



YOGA IN THE MANAGEMENT OF DIABETICS

V. Preethi¹ Dr. S. Saroja²

¹Ph.D Scholar, Alagappa University College of Physical Education, Alagappa University, Karaikudi.

²Associate Professor, Alagappa University College of Physical Education, Alagappa University, Karaikudi

Corresponding Author- V.Preethi

Email- preethivenkatesh2894@gmail.com

DOI- 10.5281/zenodo.7069836

Abstract

Diabetics are the significant progressive and chronic disease is characterized by the evaluated blood glucose level. It is mainly due to the production of insufficient insulin by the pancreas or when the body cannot effectively utilize the produced insulin. The raised glucose in future leads to serious damage to heart, blood vessels, eyes and kidneys. This is of various types and this control of insulin leads to death also. Proper yoga practices Meditation, diet and physical exercise are the vital components to control blood glucose. Effectively facilitates relaxation and calms the mind. When you breathe slowly and deeply, more oxygen circulates through the blood. Yoga is not a 'cure all' treatment and care should be taken to find the right medical condition, Regulate practices of yoga are very much useful for diabetics to keep the blood sugar level under control, as well as maintain the general health of the diabetics.

Key Words: Diabetes, Yoga

Introduction

Diabetes is a chronic (long-lasting) health condition. Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Yoga is good for maintain posture and structural balance and it promotes improve the internal organs. so far selected yogic practices like suryanamaskar, sukasana, bastrika pranayama, pachimuthasana, archamatchendrasanas to maintain the blood glucose.

Type 1 Diabetes

Type 1 diabetes results from failure of the pancreas to produce enough insulin due to loss of beta cells. This form was previously referred to as "insulin-dependent diabetes mellitus" (IDDM) or "juvenile

diabetes". The loss of beta cells is caused by an autoimmune response.

Type 2 Diabetes:

Type 2 diabetes begins with insulin resistance, a condition in which cells fail to respond to insulin properly. As the disease progresses, a lack of insulin may also develop. This form was previously referred to as "non insulin-dependent diabetes mellitus" (NIDDM) or "adult-onset diabetes". The most common cause is a combination of excessive body weight and insufficient exercise.

Management of Type 1 Diabetes:

If one has type 1 diabetes, he or she will need daily insulin injections. Treatment requires a strict regimen that typically includes a carefully calculated diet, planned physical activity, self-testing of blood glucose, and multiple daily insulin injections.

Management of Type 2 Diabetes:

If one has type 2 diabetes, his or her treatment plan will include diet management, exercise, self-testing of blood glucose, and perhaps, oral medication and/or insulin. Approximately 40 percent of people with type 2 diabetes require insulin injections.

How Does Yoga Help to Prevent of Relieve Diabetes

A diagnosis of Type 2 diabetes or pre-diabetes may seem to carry the weight of a life sentence, but for many people, adopting key lifestyle changes, such as a healthier diet and exercise, can help manage, reduce, and even eliminate diabetic symptoms. Even those who are at a more advanced stage of the disease can find a greater degree of comfort and physical function through incorporating healthy practices into their routine. For those wondering how to prevent diabetes or even relieve the condition, a number of studies have revealed that yoga can reduce contributing factors and help patients unique benefits that can effectively restore the body to a state of natural health and proper function, Yoga postures for diabetes switch back and forth between asana (poses) that contract specific areas of the abdomen and asana that relax those areas. This alternation between abdominal contractions and releases stimulates the pancreas, increasing blood and oxygen supply. As a result, the organ's ability to produce insulin, Yogic breathing practices also work in a similar way to stimulate healthy pancreatic function.

In addition to postures that directly stimulate the pancreases and aid in insulin production, the exercise yoga provides reduces blood sugar levels and helps relieve one of the main symptoms of diabetes; hypoglycaemia. Yogic exercise has also been shown to reduce LDL ("bas") cholesterol and triglyceride levels, both of which are often accompanying symptoms of

diabetes. In addition to breathing exercises and yoga postures for diabetes, the meditation segment included in most yoga for diabetes classes has been shown to encourage proper functioning of the endocrine glands through

Studies have also confirmed that practising certain asana such as ArdhaMatyendrasana (half-twist post) combined with Dhanurasana (now pose), Vakrasana (twisted pose), Matsyendrasana (half-spiral twist), Halasana (plough post) squeezes and compresses the abdomen and helps stimulate the pancreatic secretions and hormonal secretions. As a result, more insulin is pushed into the system. This rejuvenates the insulin producing beta cells in the pancreases of diabetics suffering from both type 1 and 2. Practising the postures in a relaxed manner, without exertion, mediation and breathing techniques help most patients control the triggers or cause of diabetes.

Seated Spinal twist massages the kidneys, pancreas, stomach, gallbladder, liver, and small intestines, stimulating digestion and regulating insulin, bile and adrenaline secretion, **seated forward bend** promotes that functioning of internal organs, including the kidneys, pancreas, and liver, **child's pose** regulates circulation, promotes relaxation, and relieves fatigue and stress, **locust pose** helps digestion and supports the pancreas and liver.

Standing balance poses, shoulder stand, plough, and the sun salutation series stimulate endocrine glands and regulate metabolism. They require a higher level of fitness, however, and without certain modifications and proper instruction aren't appropriate for beginners or those who have physical limitations.

Benefits of Diabetics

Yoga is considered to be a promising, cost-effective option in the treatment and prevention of diabetes, with data from several studies

suggesting that yoga and other mind-body therapies can reduce stress-related hyperglycaemia and have a positive effect on blood glucose control. Controlling blood sugar levels increase and elevated blood sugar levels increase the changes of serious complications such as heart disease. Using controlled breathing techniques to invoke a relaxation pressure and blood glucose levels. Both play a big role in the development of type 2 diabetes and related complications, Yoga can also treat diabetes, or in the case of type 2 diabetes, prevent the disease from developing.

Conclusion

Regular practices of yoga are very much useful of diabetes to keep the blood sugar level under control as well as maintain the general health of the diabetics.

References

1. Chen L, Magliano DJ, Zimmet PZ. The worldwide epidemiology of type 2 diabetes mellitus present and future perspectives. *Nat Rev Endocrinol* 2011;8:228–36.
2. Manzella D., Paolisso G. Cardiac autonomic activity and type II diabetes mellitus. *Clinical Science*. 2005;108(2):93–99.
3. Hedge SV, Andhikari P, Kotian S, Pinto VJ, D'Souza V. Effect of 3-month yoga of oxidative stress in type 2 diabetes with or without complications: A controlled clinical trial, *Diabetes care*, 2011;34(10):2208-2210.
4. Kosuri M, Sridhar GR, Yoga practise in diabetics improves physical and psychological outcomes, *MetabSyndrRelatDiscord*, 2009; 7(6):515-517.