

## Maintaining Control Over Blood Sugar Through Yoga

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### **Abstract**

Diabetes is a common disease in India and is making a huge impact on the health of an individual. People suffering from diabetes often are scared and afraid that they are not going to survive. On the positive side diabetes makes you disciplined and makes your routine quite systematic. The intake of foods is systematic and time to time, secondly regular exercise is also followed resulting into people getting into healthy mode. The major diabetes in India is either generic or stress. Life has become so stressful that people of age 35 – 45 are having blood sugar problem on a regular basis. Secondly life is so hectic that people are unable to take time out from their regular to do exercise resulting health hazards. In this research paper, I will be addressing certain Yoga postures which will help people suffering from diabetes to have a systematic and health life. In addition these yoga postures will keep him fit and also energetic. As you know diabetes is an ailment where there is lot of restrictions with respect to food intake which reduces the overall energy of the individual. These yoga postures will allow them to regain this energy.

**Key words** – Diabetes, Yoga, disease, stress and generic.

### **Introduction**

In my family my grandfather and father had diabetes so it has been a regular practice on my part to get my blood test on a regular basis. The reason is many people say diabetes is generic. I live in lot of stress thinking that in future I may have the same problem. I have seen my father living a much disciplined life after blood sugar was detected. He used to take medicine regularly and also do his walking or exercise very systematically. Expecting the same from me at this moment is very difficult as life is very hectic and taking time out to doing exercise is not easy.

**Findings** – The participants in the conduct of research were of the age group 25 – 45 years. In the research program around 30 – 35 regular participants participated. The participants were suffering from Non-insulin dependent Diabetes Mellitus and were taking medicines regularly (one tablet twice a day of METFORMIN – 500 mg). The fasting and post meal of all the participants were collected before the implementation of yoga asana and after 10 weeks of completion of course of Yoga. The blood sugar reading of the 20 regular participants who did their asana systematically as recommended by the researcher and were present on all days in the 10 week program were as given under –

**Normal values –**

**Fasting – 60 – 110 mg/dL**

**Postprandial – upto 160 mg/dL**

Participant	Before yoga		After yoga	
	Fasting	Postprandial	Fasting	Postprandial
1	126.50	217.6	100.68	189.6
2	168.6	415.52	146.8	289.68
3	117.8	200	98.69	164.50
4	127	164	107	120
5	136	270	99	177
6	144	179.60	121	163
7	136	189.36	124	178.6
8	132.63	168.56	114	143
9	128.73	182.55	113	164
10	147	313	128.69	264.86
11	153	225	139.22	196.33
12	133	242	122	182
13	122	146	102	114
14	132	162	111	139
15	112	158	94	145
16	173	302	144	178
17	113	186	78	126
18	126	181	93	159
19	116	152	98	138
20	133	166	118	154

The researcher conducted two sample paired t-test to analyze the data collected before yoga and after yoga. The details of the t-test is presented –

### Before Yoga

T-Test result:

S. No		
1	t-score	6.1286
2	Standard Error of Difference	12.588
3	Degree of Freedom	19
4	Two tailed p-value	0

Confidence range:

1. Mean Difference - -77.1465
2. Confidence range – (- 103.4932) – (- 50.7998)

### After Yoga

T-Test result:

S. No		
1	t-score	7.3657
2	Standard Error of Difference	7.6944
3	Degree of Freedom	19
4	Two tailed p-value	0

Confidence range:

1. Mean Difference - -56.6745
2. Confidence range – (- 72.7789) – (- 40.5701)

The yoga asana done by the participant for 10 weeks are described in detail. If a diabetic patient conducts sincerely these asana he will definitely control his sugar.

**Asanas****1. Dhanurasana (Bow Pose)<sup>1</sup>**

This asana can be done by lying down in your stomach. Keep your hands on the side and then lift both the legs upward. Now hold the ankle with your hands and lift yourself upwards. Keep a smile on your face and keep yourself in the same position for 15 seconds. In the meantime inhale and exhale, come in normal lying position and relax.

2. Balasana<sup>1</sup> or Child Pose is a reclining back-bending asana in hatha yoga and modern yoga as exercise.



Sit on your knees and try to touch your heel to the hips. Now stretch your hands and bend down as much as you can. Remain in this position for 15 seconds. Keep inhaling and exhaling during the entire asana.

### 3. Bhujangasana (Upward facing Dog Pose)<sup>1</sup>



Lie down on the floor on your stomach. Keep your hands with palm down on the side of your neck and then lift yourself upwards. The pressure should be given to the legs in order to lift. Face should be upwards and keep inhaling and exhaling slowly. Remain in this position for 15 seconds. You can repeat it 10 – 20 times depending upon your energy.

### 4. Shavasana (Corpse Pose)<sup>1</sup>



Lie down straight on your back and keep your eyes closed. This asana must be done for at least 30 minutes. You must remain calm slowly inhaling and exhaling during the asana. It is a type of meditation in a lying position. You must relax stress slowly during this asana.

### 5. Viparita Karani (legs up the wall)<sup>1</sup>



Lie down beside the wall and keep a soft pillow under your neck. Raise your legs alongside the wall keeping ad 90 degree. Remaining in this position for 5 to 10 minutes. Your neck, chin and throat must be relaxed during this asana.

### 6. Tadasana (Mountain Pose)<sup>1</sup>



Stand straight on the flat ground and keep your arms on the sides of your body. Keep your palm in the upward direction. Slowly breathe in and extend your arms up and down to the sides of your body. Hold this position for a while. Repeat this position ten times. Exhale slowly and bring down your arms back in the starting position.

## 7. Mandukasana (Frog Pose)<sup>1</sup>



Fold your knees backward and sit down on the ground with the assist of your knees. Make a fist and put your hand on your stomach. Keep your fist in such a way that the joint of your fists comes at the navel. Place your fist firmly and press your stomach. Bend forward in this position and try to touch the ground with your forehead. Hold this position for 15-20 seconds then, exhale and relax

## 8. Chakrasana (Wheel Pose)<sup>1</sup>



Lie down on your back. Bend your knees and bring your legs close to your hips. Bring your palm under your shoulder such that your fingers point towards your shoulders. Keep your elbows in shoulder-width apart. Press your palm firmly on the ground and inhale while lifting your shoulders, elbows, and hips. Straighten your arms and legs so that your hips and shoulder feel the upward push. Hold this pose for few seconds then,

bend your elbows and shoulders first to bring your head down. After that, bend your knees to lower your hips and spine to the ground.

- Practice yoga under qualified professional
- Vigorous exercise and fast-paced yoga are done in hot temperature conditions. These are not recommending for patients with diabetes and heart diseases.
- Beginners to yoga should avoid hard yoga practices.
- Diabetic patients should regularly monitor their body reactions after every physical activity.
- Any sign or symptom or pain should not be overlooked if you are diabetic.
- Don't do yoga beyond your capabilities.
- Generally, yoga requires an empty stomach, but diabetic patients should take light snacks to avoid hypoglycemia.
- Any sign of dizziness, headache, etc. should be reported to the practitioner.

### **Benefits of Yoga in Diabetes**

1. It tones your digestive organs and heart.
2. Stretches chests and lungs, open the heart and lungs.
3. It relaxes your body completely and keeps you rejuvenated.
4. It calms the brain, increase awareness and attentiveness.
5. It helps to lower blood pressure, calms the brain and helps relieve stress and mild depression, lastly relaxes the body.
6. Strengthens the abdominal muscle, massages the intestine and internal organs of digestive system, and improves digestion.

### **Conclusion**

The research on diabetes disease and its implication concludes that YOGA plays a vital role in maintaining your health. It also gives an impetus to your body to keep moving. Any disease basically sends a negative signal and to counter it YOGA plays a major role. The study gave an opportunity to understand the reasons for diabetes and subsequently how YOGA can provide benefits to a common man. Everybody should take out time from there regimen to focus on YOGA as it will give an added energy to your vital organs and keep you healthy and fit. Secondly the postures recommended by the researcher is very simple and can be done by any age group person. The various YOGA poses will help you in leading a happy and stress free life. Keep doing it and stay healthy and keep your blood sugar under control.

*Live a healthy life.*



## Reference

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