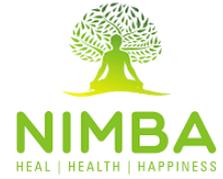




Diabetes Reversal and Foot Drop Recovery Through Integrated Naturopathy Care at NIMBA Nature Cure Centre



NIMBA Nature Cure Centre, Gujarat, continues to redefine the landscape of Naturopathic healthcare in India, integrating ancient wisdom with modern clinical excellence. As one of the country's leading Naturopathic hospitals, NIMBA demonstrates how natural medicine, therapeutic nutrition, yoga, and physiotherapy can achieve what conventional medicine often finds challenging — disease reversal and functional restoration.

A Journey from Illness to Natural Recovery

Patient: Mr. XXX

Duration of Stay:

- ❖ **Phase 1:** 15th June 2025 – 28th July 2025
- ❖ **Phase 2:** 27th August 2025 – 14th October 2025

When Mr. XXX (51 years old) was admitted to NIMBA Nature Cure Centre, he presented with multiple chronic conditions:

- ❖ **Foot Drop – Left leg** (since 8 months)
- ❖ **Obesity - Grade I** (Increased body weight for over 7 years)
- ❖ **Dyslipidaemia** (since 7 years)
- ❖ **Type II Diabetes Mellitus** (since 13 years)

The NIMBA Approach to Reversal and Recovery

Under the medical supervision of experienced BNYS physicians, a personalized, evidence-based treatment plan was implemented focusing on complete system rejuvenation and functional improvement.

Therapeutic Interventions Included:

- ❖ **Naturopathic Therapies:** Mud therapy, colon hydrotherapy, herbal steam bath, sauna bath, massage therapy, and gastro-hepatic (GH) pack.
- ❖ **Diet Therapy:** Grain-free, gluten-free, raw therapeutic diet planned by diet experts.
- ❖ **Yoga & Hydro Therapy:** Aqua yoga, pranayama and swimming to enhance circulation and neuromuscular coordination.
- ❖ **Electro-Acupuncture Therapy:** For nerve stimulation, muscle strengthening, and immunity enhancement.
- ❖ **Physiotherapy:** Focused on gait correction and strengthening of lower limb muscles and tendons.

Remarkable Clinical Outcomes

Parameters	Pre Data (15/06/2025)	Post Data (14/10/2025)	Remarks
HbA1c	13.10%	6.03%	Diabetes type II reversed
Body Weight	91.3 Kg	78.8 Kg	Weight Loss – 12.5 kg
BMI	33.5 Kg/m ²	28.9 Kg/m ²	Shifted from obesity grade I to overweight
Fat Mass	36.9 Kg	26.4 Kg	Reduced by 10.5 kg
Visceral Fat	22 Level	17 Level	Improved metabolic health
Cholesterol (Total)	287.4	184	Significant improvement in overall lipid metabolism - indicate enhanced cardiovascular health, improved liver lipid regulation, and reduced atherogenic risk
Triglycerides	241.20	69	
LDL	193.06	118	
VLDL	48.24	13	
HDL Cholesterol	46.1	53	
Chol/ HDL	6.23	3.47	
Muscle power (Foot drop – Left Leg)	2/5	5/5	Full motor recovery achieved

Beyond the measurable parameters, the patient experienced:

- Enhanced mobility and coordination
- Improved energy levels and metabolic stability
- Greater confidence and independence in daily living

Restoring Health Through Natural Medicine:

- ✓ This case stands as a scientifically documented success of how Naturopathy, integrated with yoga and physiotherapy, can achieve diabetes reversal and neuromuscular regeneration through non-pharmacological means.
- ✓ NIMBA's multidisciplinary team continues to uphold the hospital's mission — *“to heal through nature, science, and discipline.”*
- ✓ “At NIMBA, healing is not just about managing disease — it's about restoring the body's innate ability to heal itself.”

Experience the Science of Natural Healing at NIMBA Nature Cure Centre

 **Gujarat, India**  **Email: info@nimba.in**
 **Contact: +91-8155012274 / +91-8347313333**

**NIMBA Nature Cure Centre – Where Evidence-Based Naturopathy
Restores Health Naturally**