The Hindi Pentad of V: Vijay over Diabetes

Bharti Kalra¹  Hans Raj Kalra²  Navneet Aggarwal³  Shrimant Kumar Sahoo⁴

¹Department of Gynaecology, Bharti Hospital, Karnal, Haryana, India
²Department of Diabetes Education, Bharti Hospital, Karnal, Haryana, India
³Department of Diabetology, DOT Centre, Gwalior, Madhya Pradesh, India
⁴Department of Diabetology, Global Hospital and Research Center, Mount Abu, Rajasthan, India

Address for correspondence Bharti Kalra, MD, Department of Gynaecology, Bharti Hospital, Kamal 132001, Haryana, India (e-mail: dr.kalrabharti@gmail.com).

Motivation of a person with diabetes is a challenging aspect of diabetes care. Persons with diabetes, and their caregivers, find it difficult to internalize the concepts of diabetes care philosophy. We share a simple, Hindi language–based model, designed in an alliterative manner, to explain the constituents of good diabetes self-care and their strength.

The proactive pentad of vijay (victory) over diabetes, as we term it, includes the five Vs: vyanjan (diet), vyayam (exercise), vichaar (stress management), vyavhaar (behavior), and vaidya anupalan (adherence to therapy). Following these five Vs can help overcome deleterious effects of virasat (genes) and vatavaran (environment) and help modify vidhi ka vidhaan (destiny) (►Fig. 1).

Thus, the pentad of Vs fosters a proactive and optimistic outlook, in a patient-centered manner. This model is concordant with the concept of metabolic karma, as it encourages actions designed to improve future outcomes. It stimulates the internal locus of control of the person with diabetes, thus encouraging active self-care and self-management. The five pointed rubric can also be used as a motivational tool for family and community members.

Conflict of Interest
None declared.

Fig. 1  The proactive pentad of Vs.

DOI https://doi.org/10.1055/s-0039-1683463
ISSN 2321-0656.

©2019 Novo Nordisk Education Foundation

License terms