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**PUBLISHED PAPER'S TITLE : Role of Yoga in
Diabetes**



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Research Paper

Role of Yoga in Diabetes

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Abstract – yogic technique used to treat hypoglycemic and hyperglycemic conditions are of considerable interest to ayurvedic community as they are recognised to contain valuable technique or asan to activate pancrease its beta cell has important role in controlling sugar level of the blood through release of insulin . Here I have describe some asan to control pancrease activity to control sugar level.

Introduction:- Diabetes is said to be prosperity disease as rich people usually indulged in rich food especially made of sugar and pure ghee and lead a sedentary life, without any physics exercise and thus are victims of this disease. According to doctors though this disease was known since 1000 years, only 200 years ago doctors could find that the diabetes loose sugar in the urine. As per the new WHO report diabetes in India will cross 3.5

crore by the year 2000. At present 10% of the urban population above the age of 15 have diabetes. This is no longer a prosperity disease with the changing pattern in life style and the staple food of many communities being much different from the traditional health giving food. Being busy with endless unnecessary matters men and women find no time to cook and thus depend on processed food stuff packed with preservatives rich in



calories. Mental stress, anxiety for imaginary reason, fear from unknown source and above all sedentary urban life style aggravates this disease among the urban population. The disease is no more confined to urban population. Statistics show that about 2% of the rural population is victim of this disease. This is perhaps due T.V. culture. It is seen at present that most of the aged persons beyond 60 have this disease.

Symptoms

It is a sure indication when high amount of sugar is present in the blood and urine of the patient, the patient may show signs of anaemia. Most common symptoms of this disease are 1) Polyuria, 2) Polyphagia, and 3) Polydipia. The patient will have frequently urination disproportionate to the water he drinks. After urination he feels weak. He will have unusually excessive hunger frequently. Even after taking sumptuous food he feels weak and the patients loose weight. The third common symptom being excessive thirst, no amount of water quenches their thirst. Patients report burning sensation in urinary track while urination, burning sensation in hands and soles of the feet, with little work they get fatigued. Due to excessive hunger the patients go on eating frequently but their digestive system being weak cannot digest the food and consequently suffer from constipation which gives rise to other concomitant health problems.

Cause of the disease

As already explained the disease is caused due to eating rich food, sweets and food stuffs made with pure ghee very often without doing any exercise and leading a

sedentary life. Nibbling between food is also one of the main reason for this disease. Due to this the digestive system becomes ineffective. Alcoholic drinks and tobacco in any form taken regularly impairs the function of pancreas with the result insulin required to digest the sugar is not secreted thus free sugar is discharged through the urine and gets into blood. Hypertension also makes the pancreas inactive and thus this disease is caused.

Yoga Treatment

The disease is not curable with medicines totally. Medicines may keep the disease going beyond control but total cure is not possible. I can assure the patients with whatever the degree of the disease may be that with yogic treatment this disease is totally curable.

Suitable Way of Life

It is essential to maintain a disciplined life from the time the patient leaves the bed in the morning till he goes to bed in the night. Time for the morning rituals, food, drinking water, yoga exercise. It is important to introspect one's own health everyday intelligently with utmost care. Whenever any defect in the health is found, steps should be taken to rectify the problem of early as possible. While performing yogic asanas one should maintain silence and keep the mind alert and vigilant to know if there is defect in any part of the body to rectify the defect immediately.

Important Note :-

1. In order to remind the patients it is reiterated that every week after yogic treatment blood sugar is to be tested and medicines should be reduced based on the blood sugar report. If this is neglected there is



likelihood of hypoglycemia. A time will come when no medicines will be required. At this stage do not stop yoga practice nor become liberal in taking food.

2. Take 2 to 3 spoonfuls of juice of karela leaves for 5 to 10 days in empty stomach to reduce the frequency of urination. If you are having normal B.P. do not take karela leaves juice at all as it will bring down your blood pressure. If you are a B.P. patient this can be done with advantage. The will purify the blood.
3. Take 3 capsules of raw garlic by chewing thoroughly. This will purify the blood for proper circulation to release the pressure on the kidneys. Garlic should be taken as the 1st item of first food of the day. Do not continue garlic if you feel that your body is heated up and you have disturbance in sleep.
4. Take everyday in lunch fenugreek leaves of methi sag popularly known in the country. This has a curative effect on the disease
5. Last but not the least it is important to note that asanas are not at all difficult.

Yogic Treatment

The usual yogic treatment comprises 3 parts:-

- (i) Proper diet and avoiding such food stuffs which increase the sugar level in the blood.
- (ii) A disciplined way of life
- (iii) To perform a set yogic asanas everyday preferably In the mornings hours.

Required Asanas For Treatment

As the disease is due to the malfunctioning of Pancreas and other endocrine glands, the asanas selected for

the purpose have a direct impact on these glands in order that the glands are re-activate and function normally to cure the disease. Before yogic exercise the patient should have a brisk walk for half an hour.

1. Rechak Puraka Pranayama.
2. Surya Namaskar Asana
3. Bhujanga Asana
4. Salabha Asana
5. Dhanur Asana
6. Yoga Mudra
7. Paschimottan Asana
8. Ardha Matsyendra Asana-I and II
9. Supta Vajra Asana
10. Sarvanga Asana
11. Hala Asana
12. Matsya Asana
13. Sava Asana

Ardha Matsyendra Asana I

Produced:-

Sit on the carpet spread on the floor with both the legs stretched forward. Breathe normally. You are now on the position of readiness.

Bend your right leg at the knee and place the foot on the left side on the left knee as show in the picture with the right knee standing erect.

Stretch your left arm on the right side of the right leg such that the leg from the knee to feet is pressed to the left. Hold the right foot with the thumb on the upper portion of the foot and the rest of fingers below the arch of the foot. Right leg and left hand may be stretched thoroughly. In case it is not possible intially to hold the foot as described the beginners may hold the leg at the ankle.

Twist the body from the waist towards right side as far as possible alongwith



the head. Bring the chin in line with the right shoulders.

Take the right hand behind the back as far as possible to touch the left waist of high. Breathe normally expanding chest and contracting it as far as possible. The left leg should not be raised from the ground. It should remain fully stretched.

Now exhale and press the abdomen and stomach with the right thigh during the posture. Stay in the posture for 6 to 10 seconds.

After completion of the asana inhale and bring back the right hand and the left hand to their respective sides and stretch the right leg in front.

Repeat the asana with right leg stretched and left leg bent at the knees, when one round of the asana is completed.

Perform this asana 4 to 5 rounds. After a month of practice instead of saying in the posture for 6 to 10 seconds, it should be done for 30 to 60 seconds by inhaling quickly by loosening the thigh for a second or two and then exhaling and pressing the high against the abdomen and stomach for a longer time. When no longer you can hold the breath outside inhale again quickly and exhale to remain in the posture. In this way you can stay in this asana for 30 to 60 seconds on each posture. This is more effective and saves time.

Benefits

Those who can't perform Ardha Matsyendra Asana II, this asana is advisable to them. Provides flexibility to the vertebral column. It activates pancreas, kidneys, digestive organs and gallbladder. It corrects the urinary system. Disorders of stomach, neck and spine are corrected. Reduces fat in

the abdomen and hip area. Cure diabetes.

Ardha Matsyendra Asana II

Produced:-

Sit on the carpet spread on the floor with the both legs stretched forward. Keep the hand with the palms touching the floor on the respective side. Breathe normally. You are now in the position of readiness to perform the asana.

Bend the right leg at the knee and put the foot on the left knee. Hold the right leg at the middle of the calf by the right hand. The right leg should be as erect as possible by pressing the leg by the right hand. This can be done by raising the right buttock slightly.

Release the right hand and stay in that position with both palms firmly on the floor supporting the body without falling on either side. Bend the left leg at the knee but without to bring the left heel to touch the anus. This can be done by pressing the leg slightly at the toes by the right hand. Put the left arm pressing right leg from right side to the left from the knee to the foot. Hold the foot firmly by putting the thumb on the foot and the rest fingers below the arch. The beginners may hold the ankle till they get flexibility to hold the foot as described.

Now turn the body towards the right along with the face as far as possible.

Bring the right hand to the back touch the left thigh. You have completed the asana at this stage. Exhale and press the right thigh against the stomach and abdomen. Stay in the posture for 7 to 10 seconds. After completing the



period inhale and bring the hand to touch the ground on both the sides. Stretch the left leg and thereafter stretch the right leg. Repeat the asana with the right heel touching the anus and left leg to remain erect as per as the above instruction to complete one round. Perform this asana 3 to 5 rounds with each leg. After practice for one month stay each posture for 30 seconds by inhaling quickly and thereafter exhaling. In the exhaled condition stay in posture for longer time to complete the period. This can be done for one minute in each posture.

Benefits

This is a complementary asana to Dhanura Asana, Salabha Asana and Bhujanga Asana on the one hand and on the other Paschimottan Asana, Yogamudra and similar asanas which bend the body backwards and forwards respectively. The vertebral column is made flexible by bending forwards and backwards by the above mentioned asanas. Ardha Matsyendra Asana-II twist vertebral column on the left and right successively, Thus giving perfect flexibility. To maintain perfect flexibility of the vertebral column, asanas with forwards and backwards bending followed by Matsyendra Asanas should be done. This is a very useful asana for correcting the disorder in the pancreas.

Persons suffering from diabetes are advised to regularly perform this asana. Kidneys, Liver, Stomach, Intestine, Gall bladder, Deodenum are considerably activated. It cures the back pain. Ardha Matsyendra Asana-I as described earlier is performed, still many of these benefits will accrue to the practitioner. Controls leucorrhoea. With constant practice.

Sarvanga asana and Matsyendra asana may be done as described under abdominal disease. If Mayur asana cannot be done properly, even pressing the abdomen against the elbows with toes touching the floor will give immense benefits to burn the extrfat, accumulated at the abdominal and hip area.

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