sugar. Diabetic patients can control the diet to avoid sugar. There is no denying the fact that physical Exercise balances hormones in the body and makes cells sensitive to insulin. It also reduces the need for anti-diabetic drugs. However physical activity is important in the management of diabetic's disease.<sup>8</sup> Diabetic can defectively influence different components of the human physical body. So it is very vital to manage it appropriately. Diabetic disease can influence our key body organs like kidneys, heart, eyes and even leg.

### **Conclusion**

For a hale and hearty society and general public, it is vital to stop, identify and treat fitness troubles. It cannot be denied that Diabetic is a disease that once infected does not go away for entire life. There is no denying the fact that raising awareness of depression in diabetics can improve physiological outcomes and the first step should be a simple method of depression screening in diabetics which can be used regularly in normal life. There is evidence that the prevalence of depression is generally increased in Diabetic patients. The worst characteristic of this disease is that it invites many more diseases in the

human body. People are suffering from Diabetic today need to take special care of their health. Diabetic patients should pay special attention to their balance diet. Diabetics require special medicines. In addition, green vegetables, whole grains and fruits can be helpful in combating this Diabetic disease. The berry seeds are also useful for Diabetic to avoid weight gain and to control the level of Diabetic in the human body. Special care should be taken to control the level of Diabetic in human body. There are some common myths about Diabetic that one comes across when a person is diagnosed with Diabetic. A balance of foods, including grains, pulses, fruits, vegetables, fats and meats, is essential for living a healthy life without Diabetic. It cannot be denied that the combination of food products can be helpful for staying healthy during Diabetic. There is no denying the fact that essential nutrients from food sources can be helpful to fight in this diabetic disease. Some people need to make only minor lifestyle changes to keep their blood sugar under control to prevent Diabetic disease. Diabetes has become a very common side effect of modern life which requires a healthy diet and active lifestyle to fight it.

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