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Importance of yoga in controlling of diabetes

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Abstract

Today we are living in a materialistic world. Every person is running after money and ignoring health which is very precious for all of us. In modern world, we want to get economic progress and advancement. But unfortunately, we are not conscious and aware about our health. In spite of the advancement of science and technology so many diseases are very common like Blood Pressure, Heart Problems, Diabetes, Obesity, Allergy etc. But in these days, man has become aware and conscious about his health to some extent. If we see in our surroundings we can find so many people who are involving in physical exercises like jogging, walking and running. Everyone is giving preference to yoga along with these physical exercises. They have been found equally useful in treating stress related psychosomatic disorder like diabetes (Divekar, 1982). As a consequence of yoga exercise, we can reduce so many diseases related to our mental and physical health. World Health Organization (WHO) has given a warning that in India about ten Crores people will suffer from diabetes by 2030. Diabetes is considered a very serious disease.

Keywords: yoga, diabetes, economic progress, psychosomatic disorder

Introduction

In today's life, man has given much importance to materialistic world. Every time he is busy in earning and spending money. His only motive is to earn and spend money. In order to become economically sound, man has ignored his health. We are not health conscious. Health is very precious for everyone. We can't enjoy materialistic things without good health. Our wealth is useless if we are not healthy. What is the use of this wealth even if we can't enjoy. It has been rightly said, "A healthy cobbler is much better than a sick king".

Yoga science plays a very important role to keep us healthy. It is the ancient knowledge of the world, not prevalent only in India. All the academicians of Physical Education have accepted the importance of Yoga science. We can remain fresh only through yoga. We get mental and physical freshness through yoga. Our veins can be strength full only through yoga science.

Yoga keeps the diseases away from our body. If unfortunately any disease affects our body it can be cured through yoga. It has the capacity to fight against the disease.

Meaning of yoga

The history of yoga is as ancient as the history of India. From the digging of Sindhu Valley and Mohan Jodaro, it has been revealed that people of that time also used yoga. Hindu scriptures also give the facts of yoga that people of ancient time also performed yoga exercises in their life. The philosophy and rules of yoga have been explained even in our vedas and upnishdas. A learned and yoga rishi Patanjali has given 185 yoga exercises. He has explained Ashtang Yoga in order to give destination of yoga. Yoga, diet, pranayam, meditation, etc. are explained in it.

What is diabetes?

When human body can't produce proper insulin, then our body can't consume sugar. All the system of our body disturbs due to the lack of proper utilization of sugar. Then so many diseases start in our body. When our body fails to absorb glucose which has been produced by carbohydrates then quantity of sugar has reduced or increased in our body. It is a disease which is related to our metabolic system. It can be hereditary disease or so many other reasons of diabetes. The reasons may be improper and innutritious diet, use of much sugar and oil etc.

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It is a much surprising fact that day by day the number of doctors has been increased and in the same way number of diseased people is also increasing in the same proportion. We think that the main causes of our disease are infection, virus allergy and wealth but the main reason is other. Our parts of the body develop when we eat our food its essence digest and turns into our blood and the remaining waste part of the food comes from our body in the form of urine, sweat and stool, Sometime in waste of our body doesn't come from our body and remains inside our body. It is a disease and causes so many problems in our body when these wastes are in excess and our body tries to exhale these wastes through many activities but fails.

Effect of diabetes on human body

When a person becomes diabetic, this disease effects on the other parts of body also. Due to diabetes the veins of our bodies become weak. The main effect is on our kidney which also becomes weak. So many disorders come in our body. Many diseases like heart problems, skin related diseases, blood pressure, kidney failure, ups and downs in weight, weak eyesight, arthritis, etc. influence our body. In this way, diabetes effects every part of our body which creates so many problems that we have to face.

Benefits of Yoga

All the diseases can be cured and controlled only through the two medical aspects of yoga system i.e. proper nutritious diet and yoga exercises. But the main problem is that both are absent in our busy life we should bring back the natural activities of clone cell and other cells of our body. So the first main thing which should be considered in that we should choose such exercises of yoga which help in the natural activities of our cells. Second thing is that we should choose such exercises of yoga when cannot be done very easily like Suryanamaskar, Bhujangaasan, Dhanurasana, Aasan, Shalabh Aasan, Pranayaam etc. By performing these exercises of yoga diabetes can be controlled and cured to some extent. The patients of diabetes should not eat food which contains fats, starch, spices and much oil.

Conclusion

The present paper highlights and explains the need of yoga exercise in our routine life. If we want to survive and live healthy we have to adopt yoga exercise because without good health we can't live happily. It is very necessary for everyone but especially for diabetes. Diabetes can be controlled and cured not through medicine but only through yoga. We should spend some time for yoga either in the morning or in the evening. A healthy person can enjoy all the bliss of life. We can get mental and physical peace and relaxation only through yoga. The present paper explains about diabetes, its effect on body and how it can be cured through yoga exercises.

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