

## 6 - CAN YOGA CURE DIABETES ?

*Many studies have reported the beneficial effect of the practice of yoga on diabetes, writes Raja Chandrasekhar*

As India is a home of Yoga and is also today unfortunately the capital of diabetes in the world, often hopes are raised as to whether that our ancient science might be able to find a remedy to the illness. Many consider Yogacharya B K S Iyengar, now 90, as the world's greatest living yoga master. Named one of the "100 Most Influential People in the World" by Time magazine in 2004, he is the author of the bestselling yoga book of all time, "Light on Yoga". In that book he has stated "After working for 60 years as a teacher, I am giving groups of asanas for different functional and organic ailments and diseases, based on experiences with my pupils". He has included a group of 28 different yogic asanas, which under proper guidance, would give relief to diabetes.

Before rushing to buy the book of the great yoga teacher, one has to consider two factors 1) The nature of diabetes 2) What are the requirements necessary for a diabetic patient to benefit by yoga.

In diabetes, the blood sugar is raised beyond usual limits of 80 to 120 mgs percent (fasting blood sugar). Insulin is the only hormone in the body that can bring down the blood sugar. Every organ and system can be affected by diabetes. There could be several associated problems - heart attacks, high blood pressure, diminished vision, kidney infections brain haemorrhages, increased susceptibility to all infections leading to abscesses and gangrenes. Most of these are major killer diseases.

The usual management consists of a well-controlled, balanced diet, with different types of

tablets/, in order to increase insulin secretion from the pancreas or injecting insulin to supplement the body's store of this hormone. Such patients are also advised to do regular exercises so as to increase the peripheral utilization of glucose and to reduce obesity.

Yogic therapy works by rejuvenating the main glands involved with diabetes, like the pancreas that is involved with insulin release. The stress glands also seem to be implicated, where a high stress level can overload the blood with high sugar as a response to stress.

Regrettably the matter does not end here, because of the very nature of yoga. Just doing the prescribed yogic asanas will not help out.

The yoga student must learn to control and his or her self in a holistic manner, at all levels of being; physical, emotional, mental, intellectual and spiritual, recognizing the effects of stress, emotional imbalance, and dietary and living habits, on the disease condition.

Many international studies have reported the beneficial effect of the practice of yoga on diabetes. Some studies have mentioned up to 65 per cent beneficial effect of yogic therapy. Medical scientist K N Udupa has even mentioned five cases of juvenile diabetes completely controlled by yogic treatment.

S A A Ramaiah's study conducted in Washington, D.C. compared the effects of walking, treadmill, static cycling, and different yogic asanas/poses found that the Bow pose (dhanur asana) was the most effective. Surya Namaskara was another group of asanas that was very valuable in controlling

diabetes. It was concluded that the direct stimulation of the pancreas by these postures rejuvenated the pancreatic capacity to produce insulin. All of these studies have emphasised the possible mechanism of the yogic practices as direct influence on pancreatic secretion by rejuvenation of the pancreatic cells, through alternate abdominal contraction and relaxation, during asanas (yogic postures which produce relaxation) and breathing exercises.

In yoga, bandhas are neuromuscular locks that regulate and increase endocrine (glandular) secretions in the body, but also realigns, revitalizes and improves the functioning of the organs and the glands that get affected by diabetes.

Basically the techniques belong to different groups acting at different levels. The loosening techniques Sithilikaran Vyayama like jogging, forward-backward bending, spinal twisting along with Suryanamaskaras.

A few of the specific asanas for diabetics are those which bring about a stretch and twist in that region of the spine (lower thoracic and upper lumbar) where pancreas are located behind the stomach. Such techniques are Vakrasan, Ardh-Matsyandrasan, Dhanurasan (Bow pose). These are believed to increase the blood supply, massage the organs, activate its cells and thereby cause an increase in all its secretions including insulin.

A special kriya (exercise) in this group is Agnisara. Here, standing with knees bent, the upper abdomen (region of pancreas) is flapped in and out after complete expiration. Starting with 10 to 15 flappings, one can even go to about 50 to 60 flappings.

Is a full cure for diabetes by yoga too much to hope for? If heart disease can be reversed, "cured," "controlled," "managed without medications," etc, then why not diabetes? Dr Phulgenda Sinha, director of the Institute of Yogain Patna, India/Washington D.C.USA, and author of *Yogic Cures for Chronic Diseases*, states, "The yogic treatment restores the normal functioning of the pancreas and other glands of the endocrinal system. When these glands begin to function properly, the individual is fully cured of the diabetic disorders and his health is restored to normal level."

But, so far no yogic master has claimed that they have completely eradicated diabetes from their afflicted students. But amazing as it may seem, yoga has been shown to:

1. Control diabetes at significantly reduced insulin levels for Type I diabetics
2. Control diabetes without any external medication for Type II diabetics.

Yoga can cure anything and everything, isn't that what we all thought. But is that true when it comes to diabetes? Can yoga help in curing diabetes as well? Let's look at it. Read more: [4 Yoga Poses to Cure Diabetes at Home](#). Diabetes. In colloquial terms, diabetes for people is about sugar. But on a medical note, diabetes is how our body manages sugar. The major hormone insulin does not behave the way it should if you have diabetes. Insulin brings energy to the cells and that's why people suffering from diabetes feel lethargic and tired, despite resting and eating properly. Yoga and ... You may already know that yoga is a great way to exercise, but could it also help with diabetes management? Here's how it works, poses to try, and more. Yoga can do more than just relax your body in mind especially if you're living with diabetes. Certain poses may help lower blood pressure and blood sugar levels while also improving circulation, leading many experts to recommend yoga for diabetes management. Regular practice may even help reduce your risk for other complications of diabetes, such as heart disease. Keep reading to learn how these simple moves can improve your overall quality of life and lead to significant transformations.

1. Legs-Up-the-Wall Pose. This restorative inversion allows for relaxation. Diabetes Symptoms is disorder of metabolism. The body does not produce sufficient insulin or use it properly. So it leads to high glucose in blood. Yoga exercise, fast walking, and jogging is most important. Because exercise reduces blood sugar level and keeps it in control. Say no to sugar liquid, juice, food and rice. Yoga to Control Diabetes. Kapalbhathi Pranayama is the excellent pranayama to cure and control diabetes. Those having high diabetes should practice for 10 - 30 minutes daily in the morning and evening on an empty stomach. High blood pressure and heart patient should practice slowly. 3 exhalation in 6 seconds only. Yoga for Diabetes: Best Yoga Poses, Styles, Poses to Avoid. Everything you wish to know how Yoga Can Help in Type 1 & 2 Diabetes? He treated patients with diabetes at the Indian Institute of Yoga and found that after around three months they were completely cured. Medicinal treatment for diabetes gives diabetes patients the insulin that their pancreas no longer produces, but never actually cures them of the disease. How the Pancreas Works. The pancreas is a gland that is located in the abdomen next to the small intestine.