

## [Disarming the Doctors](#)

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### HEALTH

## Disarming the Doctors

Challenging how physicians treat diabetes, Sai Baba recommends good thoughts, good diet and exercise

The famed saint of South India, Sathya Sai Baba, is well known for his spiritual teachings and his vast projects for social upliftment. But he's also quite knowledgeable about health as revealed in this candid conversation recorded by Dr. Venkata Kanubaddi in February, 1999. Here Baba challenges two devotee doctors to rethink the common medical concepts about diabetes, heart disease and chronic fatigue syndrome.

**Satya Sai Baba:** "What is the treatment for diabetes?"

**Doctor devotee:** First diet, then exercise, next pills, and insulin last, Swami.

**Baba:** Insulin can lower blood sugar very quickly. Then the patient can get

sweating and decreased blood pressure and can go even into coma. It is best to avoid insulin, if at all possible. Tablets are okay. What is the cause of diabetes?

**Devotee:** Pancreas is the problem, Swami.

**Baba:** Pancreas is not the real problem. It is mainly wrong diet and lack of exercise. People in South India eat excess rice. People in North India eat excess wheat. Both can increase blood sugar very

quickly within half an hour after eating. Because people in the South do not like wheat much, they should eat chapathis [a wheat flat bread]. That way they don't overeat rice. Similarly, people in North should eat rice. That way they do not overeat wheat. On the other hand, if you eat corn or ragi [a relative of millet], blood sugar will rise slowly over two to three hours. The body can manage such a slow increase very well, and then diabetes will not be a problem. People should not eat as their tongue

dictates. The tongue has 48,000 taste buds. Improperly used, they can cause sugar craving and lead to diabetes. The senses have to be regulated for good health. There is some genetic cause also for diabetes.

**Devotee:** Yes, Swami. Latest research also is confirming this. Is there anything that Swami doesn't know!

**Baba:** How is your mother?

**Devotee:** Her diabetes is better, but she has arthritis.

**Baba:** What is her

blood sugar?

**Devotee:** She  
checks it herself,  
Swami.

**Baba:** You are the doctor and you don't even check your own mother! These doctors nowadays don't treat diabetes properly. Best thing is diet

control and  
exercise. For  
diabetes, green  
leafy vegetables  
are good, except  
cauliflower.  
Cabbage is good.  
All fruits with  
black seeds like



apples, pears,  
grapes,  
watermelon, etc.,  
are good, except  
custard apple (as  
it has too much  
sugar). Papaya is  
good. Avoid all  
roots, especially

potatoes. What  
else are you  
doing?

**Devotee:**  
Research for  
new medicines

for treatment of  
diabetes,  
Swami.

**Baba:** The best  
thing is diet  
and exercise.

What is the  
cause of heart  
disease?

Devotee:  
Increased

cholesterol,  
increased  
blood  
pressure...

**Baba:** No, it is

"hurry, worry,  
curry." Too  
much hurry  
causes worry  
and  
stress--not  
good for

heart! See  
Swami [Baba  
refers to  
himself], no  
health  
problem!  
Avoid too

much oil.  
Eating garlic  
daily can  
reduce  
cholesterol.  
Almonds  
without peel



can also  
reduce  
cholesterol.  
Soak them in  
water  
overnight,  
remove the

peel, and eat  
in early  
morning.

Devotee: Isn't

garlic rajasic  
food, Swami?  
Is it not bad  
for  
spirituality?

**Baba:** Body  
health first;  
these gunas  
[inherent  
qualities]  
and spiritual

health come  
next.

Without a  
healthy  
body, you  
cannot

proceed on  
the spiritual  
path.

Devotee:  
How does  
one control  
blood  
pressure,  
Swami?

**Baba:**  
**Reduce**  
**salt. Less**  
**salt, less**  
**blood**  
**pressure,**



more salt,  
more blood  
pressure.

**Devotee:**  
Nowadays,  
there is a  
new  
disease  
called

Chronic  
Fatigue  
Syndrome.  
Patients  
complain  
that they

don't have  
any  
energy to  
do  
anything.  
What is

# the cause, Swami?

**Baba:** No  
cause like  
that. It is  
low  
energy

because  
these  
people  
waste a  
lot of

energy  
through  
bad and  
polluted  
thoughts,



improper  
and  
indiscrimi  
nate use  
of senses.

Thus,  
their  
energy is  
drained  
out and

they feel  
chronic  
fatigue. If  
they can  
replace

their  
polluted  
thoughts  
with good  
thoughts

and divert  
their  
senses  
towards  
the

Divine,  
thus,  
thinking  
good,  
seeing

good,  
hearing  
good, and  
doing  
good,

they can  
recover  
the lost  
energy  
and can



get well.