



A DIABETIC CAN LIVE SAFE THROUGH PRANAYAMA AND MEDITATION

Alternative Medicine

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KEYWORDS

Diabetes is a metabolic disease in which the primary problem is the defective utilization of sugar by the body. Glucose metabolism is under the control of the hormone insulin, which is secreted by the pancreas, a large gland behind the stomach. When this gland becomes stressed or exhausted, the hormone insulin becomes deficient in quantity. As a result, the blood sugar level becomes high and uncontrolled.

There are two broad types of diabetes mellitus.

Type 1: Insulin Dependent Diabetes Mellitus (IDDM) – In IDDM, insulin treatment is essential, to control the rise of blood glucose level. It can occur at any age, though it most commonly occurs during younger age.

Type2: Non -Insulin Dependent Diabetes Mellitus (NIDDM) - Patient with this type of diabetes produces little or excessive insulin in their pancreas, it either is not enough for proper function or is not being produced quickly enough to influence glucose levels in the blood effectively.



Yogic science (Pranayama and Meditation) recognizes two interrelated causes of diabetes.

Pranayama is highly valuable for improving oxygen

Pranayama is the science of breath control. It is a deliberate technique of inhalation, retention of breath, exhalation and suspension of breath in exhalation. Normally we don't inhale and exhale deeply. The science of pranayama teaches us how to reduce the respiratory and hearty rate. When the respiratory rate is lowered, the metabolic rate of the body is also reduced. All types of pranayama works on a sound physiological basis, either stimulating or soothing the cells. The reduction of respiratory rate to about 2 to 3 per minute has a tremendous effect on body metabolism. The entire system hibernates and cellular activity is required. The quietude refreshes the cells. It is highly valuable for improving oxygen perfusion to the tissues. Oxygen delivery to the tissues is systematic and sure. Doing Pranayama, sympathetic and parasympathetic nervous systems are balanced.

Pranayama helps to make mind calm and balances the interaction between pituitary gland and pancreas. Pranayama helps to control diabetes.

Pranayama reduces the blood pressure and weight of the individual-two possible causes of diabetes.

Stress induces glucagon secretion which has an opposite action as that of insulin. Pranayama effectively reduce stress and glucagon and possibly improving insulin action. Pranayama reduces levels of stress hormones (cortisol). This helps to reduce insulin resistance.



Beneficial pranayama for diabetes

Bharamari- It helps to make mind calm and rejuvenates body and nervous system.

Bhasrika pranayama- It is a revitalizing pranayama. It helps to increase oxygen level and decrease carbon dioxide levels in the blood. It helps to put pressure on abdominal organs by using abdominal muscles and diaphragm.

Alternative Nostril Breathing- It is very helpful for diabetics. It helps to release stress and flush out toxins out from the body. It has been seen to have calming effects on nervous system and helps to facilitate homeostasis. It helps to manage stress and helps in controlling blood sugar level.

Kapalbhati- It stimulates pancreas to release insulin thus helps in controlling diabetes. Kapalabhati combined with nauli kriya helps in balancing the basal metabolic rate which in turn helps to stabilize blood sugar level.

Sudarshan Kriya- It is an excellent technique to combat diabetes. It has helped several diabetics across the world in controlling their condition from getting worse.

It is advisable to learn every pranayama from an expertise yoga therapist.

Meditation is a healing process, emotionally, mentally and physically too. During Meditation, the body is silently resting. It helps to get rid of our emotional conflicts, inner discord and mental or psychological strings. The hypothalamus recharges its energy during Meditation. Whereas sleep is a complementary form of rest, Meditation is a conscious one. It free the mind from the burden of the body and to keep it in its proper place and allow it to function properly.



Stress is the main cause of type2 diabetes. Meditation helps patients to achieve homeostasis, which is a balance in the body. There by promote optimum functioning of autonomic nervous system, endocrine system and other vital processes. It is a systematic practice of mastering one's own mind that channelizes the mind, in a positive direction. Thus body

achieves a cure by itself. Meditation promotes self-awareness and increases person's will power by teaching discipline.

Pranayama and Meditation are ideally for both types of Diabetes Mellitus. It brings miraculous results to all complications of the diabetic state.