

Significance of Yoga in Diabetes

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Abstract

Diabetes is most common and prevailing disease and modern medicine doesn't have complete solution to this problem. Researches statistically reveals that this is quite beneficial through Yogic techniques, Yoga therapy is a boon to us in present era; by these therapies anyone can become healthy. Yoga is helpful in making healthy life. Yoga is like a miracle to us; as it connect our body, mind, soul. In the present era; with sedentary lifestyle and dietary habits create lifestyle diseases. Diabetes is one of the leading diseases among these. Polluted mind and polluted Diet invites many disorders and diseases.

Key Words: - Diabetes, Yoga, Lifestyle

The term *diabetes* (Greek: *diabetes*) was coined by Aretaeus of Cappadocia. It was derived from the Greek verb διαβαίνειν, *diabaínein*, itself formed from the prefix *dia-*, "across, apart," and the verb *bainein*, "to walk, stand." The verb *diabeinein* meant "to stride, walk, or stand with legs asunder"; hence, its derivative *diabētēs* meant "one that straddles," or specifically "a compass, siphon." The sense "siphon" gave rise to the use of *diabētēs* as the name for a disease involving the discharge of excessive amounts of urine. Diabetes is first recorded in English, in the form *diabete*, in a medical text written around 1425. In 1675, Thomas Willis added the word *mellitus*, from the Latin meaning "honey", a reference to the sweet taste of the urine. This sweet taste had been noticed in urine by the ancient Greeks, Chinese, Egyptians, Indians, and Persians. In 1776, Matthew Dobson confirmed that the sweet taste was because of an excess of a kind of sugar in the urine and blood of people with diabetes. Diabetes mellitus appears to have been a death sentence in the ancient era. Hippocrates makes no mention of it, which may indicate that he felt the disease was incurable. Aretaeus did attempt to treat it but could not give a good prognosis; he commented that "life (with diabetes) is short, disgusting and painful." Sushruta (6th century BCE) identified diabetes and classified it as *Medhumeha*. He further identified it with obesity and sedentary lifestyle, advising exercises to help "cure" it. The ancient Indians tested for diabetes by observing whether ants were attracted to a person's urine, and called the ailment "sweet urine disease" (*Madhumeha*). The Korean, Chinese, and Japanese words for diabetes are based on the same ideographs which mean "sugar urine disease". Diabetes, with its attendant acute and long term complication, and the myriad of disorders associated with it, is a major health hazard. In keep in with the scenario of most developing countries, India has long passed the stage of diabetes

epidemic. The problem has now reached, in scientific language, “pandemic” proportions. To put it simply, it has crossed the dividing line in which it is a problem associated with individuals, no matter how large this number may be, and is now a very large public health problem, growing astronomically year after year. More than a matter of individual health and well-being, the pandemic calls for an effort in which attention must be paid not only to treating a patient with diabetes. It involves a collective response which includes the setting up of a complete infrastructure which involves attention to prevention as well as making diabetes care “*Available, accessible and affordable*” to all the persons with diabetes. In 1997 WHO report has shown that there is a marked increase in the number of people affected with diabetes and this trend is scheduled to grow in geometric proportions in the next couple of decades

YEAR	No. of People affected (in millions)
1995	124.7
2000	153.9
2005	299.1

The crude prevalence rate of diabetes in urban areas is about 9% and that the prevalence in rural areas has also increased to around 3% of total population. If one takes into consideration that the total population of India is more than 1000 million then one can understand the sheer numbers involved. Taking a urban-rural population distribution of 70:30 and an overall crude prevalence rate of around 4%, at a conservative estimate, India is home to around 40 million diabetics and this number is thought to give India the dubious distinction of being home to the largest number of diabetics in any one country (*SOURCE:-W.H.O, 1999*)

Surveys have shown that the prevalence of Impaired Glucose Tolerance (IGT) is also high. It has been reported that the prevalence of IGT is around 8.7% in urban and 7.9% in rural areas. It is widely accepted that more than 35-40% of people show the presence of some diabetes related complications at the time of diagnosis. It is widely accepted that the health, socio-economic and personal costs of diabetes and its attendant complications is unacceptably high, not only to the individual, but also to the nation as a whole when one considers the sheer number of people who are already known to be diabetic. India has a distinct need for a comprehensive

diabetes care program. This should not be confined to reports on the standards of diabetes care which are prevalent here, but needs to be more wide ranging.

"Diabetes in various word forms bears upon up to 5 percent of the macrocosm population with 12 million diabetics in Western Europe alone. Of the different modes in which diabetes shows, non-insulin-dependent diabetes mellitus (NIDDM) is probably the most commonly met genetic disease. NIDDM or Type II diabetes is multi factorial, depending also on environmental factors including fleshiness, sedentary life styles and nutritional unbalances. Among many dreaded diseases, Diabetes tops it all. Its uncanny and highly prevalent presence makes it the number one disease in almost every part of the country. Diabetes troubles over 22 million people with a direct medical cost of US alone of over \$94 Billion. It has been estimated that over 42 million Americans have pre-diabetes with almost 4210 new diabetic patients being diagnosed on a daily basis. The number is increasing. With modern medicines having sprung up in the market, general public still await a Natural process to get rid of diabetes forever. Around 60% of the patients suffer from the accompanying pain with the disease such as a relentless numbness, tingling pain, burning sensation and acute pain in the legs, arms, feet. Most of them have complained of unbearable pain even more than arthritis. (Source:-W.H.O, 1999) "Diabetes increases the risk of coronary events twofold in men and fourfold in women. Part of this increase is due to the frequency of associated cardiovascular risk factors such as hypertension, dyslipidemia, and clotting abnormalities. In observational studies, people with both diabetes and hypertension have approximately twice the risk of cardiovascular disease in comparison of non-diabetic people with hypertension. Hypertensive diabetic patients are also at increased risk for diabetes-specific complications including retinopathy and nephropathy. In the U.K. Prospective Diabetes Study (UKPDS) epidemiological study, each 10-mmHg decrease in mean systolic blood pressure was associated with reductions in risk of 12% for any complication related to diabetes, 15% for deaths related to diabetes, 11% for myocardial infarction, and 13% for micro vascular complications. No threshold of risk was observed for any end point.

One of the surveys dealt to heal diabetes was the unity put up by the Yoga Biomedical Trust, launched in 1982 by biochemist *Dr robin Monro*, and an Indian yoga research foundation which noticed that practicing yoga for 30 minutes a day for unity month aided cut back blood glucose level in some diabetics. The yoga patients took ingredient part in unity or two 90-minute sessions a week and were inquired to practice at place. The social classes included the specific yoga exerts of the spinal twist, the bowknot and abdominal ventilation At the end of the 12 weeks blood refined sugar levels fell significantly in all patients in the grouping and were slightly raised in a control grouping which held not fall in the yoga sessions. Three yoga educates pull off to cut

back their medicament, including unity adult male who held not changed his drug government for 20 years. (**Journal-a- day, 2008**)

Role of Yoga

In the present era, due to sedentary life style people are suffering from various diseases. “Human Being” is the valuable and precious design of God among all creatures. In present time, due to increasing conflicts man is facing various psychological and physiological problems. World wide more than 140 million people suffer from diabetes, as it exists in one of the most common non communicable diseases. Number of affected individuals with diabetes is expected to 240 million by 2025. The countries with the largest number of diabetic patient are India, China and US. In most instances their complications appear approx. 15-20 years after the onset of hyperglycemia. Cardio Vascular even such as Myocardial infarction, renal vascular insufficiency and cerebrovascular incidents are the most common cause of mortality in long standing diabetes. It accounts for up to 80% of death in type 2 diabetes, infarct, diabetics have 3 to 7.5 times greater incidents of death from cardiovascular cause compared to the non-diabetic population. Diabetes affects an estimate 16 million people in United States of America as many as half of whom are undiagnosed. Each year an additional 80000 individual develop diabetes in this country and 54000 die from diabetes related causes. Diabetes is leading cause of end stage renal disease, adult onset blindness and non-traumatic lower extremity amputation. Now a days, Diabetes is the most common disorder so , I want that first of all we should know their treatment, so I selected this topic for my Dissertation work and I think that I got some what success in knowing it deeply.

Human body in an action system and Body have many antioxidants and immunity centers within us which work against pathogens. For the quality works we need Good health and wealth. In present times with increasing harmony for Health and Wealth one becomes lazy and devoid of laborious work as the results individual is suffering from many diseases. And one of them is *diabetes* . Lack of physical work and life of full luxuries leads to disease termed as *diabetes*. Diabetes is a word which is very familiar to world now days. In this disease level of glucose increase in Blood and urine. Out of 100; 4-5 people suffer Diabetes also known as Diabetes Miletus . In few case, the level of Glucose in urine does not increases but increase in the blood ; this condition in termed Hyperglycemia. Main reason for *diabetes* is unbalanced and improper Diet with disturbances of carbohydrate metabolism. In this, B-cell of pancreas lacks in insulin secretion, insulin mainly transforms glucose to glycogen. Glycogen is stored matter in liver cells and muscle cells. When there is low or none secretion of insulin then glucose level increase in the blood. Thus is excreted through urine. The patient feels weakness, weight loss, thirst and appetite are increasing; this is only known as Diabetes. In ancient time, the disease was confined only to the rich community, people who used to intake high caloric food with low energy output. But in recent times; people doing labor are also under this disorder the main reason prescribes polluted food and environment and

inhaling high calorie food with low energy output labor including highly spicy food, drug addiction, improper living pattern or time table , adds to this problem .Diabetes is most complicated disease in own self ; one suffering this intuitively our problems as a gust which gives pain to ageing. Science of Yoga proves that all aspects of our life are influenced by the harmony of Prana. Modern science devotes Prana as life force, capacity to resist diseases, bio electricity or electromagnetic energy etc. In Yoga therapy, yogic perspective of life is of foremost importance. Today the scientists across the globe unanimously agree that majority of the diseases of mankind are psychosomatic in nature. Psychological problems crop up as result of lack of right perspective of life, then our life energy can be utilized properly and this then becomes the fitting measure of getting rid of psychological tensions and anxieties. But it is an irony that in spite of knowing drawbacks man constantly run behind only wealth not health. That result in psychosomatic diseases like asthma, diabetes & various skin disorders etc. Yoga has exhibited some beneficial effects in curing diabetes. The yoga exerts that are ordered for curing diabetes is different from typical hatha yoga exercise because it regards places shoehorned to do by certain statuses, as well as speculation, relaxation and stretching exerts. Researches in India has been recognized Diabetes as a psychosomatic disorder with causative factors being sedentary habits, physical, emotional and mental stress. Many studies there have confirmed that the practice of the postures can rejuvenate the insulin producing cells in the pancreas of diabetics of both types, and that doing the postures in a relaxed manner, without exertion, yogic meditation and breathing help most patients to control the causes of diabetes. There are many alternative therapies to cure the disease namely – Diet Therapy, Yogic therapy, Ayurvedic Therapy, Life style modification. In this dissertation work we will emphasize mainly on prevention measure of diabetes mellitus through diabetes yogic and diets treatment. Yoga is an old, tradition, India psychological, physical and spiritual exercise regimen that has been studied for several decades for its role in the management of several chronic disease. Yogic practices not only help in reversing the progress of diabetes but also improve the resistance of body and psycho physiological level. YOGA provides solution to this complication. It is often seen that, regular yogic practice glucose dose not stores in cells and insulin need is inhibited. For curative properties with the Yoga ; Diet or balanced diet is also important. It has been said in the one Indian text that until or unless a proper diet is adopted, one cannot think of achieving good health. Indian says have proclaimed in the context of diet and its effect. The good and bad intentions with which we consume food, the happy or sad environment in which we eat our food and other mind factor plays a very significant role in the development of one's personality. Although in biochemistry, it has not been possible so far to document such effect and influence of diet on human body, diet dose have a decisive effect on our body, thought and mind. Where we eat making taste as the deciding factor for selecting food, it may not prove beneficial for health. The food that we eat in the form of fat, protein, sugar, water

and salts is used by the body to manufacture about 2000 different useful compounds. Along with the selection of food we also need to pay attention to how and where we eat. Now, we will go to the question about what is diabetes. Types of it? Its sign and symptoms? Diagnosis? Complication? And so on.

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