

## Short Reports

# Diabetic care and religious bound dietary pattern

Viroj Wiwanitkit<sup>1,2,3</sup>

<sup>1</sup>Hainan Medical University, Haikou, China, <sup>2</sup>Faculty of Medicine, University of Nis, Serbia, <sup>3</sup>Joseph Ayobabalola University, Osun State, Nigeria

### ABSTRACT

Diabetes mellitus is the most common endocrine disorder that can be seen around the world. The management of diabetic patient needs a holistic approach. The concern on the social background of the patients is required. In this short article, the author discusses on the diabetic care in the context of religious bound dietary pattern.

**Key words:** Care, diabetes, religion

## INTRODUCTION

Diabetes mellitus is the most common endocrine disorder that can be seen around the world. The management of diabetic patient needs a holistic approach. The concern on the social background of the patients is required. Sometimes, the practice of the diabetic patients due to their socio-cultural background is an important point determining the success of diabetes mellitus management. To understand those factors is very important and the general practitioner has to take much concern on this fact. Eating patterns of the patients is very important information for the physician to find good advice on how to adjust life-style to control diabetes for the patients.<sup>[1]</sup> In this short article, the author discusses on the diabetic care in the context of religious bound dietary pattern.

## HALAL FOOD AND DIABETES MELLITUS

The hallmark dietary pattern that can be seen in any Muslim communities is the “Halal food.” This is strictly to the general Islamic rule. The consideration is on the interrelationship between Halal food and diabetic care. Based on “Halal food” principle, the focus is on the

composition of meat, not sugar. Therefore, the effect on diabetes mellitus should not be extreme. In fact, the traditional Halal food contains high-fiber and low fat and low cholesterol contents, which seem to be good for diabetic patients.<sup>[2]</sup> In general, intake of either Halal or non Halal food is not important. The important point is the practice of the diabetic patient on the glycemic intake. The balancing of the nutritional content should be planned for the patients, especially during the holy Ramadan month.<sup>[3]</sup>

## VEGETARIANISM AND DIABETES MELLITUS

Vegetarianism is a widely practice among millions of the world population. The principle of vegetarianism according to religions can be seen. Hinduism and Chinese Mahayana Buddhism pose both regular and seasonal practices on vegetarianism. Of interest, many reports mentioned for advantages of vegetarianism of diabetes.<sup>[4-6]</sup> According to a recent study by Tonstad *et al.*,<sup>[6]</sup> vegetarian diets (vegan, lacto-ovo or semi-formats) were proved for reduction in diabetes incidence. Furthermore, vegetarian diet was proved for its ability to improve insulin resistance.<sup>[7]</sup> Focusing on a study on Buddhist monks, who strictly practice vegetarianism, a significant low incidence of diabetes mellitus can be observed.<sup>[8]</sup> Conclusively, the practice of vegetarianism due to religious belief seems to be a positive factor contributing to the success of diabetes mellitus control.

## CONCLUSION

The relation of diabetes mellitus care to religious bound dietary pattern is an important issue in general practice.

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**Corresponding Author:** Prof. Viroj Wiwanitkit, Wiwanitkit House, Bangkhuae, Bangkok 10160, Thailand. E-mail: [wviroj@yahoo.com](mailto:wviroj@yahoo.com)

Practitioner has to concern on this background of the patient. The specific plan for management of specific diabetic patients with possible problematic underlying religious bound dietary pattern is required.

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