

6. Educate women through women's organisations like the Kudumbasree Programme. Health clubs for women should be promoted.
7. Introduce compulsory physical exercise, including Yoga, in all educational institutions.
8. Introduce health education curriculum in schools and work places. Distribute pamphlets and advertise in magazines and newspapers about lifestyle diseases, importance of healthy lifestyles and the efficacy of Homoeopathic medicines.
9. Screening of high risk individuals is urgent. It should be started from the school level itself .To facilitate this a state level administrative machinery is an imperative necessity.
10. Registries of Diabetes should be established in Kerala at all levels.

The study was aimed at analysing the role of lifestyle changes in the development and management of Type 2 Diabetes Mellitus in Kerala through the Homoeopathic approach. The study has many implications in the prevention and management of Type 2 Diabetes Mellitus in Kerala. The investigator hopes that the Government would consider the recommendations and initiate the remedial measures with all the seriousness due to the problem under review.

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