

Diabetes: Cause, Types, Ailments and Cures for Wiping out from the World Scene

RC Yadav^{1*} and Jaya Yadav²

¹Bio System Engineer, Former Head, Research Centre, Agra, Uttar Pradesh, India

²Professor, Amity Business School, Amity University, NCR Delhi, Uttar Pradesh, India

***Corresponding Author:** RC Yadav, Bio System Engineer, Former Head, Research Centre, Agra, Uttar Pradesh, India.

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Abstract

Diabetes is highly experienced, realized and widely talked wide spread one of four non communicable diseases viz blood pressure, cancer and respiration. In contrast, worldly scenario the depiction of diabetes is rather low i.e. mere 10 percent gentry suffering from diabetes. But, large numbers of diabetes patients make high pitch sounding frightening scenario in India. Around 20 - 25% gentry in Karala suffer from the diabetes. The worst situation suffers from diabetes is Pondicherry, which acquired prestige of having highest human development index. Such diabetes scenarios exist in South East Asian countries where rice is main diet These days intensive campaigns and attentions were being devoted, which built renewed interest and need of study on the diabetes. Present study was carried out to deal with basic and many innovative aspects viz clouds of worries, which form acidity, causing diabetes which again becomes a precursor for many health ailments. The study reached to definite, fixed effective, affordable and feasible treatment measures controlling all types of diabetes for making human life course healthy, happy and prosperous. Results from case studies enabled equipping conclusion with confidence for wiping out the diabetes from worldly scene.

Keywords: Acidity; Brisk Walking; Feeling Good and Wellness; Non Communicable Diseases; Work Efficiency

Introduction

Life is full of stresses of one kind or the other at any time. The stresses keep on changing and renewing thus, it forms cloud of worries. That means reason can be any for development of stress in any individual, but its type and magnitude and cycle keep on changing all stresses culminate in building acidity, which reduces feeling good and wellness.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin to produce insulin, a hormone that regulates blood glucose. Hyperglycaemia, also called raised blood glucose or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.

The worldly long term experience on diabetes has widened on understanding the causes, adverse impacts, health hazards which became an inspiring cause for finding a definitive and affordable effective measure to overcome the diabetes, a pre cursor for many health hazards to wipe out from the world. With this objective the fundamental aspects of cause, expanding, types, deep analysis for the diabetes and definitive affordable measures were devised. Case studies were conducted for definitive confidence building conclusions, over the present knowledge on the diabetes. It is expected to bring innovative solutions for wiping out diabetes from the world scenario.

Materials and Methods

World scenarios on diabetes

Quantum of the diabetes

World scenario coming to notice in general the problem of diabetes is far lower than what it really existed. Earlier reports for the number of people with diabetes rose from 108 million in 1980 to 422 million in 2014. Prevalence had been rising more rapidly in low- and middle-income countries than in high-income countries, because emerging consciousness about keeping good health. Between 2000 and 2019, there was a 3% increase in diabetes mortality rates in age group of 18-70 years. In 2019, diabetes and kidney disease due to diabetes caused an estimated 2 million deaths. Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation. With passing of time many refinements appeared and widened domain of the devastating diabetes, which becomes cursor for many serious disease.

Types of diabetes

Many people with diabetes develop problems with their feet from nerve damage and poor blood flow. This can cause foot ulcers and may lead to amputation. Diabetes can cause permanent vision loss by damaging blood vessels in the eyes.

Types of diabetes

Type 1 diabetes (previously known as insulin-dependent, juvenile or childhood-onset) is characterized by deficient insulin production and requires daily administration of insulin. In 2017 there were 9 million people with type 1 diabetes; the majority of them live in high-income countries. Neither its cause nor the means to prevent it were known. So far things developed were largely based on seeing and believing. There existed lack of vision and scientific fact on diabetes; hence it went on increasing without coming to any innovative control measure.

Type 2 diabetes affects how anyone's body uses sugar (glucose) for energy. It stops the body from using insulin properly, which can lead to high levels of blood sugar if not treated.

Over time, type 2 diabetes can cause serious damage to the body, especially nerves and blood vessels. Factors that contribute to developing Type 2 diabetes include being overweight, not getting enough exercise, and genetics. Early diagnosis is important to prevent the worst affects of Type 2 diabetes. Pathologist labs advise for test of 3 to 6 months in a year. Long term adverse impact of Type 2 diabetes delays diagnosis several years after onset, after complications have already arisen. Type 2 diabetes was until recently, was seen only in adults, but it is now also occurring increasingly frequently in children. This means domain of diabetes got broadened.

This situation needs making pregnant mothers diabetes free, making new dimension for diabetes control.

Gestational diabetes

Gestational diabetes occurs during pregnancy. Gestational diabetes is hyperglycaemia with blood glucose values above normal but below those diagnostic of diabetes.

Women with gestational diabetes are at an increased risk of complications during pregnancy and at delivery. These women and possibly their children are also at increased risk of type 2 diabetes in the future. Gestational diabetes is diagnosed through prenatal screening, rather than through reported symptoms. So far food and nutrition are main concern for welfare of women and child development departments of gynecology in the hospitals. However, the existing knowledge and experience is generally not available in district level hospital in very advanced district [1]. New programs get expanded but, the shortage of expert gynecologist compel the hospitals refer

night time cesarean delivery cases. Under such insufficiency of capacity of hospital facilities the complications of gestational diabetes will bring health ailments, will not be matter of surprise. Thus, this fact forms a new dimension for dealing with diabetes.

Impaired glucose tolerance and impaired fasting glycaemia

Impaired glucose tolerance (IGT) and impaired fasting glycaemia (IFG) are intermediate conditions in the transition between normality and diabetes. People with IGT or IFG are at high risk of progressing to type 2 diabetes. Such transitions were not inevitable, but no existed any control measure. Such diabetes control measure remained as a challenge in past have been met with by simple and feasible way, which will be brought in the coming section of the study. Kidney damages and many other body systems get adversely affected by such transitional diabetes.

Prevention

Expanded and high amplitude of the diabetes demand innovative advancements for wiping out the diabetes from the scene, which should start right from type 1 and type 2 diabetes. Gestational diabetes emerging as a new type should be overcome right from the child in mothers' womb. There is new dimension as Sanskar- baby by choice and not by chance. However, no imagination appeared for finding measure to overcome prenatal gestational diabetes those get built up during pregnancy and importance of its eradication for wiping out from the scene.

Lifestyle changes are the best way to prevent or delay the onset of type 2 diabetes, known from the previously existing knowledge. There were five major aspects viz. keeping healthy body weight, regular at least 30 minutes exercise, take healthy diet, less in sugar and trans-fats. last not smoking tobacco. These cited five measures were speculative but not confirmative. Many accomplishments acquired in the present study foster and produce fixed and conforming ranges will be presented in result part of the study.

Diagnosis and treatment

Doctors groups fix the range of blood sugar levels as safe limits. Initial diagnosis can be accomplished through relatively inexpensive testing of blood glucose One of the most important ways to treat diabetes by five previously known steps under section impaired glucose tolerance and impaired fasting glycaemia and insulin injection for survival (Figure 1).

The units of gauging and fixing the Type 2 diabetes is different. Some people with type 2 diabetes will need to take medicines to help manage their blood sugar levels. These can include insulin injections or other medicines. Some examples include:

- Metformin, sulfonylureas, sodium-glucose co-transporters type 2 (SGLT-2) inhibitors.

Along with medicines to lower blood sugar, people with diabetes often need medications to lower their blood pressure and to reduce the risk of complications. Additional medical care may be needed to treat the effects of diabetes, which are foot care to treat ulcers and screening and treatment for kidney disease.

New scenario

In the study many new approaches and concepts are devised in order to reach to innovative control measure.

The clouds of worries

This situation is very well explained vide figure 2. This researcher devised mini snacks which over come acidity.

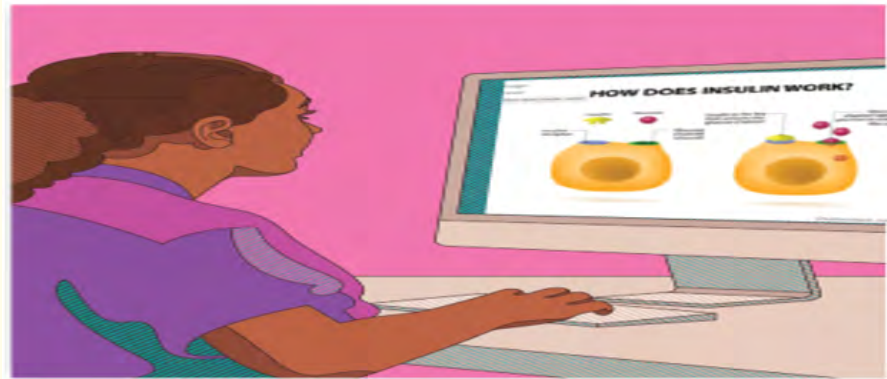


Figure 1: Insulin injection administration activity and appraisal of effect.

Figure 2 brings a scenario of cloud, which exemplifies very broad domain, nature and quantum of problem diabetes generated in human body. This figure elaborates fundamental aspect of real cause, domain, nature and quantum. This description and results will be brought out in result part of the study.

The acidity resulting in diabetes

The clouds of worries bringing acidity could cause acidity and leading to development of diabetes of type I and type II.

Feeling good and wellness

Acidity produces lot of ailments. Under this situation overcoming such acidity produces smile, and with pinch of smile bring many dramatic pleasant scenarios, creating from bad to good conditions. This will be presented in result part of the study.

Clinical sample study

The study conducted pre and post treatment tests of Hematology. First fasting and pp 2h samples were collected on 16/4/2023. Although type 1 diabetics was obtained fixing the lower and highest limiting values. The HBA1C test showed a result of slight risk. In order to overcome this situation of Type II diabetes risk an innovative treatment was constituted and meticulously followed for 15 days. Then again fasting sample was collected on 6/5/2023, after taking treatment for 14 days. The treatment consisted brisk morning walk and the type 2 diabetes treatment consisting simple manageable and affordable ingredients. This treatment consisted bitter guard+ cucumber+ alkaloid flowers 5 to 8 in number and one table spoonful honey for one time daily dose. The ingredients were grinded in mixer and juice filtered on tea strainer. All ingredients were cut in wholesome without any peeling of their skins, cut into slices and required quantity of RO water added and grinded in fine consistency. Nearly 200 ml filtered fresh juice prepared daily was taken in morning empty stomach for nearly 14 days. In order to test efficacy of the novel treatment to regulate blood sugar fasting for testing Type I and Type II diabetes were carried out and results presented in subsequent part of the study.

Clinical study-test report

The test results were used for preparing table for comparison of levels of both types of diabetes for easy comprehension and bringing meaningful inferences.

Results

Situation prevailing on diabetes

This section is brought results on improvements on the ways specified in the existing knowledge on control of diabetes. So far all four aspects (Table 1) of overcoming becoming difficult with respect to different adoptions, new study results brought affordable new measures enabling overcoming the diabetes type 1 as well as type II. The results presented in table 1 showed that out of four measures it could be possible to reduce individually to levels of 85 - 100% resulting in overall reductions of 90%. Many difficult aspects could be resolved to produce end impact. Thus, almost 90% diabetes cases could be brought under control over plenty uncertainties.

In addition to bringing exact aspects fulfilling the issues, entirely two different perfect measures were developed in the subsequent section of the study. The resulting success of overcoming the problem of diabetes can get reduced by 100 percent.

S. No	Problem	Measure kg	Perfection	New perfected measure	Impact	Sufficiency	Score, %
1	Maintain healthy body weight	56	60	56	Healthy weight	Weight no problem	90
2	30 min exercise	Physically active	Brisk walk	1-1.5 km brisk morning walk	Adequate immunity and endurance	No suffocating in normal walking	85
3	Eat healthy diet avoid sugar and saturated fat	Eat fruits and nuts as mini snack	Overcome acidity by instant converting high pH ingredients	Follow prescribed time schedule of taking such mini snack	Free from Type diabetes	Good health	85
4	Not smoking tobacco	Take drakasav to quench lust of smoking	Leaving smoking	Free from smoking	No risk	Good health	100
	Overall						90

Table 1: Advancement in treating type 2 diabetes.

Severity of diabetes in India

India is a populous country having different types of climate, food and agricultural resources. Northern part is having largely temperate climate produces cereal viz wheat as prominent food crop. Central West dry region has staple crops of pearl millet in rainy season and wheat during the winter season. The eastern part and the southern part of country have rice as the staple food crop. In the rice eating part of the country problem of diabetes is of high magnitude varying from 22-25 percent of the population suffering from diabetes, in general. The type of the diabetes may be any, for the gentry as it is governed by age, work culture, food culture and liking of the people. As brought out earlier Puduchery is highly suffered as almost 25 percent of gentry are reported diabetic. Yadav and Yadav 2022 [7] presented innovative advancement in rice based food blends warranting preclinical test to bring global health and wellness covering practices from production to consumption. The study brought method for reducing emission of methane and nitrous oxide GHGs and fortification of vitamins B1, B3 and A in cooking or amendments during taking meals. These measures overcome formation of acidity and diabetes by mini snacks comprising high pH sprouts. Study [8] disclosed new fact that night time stomach acidity leads to male head hair falls. Life style plays an important role on baldness, which was understood as mere genetic disorder.

Coming to diabetes situation in north having wheat and some rice as well as those in north western depending on millets as staple diets the diabetes occur 15 - 16% of populations. As diabetes is precursor of many diseases the type of diabetes can be assessed by conducting detail studies on likely diseases brought by the diabetes. However, such assessment of problem was not under the objective of this study. Here objective was to devise innovative effective and affordable measure to reduce diabetics to maintain good health. The emerging aspects are presented in the following sections of the study.

Expanding types and nature of problems created by diabetes

As brought out earlier in addition to type I and type II diabetes there exist gestational diabetes, which occur during the pregnancy. This is compounded by impaired glucose tolerance (IGT) and impaired fasting glycaemia (IFG) being intermediate conditions in the transition between normal health and diabetes. People with IGT or IFG are at high risk of progressing to type 2 diabetes. Such transitions were not inevitable, but there existed no any control measure. Such diabetes remained as a challenge in past, Now its expanded domain was established. Objective set and devised measure for effectively control of entire domain of the diabetes.

Domain of the worries causing acidity forming diabetes

Human population consisting genders as an individuals are having lot of factors of different types driven by various needs, e.g. food, thirst, good quality air for breathing, health and wellness, sanitation, education, employment, business, settlement in various aspects of life courses such as family, children, economic status and many other unknown or known factors. These factors form clouds of worries, which singly or jointly form acidity. This acidity leads to formation of diabetes. These are important aspects in understanding nature of diabetes types and amplitude of severity. The figure 2 consist of grided background implicating having cells of varying type of factors which cause clouds of worries. At this stage it may be necessary to understand the type I and type II diabetes. The innovative measure will be differently suitable for combating both types of diabetes. These two measures will become effective in controlling remaining other three types of diabetes presented in section severity of diabetes in India.

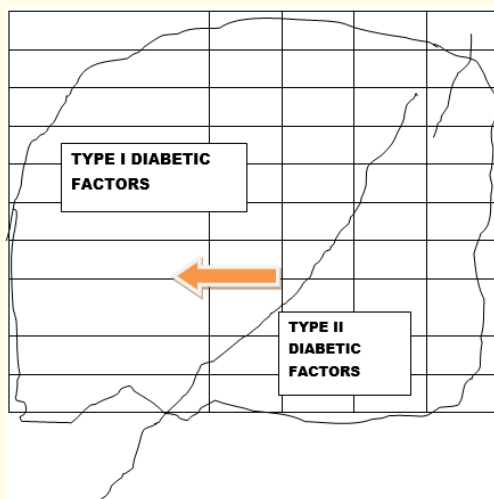


Figure 2: Domain of worries emerging clouds of worries.

Impact of eradication of acidity

Figure 2 presents factors of cloud of worries. A drop of happiness can cause smile, bring optimism, induce realization of self worth, reduction of depression and also improve health. Studies have established variety of mini snacks, which eradicate acidity and induce happiness. The overcoming of acidity will bring improvement in situations of all five factors. All factors being indices of feeling good and wellness play important role in keeping good life course of individuals. This brings positive thinking, self worth and reduce depression. Improvement in health also fulfills the objective of overcoming either kind of diabetes. Thus, these factors of acidity, happiness and good health are intermingle interlinked appearances. Creating situation of betterment will be highly warranted aspect fulfilling set objective of the present study. Now any measure to eradicate acidity brings improvement in five features, which one can differentiate by standing in front of mirror before such treatment and after few minutes later after removing acidity by taking any antacid. The difference will be smile on face, feeling of optimism, self worth, reduced depressions and improved health. Such resemblances will come after getting free from diabetes.

Impact of bringing feel good and wellness by mini snack overcoming everywhere troubling acidity

The moderation of acidity peak amplitude and duration of loading of high acidity for long duration cause lot of health hazards. The overcoming five kinds of improvements viz smile, development of optimism realization of self worth's, reductions of depressions of any kind and improvement of health. Thus, this research identified biofactor which is surrounded by clouds of stresses and worries, which all lead to development of acidity, becoming main root cause of health hazard in parallel ecosystem performing different kind of body functions of ecosystems. This all improvement are brought by new theme food is medicine. Many good aspects developing with this research are spreading in different arms depicted in figure 3. The 1st order factors are good life, health issues, social issues and designer quality life. This become multiutility model providing benefits from overcoming diabetes, which becomes new dimension of bringing better scenario over and above existing ones. These are resources sufficient and free of any issue. No any limiting issue related to health, freedom of social set back issue and needful designer quality expected life. Thus, reduction of diabetes will bring multi directional advancement in individual consisting society, community. The individual ailment overcoming will bring enhanced community welfares.

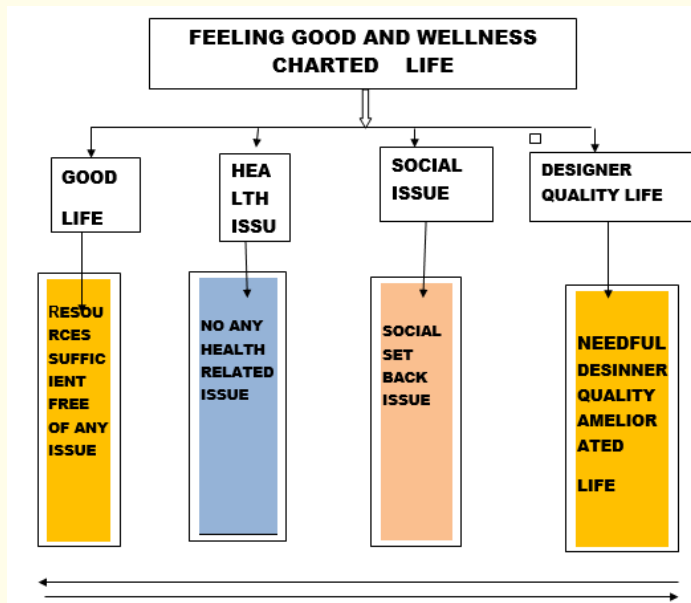


Figure 3: Feel good and wellness: A bio factor charter of many health and sociological issues.

Results of clinical test study

Results of the clinical case study presented in table 2 revealed that morning brisk walk is quite sufficient to maintain weight of any normal weight person. There may be some over or excess weights, which require special intensive exercise. Many times such exercises produce adverse impact on ones’ health. Therefore, one to one and a half kilometer long morning brisk walk is accepted a feasible and appropriate weight regulating measure in controlling the diabetic type I, when pancreas does not producing insulin. High intake of sugar must be reduced by cutting down the intake of sugar and any sweet. For meeting out the lust for eating sweet one can easily accomplish it by making one whole sweet in to four equal cut pieces and eating mere one such cut small piece of sweet will suffice the lust for sweets. Thus, high intake of sugar cut down by three fourth and morning brisk walks will enable diabetes type 1 patient get free from the diabetes.

For combating the type 2 diabetic an innovatively devised treatment measure describe earlier proved highly effective in reverting at risk to pre diabetic situation of the patient in to healthy patient to Good Control in one dose in empty stomach in morning for about two weeks. As such this proved to be the most effective, affordable, organizable and economical control measure for overcoming the diabetes type 2 when human body is not able to use insulin. As brought out earlier, the type 2 diabetes is difficult to reduce by reducing intake of sugar in general. Thus, this innovative measure produced confidence of its effectiveness for combating diabetes type 2.

S. No	Dates	Condition	Unit	Value	Range	Inference	Remark
Type I Blood sugar diabetes Before medication, but brisk morning walk							
1	16/4/23	fasting	mg/dl	80	60-110	Within the recommended range	
2	16/4/23	Glucose post prandial pp 2h	mg/dl	85	70-140	Within the recommended range	
Type 1 after medication including brisk morning walk							
3	4/6/23	Fasting	mg/dl	79	60-110		Level Ok. May be raised by slightly
HBA1 C Haematology							
		HBA1C	%	Value	Range	Report	
4	16/4/23	HBA1C	%	5.8	4.0-5.60	At risk pre diabetic	Need treatment
	Average glucose	-	mg/dl	120			
5	4/6/23	HBA1C	%	5.5	4.0-5.6	Healthy patient to Good Control	Ideal control

Table 2: Pre and post treatments test blood sugar reports.

Bringing feel good and wellness by mini snack overcoming everywhere troubling acidity

This study reached to an innovative method for combating diabetes. As human body is bio-ecosystem comprising many parallel sub ecosystems performing with time function of production, consumption and some wastes [3]. It becomes important to remove wastes to maintain feeling good and wellness. This synergy of bio system is depicted by figure 4. The figure comprises bio-system of food commodity and innovative technology both and the lowering in figure 4. Complementing each other in finding together to cope up in ultimate scenarios, following famous Darwin theory of least resistant path. Thus, both advances will enable wipe out diabetes through innovative food ingredients in constituting innovative product.

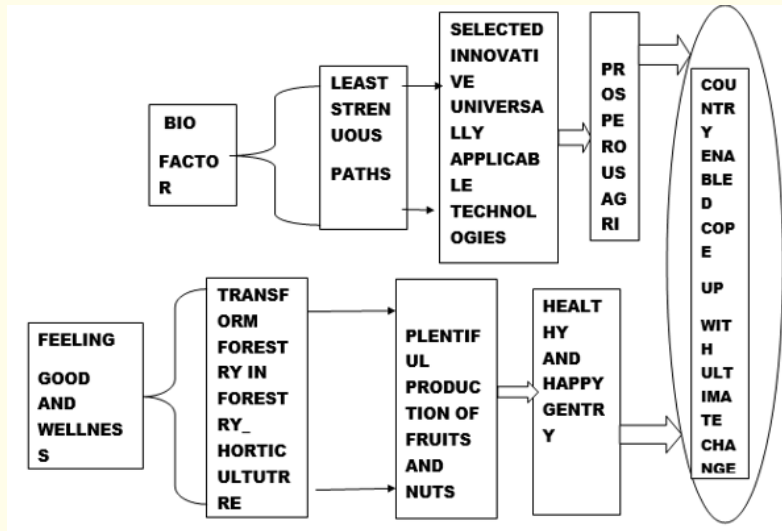


Figure 4: Composition of factors in overcoming the diabetes.

Regulating all types of diabetes

Figure 5 presents a combined picture of figure 2-4, which occur individually or jointly, in form of type I, type II during early childhood, at later age, and gestational diabetes during the pregnancy. Other compounding Impaired glucose tolerance (IGT) and impaired fasting glycaemia (IFG) being intermediate conditions in the transition between normal health and diabetes. The innovative measure brought in the study HBA1 C haematology (Table 2) treatment well be highly effective control measure to overcome the diabetes from the scene. Figure 2, table 2, figure 4 and 5 support the confidence in conclusion presented in table 2. Thus, this becomes a universal panacea medicine for the diabetes. Once such ailments are overcome many improving situations on blood pressure, cancer, kidney disease, eyes and neurological problems which appear during the later ages will get overcome. It is speculated that even the Alzheimer disease will also get reduced to comfortable level. Thus, treatment will prove a panacea medicine of diabetes covering very broad spectrum.

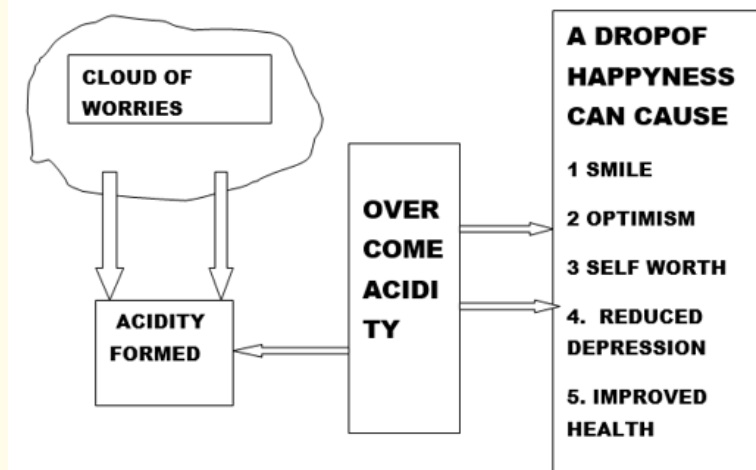


Figure 5: Composite summary scenario of diabetes.

Discussion

The study covered wide spread of diabetes covering not merely type I and type II diabetes including different other types of diabetes. This study brought many innovative results Their ratifications are presented in the following part of the study.

Past scenario of diabetes

Previously existed knowledge on diabetes revealed merely 10 percent of global gentry suffered from diabetes., which reduced need on strategic fight for the diabetes. The control measures were generalized giving largely possible way to control the type I and type II diabetes. This situation left people in wandering and searching by themselves suitable measures and their specifications. Thus, there existed lack of confidence in overcoming the diabetes and their likely benefit from such control measures of diabetes.

Broadened spectrum of the diabetes problem and their solutions

The diabetes covers 22 - 25 gentry dependent on sole food of rice. In other cereal staple food its 15 - 16 percent gentry. The brisk morning walk for one to one and half Km will normalize the sugar level. Other test of HB A1C will reveal the need of the medication. The innovative medicine will keep the range within 15 - 30 days. Accordingly, now diabetes patients will be able control the both types as well as transition or gestational diabetes. This control will suffice maintaining healthy life of all ages including new born babies. It will normalize growth of babies and babies free of any health ailment. Thus, innovative medicine will become panacea medicine for diabetes.

Innovative fixed control measure with confidence.

Table 2 presented control measure for both type I and type II diabetes, which will become medication for any type of diabetes. The test results induced confidence for its becoming effective in any type of situation. For reducing intolerance of glucose, turmeric mixed milk be suitable for keeping good health without any problem. Thus, the study produced medicine with confidence covering broad domain and quantum of diabetes.

How effective will be this diabetes control

Case study results produced confirmed treatments with confidence, hence it will be highly effective without any doubt. It requires continuation of the treatment and gauge the reaching level for continuation of taking medicine.

How it will be wiping out from the worldly scene

The innovative treatment is organizable and adoptable medication for any one. This will be highly suitable for any situation. Therefore, once the individual comes to know the nature and cause of diabetes, one can adopt the medication for controlling the diabetes, without any risk of reaction or adverse impact. Thus, anyone coming to know the situation he can overcome by this correct known way. Therefore, in due course of time the diabetes will get wiped out from worldly scene. The ingredients are locally available, hence it needs few minutes to prepare and take one dose daily empty stomach in morning. Feeling good and wellness will make the patient remedied.

How the diabetes must be affecting almost all body subsystems becoming a basic factor uplifting human health in genera

Study by Olaff, *et al.* 2009 [2] study by Yadav [5] established and substantiated that human body is a bio ecosystem, which performs function of production, consumption with time and some wastes. These wastes products produce acidity and different form of toxic gases, creating discomfort. This singly or jointly will be causing clouds of discomforts which form acidity. Entire scenario is depicted wide figure 5. As the ingredients of medicine being natural product, it always brings natural benefits through the alimentary canal from where all parallel subsystems take nutrients. Hence, any situation in the stomach ought to affect the parallel subsystems. The intestine tine canal is functioning under acidity and alkalinity with varying levels. Thus, acidity getting transformed in diabetes will affect all body

parallel subsystems. By this fact the diabetes becomes a precursor of many health hazards. Figure 4 amply showed the interdependence on food and nutrition, hence it will become stake for meeting demand of nutrition and functioning where diabetes will remain indulged. The earlier knowledge put the diabetes among four non communicable serious diseases, showing to cause of death of mere 3% in age groups of 18 - 70 years. Interestingly, seeing the prevalence of diabetes some health medi claim business companies have launched their policies. As the diabetes is itself low killer, this will be justification that death cause by some other disease, which were not covered under insurance, hence deny payment of due claims. But, the fact is that many severe killer diseases are fostered by the diabetes of one or other type, hence it will become cause of death.

Recently, the Centre of spine and biliary diseases cure added in their facility department of urology and kidney diseases. The diseases viz blood pressure, cancer, neuro, and respiratory disorder, kidney, eyes and even Alzheimer's disease get fostered by one or the other types of diabetes. Thus, many implicating issues related to diabetes are sufficiently justifiably substantiated.

Conclusion

The study took overview of existing knowledge scenarios of widely experienced and realized diabetes. It brought out its wide spread spectrum covering huge population and amplitude of severity ranging from 22 - 25% in solely dependent on rice and 15-16% in other cereal dependent gentry. This study fixed treatments prescription confirming the type and quantity of previous known ways in overcoming and reducing diabetes upto 90%. It constituted novel composition and conducted clinical tests produced conclusion with confidence. The treatment will be highly useful in all types of diabetes supported by tests of status. Thus, this study created measure for wiping out diabetes from the worldly scene.

Declaration of No Conflict of Authorship

The authors declared that there existed no clash on authorship.

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