

EDITORIAL



Diabetes mellitus and its complications in India: A rising public health crisis

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Development and urbanization are major factors in the rise of diabetes in India, one of the most populated countries in the world. It is imperative to understand the effects of this disorder and the problems that can develop with poor treatment and late diagnosis. This editorial discusses the status of diabetes in India, its associated comorbidities, and the need of the hour, including effective healthcare strategies to address this looming problem.

India is now well thought out as the diabetic capital of the world. According to the International Diabetes Federation (IDF), approximately 77 million people live with diabetes in India, and this figure is expected to exceed 134 million by the year 2045.

In India, it is also predicted that almost 57% of adults with diabetes and its related complications are undiagnosed. [1]. These frightening data reflect a rapidly growing epidemic, a health crisis, in a country facing issues of access, affordability, and public understanding of the health care system.

One of the most important causes behind the upsurge in diabetes cases in India is the sedentary lifestyle and sedentary eating habits of the individuals in the country. Diet habits of the people have been changed, viz, from healthy food to processed food and dependence on sugary and energy-dense foods due to the migration from rural to urban areas. Moreover, stress, lack of exercise, and smoking have made the population more prone to conditions in type I and type II diabetes.

Diabetes: A Varied Picture

Type II diabetes is responsible for 90-95% of all cases of diabetes in India. This type is also often associated with obesity, high blood pressure, and family history; very common in the Indian population. Type II diabetes usually occurs slowly, and many may not realize they have it for several years, potentially damaging vital organs. Type I diabetes is less common, though no less important. Usually diagnosed during childhood, it necessitates lifelong insulin treatment. Though there are fewer type I cases in India compared to type II, improved awareness and availability of insulin and glucose monitors are providing better allow to improved lifestyle to those afflicted with type I. Diabetes, when not managed well, may lead to further health problems.

It affects not only the blood sugar but also the chronic complications like cardiovascular diseases, diabetic nephropathy, neuropathy, diabetic retinopathy, foot ulcerative, etc. These complications greatly quash one's quality of life due to disabilities, amputations, vision problems, and an increased risk of myocardial infarction [2]. The diabetic foot ulcer is a major concern in India, with high amputation rates. Infections

in the feet are generally due to poor blood circulation and nerve injuries, which later become severe if neglected.

Addressing the Root Causes

Diabetes is a serious health issue with many complications, but most of these are preventable if the disease is diagnosed early and managed well. India has a huge awareness gap on diabetes, resulting in late diagnosis and insufficient treatment alternatives for patients. Public health campaigns play an important role in informing people about diabetes and its risk factors and supporting routine check-ups. The stigma associated with diabetes needs to be reduced. Its healthy lifestyle interventions will also be required; these include proper nutrition, regular physical activity, and avoidance of tobacco and excessive alcohol consumption. In India, the healthcare system is inadequate, so that affordable and quality healthcare does not remain accessible, especially in rural areas. Primary healthcare access can be improved, along with additional diagnostic tests and training of healthcare workers for early recognition and treatment of diabetes to reduce complications.

The government should recognize diabetes care as a part of public health resolution. It should give support in the form of diabetes medications, including insulin and glucose monitors. Public healthcare policies that incorporate diabetes management can significantly reduce the burden of this disease in the nation.

Contemporary innovation in healthcare offers hope for managing diabetes in India. As people can track their blood sugar levels, adhere to medication plans, and manage diets, digital health platforms, wearable glucose monitors, and mobile health applications are all very important tools. These are especially relevant in the rural areas where periodic doctor appointments can be difficult to obtain.

Disclosure Statement

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Conclusions

The rising incidence of diabetes in India calls for urgent collective action by the government, healthcare professionals, and society to prevent it from escalating into a severe burden. With increased awareness, early detection, and access to proper care and medication, India can avoid some of the worst complications that affect many individuals. Thus, there is an immediate need for enhanced funding by central as well as state governments for diabetes management. Together with sustained efforts toward collaboration, we can significantly reduce complications arising from diabetes mellitus and promote healthier futures for millions of people in India.

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