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Role Of Yoga In Diabetes Management

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ABSTRACT

In 21 st century life style, we are facing health as well mental issues. Diabetes is one of the mostcommon. One of every three persons is suffering from diabetes. In management of diabetes through yoga, systematic understanding of yogic physiology is required. Though symptoms wise looks similar, as every person's body, mind and life style is different; hence difficult to identify the exact cause. According to yogic physiology, diabetes problem occurs due to decreasing flow of life and circulation in the pancreas and digestive system. Yoga is holistic approach to manage diabetes effectively and also give a different health management option. Combination of yoga, right diet and guidance from doctors brings wonderful results. Yoga exercises are simple and scientific. Asanas, Pranayam and relaxation leads persons to live life with full potential and enjoyment. Stress, challenges, expactations and frustrations of modern life style are responsible for mental imbalance and it affects adversely to body. Due to stress, adrenaline secretion becomes heavy and it demands a rise of sugar level in blood, which also demands more insulin.

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Introduction:

Diabetes is a disorder of the chemical reactions (metabolism) that are proper utilization of protein, carbohydrates and fats the diet along with lock of insulin production in simple words diabetes occurs when body cannot process some foods due to inadequate produced of insulin .insulin is hormone produced in the pancreas to regulate the sugar level in blood.

Role of insulin in the body:

All cells in our body need energy in order to

function normally. The energy we get from the food consists of carbohydrates, proteins and fats .After digestion carbohydrates converted into glucose, a form of simple sugar. This glucose is the main source of energy for the body cells and excess glucose is stored in the liver or muscles as a compound called glycogen. Glucose can enter the cells through receptors. Which are proteins on the surface of cell and all hormones in the body can only act when they attach to receptors glucose can enter the cell only if insulin, a type of hormone

attaches itself to the receptors on the cell wall , when the insulin is either inadequate , absent or abnormal ,it is difficult for the glucose to enter the cells to provide energy and thus excess glucose remains in the blood for long pried increasing the sugar level in the blood.

Symptoms of diabetes :-

- Increased urination frequency, including at night.
- Excessive thirst and hunger
- Feeling tired and weak most of the time.
- Weight loss
- Slow healing of cuts and wounds.
- Numbness and tingling in the feet.
- Skin infections, dry skin.
- Blurred vision

Types of diabetes

(A) Type I or insulin dependent diabetes :

This type is also known as juvenile diabetes, usually happens to the people below 40 years old ,they are thin in body weight and the condition develops suddenly , production of insulin injections to maintain blood sugar level.

(B) Type II or non insulin dependent diabetes :-

It is also called an adult inset diabetes. Commonly occurs in people above 40 years of age these people are normally over weight and symptoms develops gradually due to

inadequate or defective insulin.

Predisposing factors of diabetes :-

- Obesity
- Hereditary
- Age- risk increases with age especially after 40
- Sex- both have some risk but after 30 years, women are at higher risk.
- Pregnancy
- Viral infections
- Injury to pancreas
- Stress
- sedentary lifestyle
- Due to cancer of the pancreas
- Due to protein deficiency
- Abnormalities of other hormones
- Side effects of medication such as steroids
- Abnormalities of insulin and its receptors.

Yogic view and managements

Yogic reorganizes mainly two interrelated cause of diabetes that are crucial for the management of this disease . yoga manages the cause of disease and its symptoms.

(A) Dietary abuse :-

due to high intake of sugar and over eating resulting in obesity. The digestive system is de- vital red and becomes sluggish in its function if sugar rich diet is consumed daily, the pancreas become over taxed in secreting large

amounts of insulin to process the excess sugar soon. The pancreas begins to tire and loose its efficiency resulting in mere sugar level in the blood.

(B) Stress :-

the stresses , challenges expectations and frustrations of modern life styles are largely responsible for mental and emotional imbalances. Which also negatively reflect in the body. Due to stress adrenal gland is on constant demand, releasing stress harm ones adrenaline in to the blood secretion of adrenaline stimulate the body to mobilize sugar to the blood. Constant heavy and regular burden of worries and anxiety imposes mere demand of insulin secretion which can ultimately participate diabetes with a diet rich in sugar.

Working principle of voga for diabetes:-

There are six main factors in managing diabetes through yoga, which follow simple yet systematic and scientific yogic physiology. Although diabetic symptoms are similar in most of causes ,but it is difficult to identify the exact cause because every individual is different and have unique body, mind ,emotional state and lifestyle. According to yogic understanding of

physiology problems occur in specific organs body parts due to lock

Of flow of prana and blood circulation. In the cause of diabetes related organs and parts are cells, pancreas, blood and other digestive organs yoga embraces a holistic approach to managing diabetes through all possible methods simultaneously, making the treatment most power full and effective following are the main six approaches through which yoga works to mänge diabetes.

Yoga practices:-

□ **Sun salutation: -**

sun salutations is very good exercise for people suffering from diabetes. It increase the blood supply to various parts of body. Improving administration in the body. It gives all the benefits of exercise if practiced at 4 rounds per minute if practiced slow speed .it offers the benefits of asanas.

□ **Asanas:-**

asana are beneficial in treatment of diabetes. Important aspect of asnas is stability and comfort experienced in the position. Asana like dhanur asana (bow position),ardhamatsyendrasana (half spinal twist). Vajrasana ,yoga mudra, pavan muktasana,

sarvangasna, halasana, matasyasana, have been found use full in diabetes. These asanas have positive effect on pancreas and also insulin functioning. But to get this result. One needs maintain the asana for longer duration while relaxing muscles.

□ **Pranayama :-**

there are 8 types of pranayama mentioned in hatha yoga. One of the basic preparations for pranayama is nodi shathan pranayama or alternate nostril breathing. This type is found use full in diabetes alternate nostril breathing calming effect on nervous system . which reduces stress levels. Helping in diabetes treatment. Also research has shown that bharamari and bhasrika pranayama help in diabetes. Bharamari has claming effect on mind. Brain and nervous system. Bhasrika pranayama is revitalizing carbon dioxide levels in the blood. In bhasrika pranayama the abdominal muscles and diaphragm are used which puts pressure on the internal organs. But before practicing these pranayama one must learn and practice deep breathing, fast breathing, alternate nostril breathing. Bandhas (jalandhar bandha

or chin lock. Mode bandha and uddlyan bandha or abdominal lock)from expert guru.

□ **Meditation :-**

practice of meditation especially useful in management of stress, relaxed and concentrated state of mind is the aim of any from meditation. Which creates calming effect on nervous system bring balance between sympathetic and parasympathetic nervous system .one can even visualize the proper functioning of pancreas ,proper insulin administration in the body can help in treatment of diabetes.

□ **Yoga nidra :-**

yoga nidra is very important process of deep relaxation it helps alleviate the stress and has very good positive effects on the entire body mind complex.

□ **Cleansing processes :-**

master cleansing or shankha prakshalana is recommended for diabetes. Complete shankha prakshalana takes 1 day and is recommended once in 6 month. This process cleanses the gastro in testinal track completely. This process is done by drinking 2 glasses worm,

salty water and lemon juice is added to it. Then performing 6 different exercises. this exercises speed up the peristaltic movements and one needs to evacuate bowels. In 2 hours about 7 to 8 bowels are completed till the clear water is evacuated.

Conclusions:-

Yoga therapy is relevant for wellness as well as for illness. The latest scientific evidence suggests in the potential roll of yoga base lifestyle modifications in the management of diabetes and its associated risk factors. It is suggested psycho euro, endocrine and mechanisms have holistic effects in diabetes control yoga practices such as cleansing processes, asanas, pranayama, mudras, bandha, meditation, mindfulness and relaxation are know to reduce blood glucose levels and to

help in the management of co morbid disease conditions associated with diabetes mellitus. resulting in significant positive clinical outcomes.

Along these postures, pranayam and mudra, uddiyana bandha also helps to stimulate the functioning of pancreas, however. It is advisable to learn it under proper supervision to avoid complication.

Yoga alone cannot do wonders in managing diabetes. The key is to develop and practice a yoga management of diabetes schedule consisting of the four pillars.

- Diet
- Yoga/ exercise
- Sleep
- Anti-diabetic medications

This yoga management of diabetes is possible with yoga and healthy changes in your lifestyle

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