

In Commemoration of 150th Birth Anniversary of Swami Vivekananda

International Conference on Frontiers in Yoga Research & its Applications

Yoga

A Public Health Strategy for Diabetes Prevention & Education

20th INCOFYRA

20th International Conference on Frontiers in Yoga Research and Its Applications

SOUVENIR

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In technical collaboration with



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the rural masses through trained health care providers (HCPs).

Aim: 1) To determine the diabetic status of rural HCPs by conducting Blood Sugar tests. 2) To impart the knowledge of the benefits of yogasanas, pranayama and relaxation techniques to Rural HCPs in managing diabetes 3) To bring about a change in the personality of rural HCPs through yoga, who in turn, will help the rural community in preventing and combating diabetes by targeting pre-diabetics, persons prone to diabetes and diabetics.

Methods: subjects: 35 male and female HCPs. Source: HCPs from state government primary health centres in Ramanagaram District, South Karnataka. Data collection: demographic data was collected. Questionnaire was given (pre and post yoga workshop) regarding their quality and efficiency in work and positive outlook towards serving rural people. Intervention: one day yoga workshop was held by a professional yoga therapist from S-VYASA University with 10 year experience. This session included both theory and practice of the asanas which helps in diabetes, deep yoga nidra, kapalabhati and nadishuddi practices along with theory lectures.,

Results: To evaluate the personality development and yoga knowledge in rural HCPs.

Key words: yoga, pranayama, rural HCPs, diabetes therapy

IMPACT OF KRIYAS AND BREATHING TECHNIQUES ON BIOLOGICAL PARAMETERS

***Surendra Sankhla, Shiva Kumar Kotikalapudi, Hemant Bhargav**

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) University.

Email: surendrayoga@gmail.com

Background: There is a growing need to educate individuals on the blood sugar management techniques by understanding the mechanism through which the sugar level in the blood is maintained. It is important to understand that a combination of Yoga, Kriya and Meditation would give a better result because of it is working on both the Annamaya and Manomaya Kosa.

Objective: To assess Blood Sugar and Blood Pressure responsiveness to Yoga, Pranayama and Kriya combination. To establish a procedure that is consistent and repeatable for maintaining Blood sugar, BP and Respiratory disorders.

Materials and Methods: Twenty-two IT professional suffering from DM type 2 with average age of 35 years participated in this study. PFR, BP and Blood sugar were taken on the first and sixth day of 5 days Yoga for Diabetes program. The first and the last day interventions included Jananeti, Vamana Dhouti and Laghu Shanka Prakshalan Kriyas. Participants were divided into two groups. The candidates who were present for all the interventions on all five days were only considered for analysis.

Results: The data analysis showed both increase in sugar level for some of the low

sugar candidates and decrease in sugar level for the patients with high sugar levels. The percentage decrease in BP was 3.5%. There was an increase in sugar level after the kriyas for some of the patients which possibly could be attributed to healing crisis or increased fear/tension on bowel movements and vomiting sensations. Almost all the subjects showed increased sugar levels. Average increase in sugar was 24.42%. There was reasonable increase in Peak flow rate for people having breathing problem. A video recording of the feedback of the subjects was also made to record the non numeric feedback from the subjects which was very positive and encouraging.

Conclusion: These results suggest that participation in a Yoga program not only brought down the high Blood sugar values but also improved the low sugar levels. There was a visible change in the breathing patterns of subjects suffering from the same and the same was reflected in the PFR measurements. There was a definite improvement in Blood pressure for all the patients.

SELF - MANAGEMENT OF EXCESSIVE TENSION THROUGH YOGA AND NATUROPATHY

Suresh Babu V, Ragavendrasamy B
S-VYASA University, Bangalore

Stress, which means noxious stimuli, in broader terms is derived from the Latin word '*stringere*', "to draw tight", playing an active role in disrupting the homeostasis, a concept central to the idea of stress. Stress and its associated disorders are to be the greatest epidemic in the next 20 years in Asia. Stress is characterized by over activation of HPA

axis, secreting excessive amounts of cortisol. Accompanied by the failure of the negative feedback mechanism results in flat cortisol levels throughout the day, exaggerating the sympathetic drive making one prone to cardio-vascular disorders and suppressing the circulating T4 lymphocytes and interleukins, and the local inflammatory response clinically associating with depression altering the normal behavior.

Certain yoga modules like yoga nidra transcendental meditation, cyclic meditation and regular asana, pranayama practices have all shown to possess an active control over the HPA axis and the stress response.

Calorie Restriction in the regular diet, regular exposure to sun light, drinking water, application of mud over the body all act by promoting immunity, production of vitamin-D indirectly stabilizing the homeostasis, and neutralizing the inflammatory mediators respectively.

Naturopathy and Yoga together appear as a clinically applicable yet effective science in the management and prevention of Stress and Stress based disorders. This paper speaks in detail about the physiological facts and their relevance in day to day approach.

DIABETES MELLITUS AND THE ROLE OF MUD THERAPY – A NOVEL HYPOTHESIS

Swathi Indra Kumar

Sri Dharmasthala Manjunatheshwara
College of Naturopathy & Yogic sciences
Email id: swathiikumar@gmail.com

This article aims to discuss the possible mechanisms through which mud therapy