



Yog and Naturopathy on Patient of Diabetes Mellitus in mahendergarh district, (Haryana)

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ABSTRACT – The Case of study was designed to scrutinize the impact of Yoga Exercise and Naturopathy treatments on variables of diabetic mellitus patients. The ventral pack of naturopathy treatments. Pranayama (Anulom Vilom), Kapalbhati, Ardha Matsyendrasana and Mundkasana of yoga give the influence improvement to the diabetic mellitus patients. It has been claimed that yoga with naturopathy treatment enhances one's ability to focus cognitive abilities. According to yoga and naturopathy it is a usual metabolic disorder related to digestive system and function of the pancreas. The yoga and naturopathy treatment plan that include regular diet, exercise, hydrotherapy, mud therapy and yoga therapy and other medication is the best way to regular blood sugar and control diabetes. This study was designed to assess that yoga and naturopathy with controlled diet impact visceral organ for the body system and risk reduction was obtained in diabetic mellitus patients.

Keywords: Yoga Exercise, Naturopathy, Diabetes Mellitus.

INTRODUCTION

The science of Yoga is a psychology of a philosophical nature. It is an art and science for healthy living. The word "**Yoga**" is derived from the Sanskrit root **yuj** meaning "**to join**", "**to yoke**" or "**to unite**" The very introduction of the system of yoga by Patanjali is by way of an instruction that the mind that the mind has to be controlled -Yogahs - chitta – vritti – nirodhah.[1] Yoga is an old, traditional, Indian psychological, and spiritual exercise regimen that has been studies for several decades for its role its role in the management of several chronic diseases including hypertension, asthma, Obesity, and psychiatric illnesses [2-8] Naturopathy is a healing system using the power of nature and it is considered an art, science and philosophy. The foundation of naturopathic medicine is based on the philosophy of "vis mediatrix naturac, the healing power of nature". The concept of holistic health or treating the body as a whole (using tools like water, earth, fire, air and weather) is given prime importance various drugless complementary medical sciences such as hydrotherapy, massage therapy, mud therapy, fasting therapy, nutrition and dietetics, chromo therapy, magneto therapy, yoga therapy, acupressure, acupuncture, chiropractic's, aromatherapy, psychotherapy, physiotherapy, exercise therapy, Reiki and pranic healing are used [9]. Pratyāhara indicates dissociation of one's consciousness from the sense organs which connect with the external objects. Dhāraṇa indicates broad based field of attention (inside the body and mind) which is usually understood as concentration. Dhyāna (meditation) is contemplation (focussed attention inside the body and mind) and Samādhi.

The Mind is always busy with one or other thoughts, which may be necessary or unnecessary. Becoming A master of the mind is not very easy. Mind, more specifically thoughts affect perceptions and behaviour altogether. To control one's thoughts either can interrupt and replace them or can vanish them out of the mind. Mind and body are interrelated and interdependent. Nowadays the stress and anxiety are very common problems

which mind and further affect the body. A person's problem with anxiety, can range from mild to severe. Anxiety disorders are common in all age groups.

MATERIALS AND METHODS

Duration of the Project: 3 months

No. Patients: 20 patients + approximate 25% dropouts

Treatment Technique:

1. Naturopathy Treatment
2. Yoga Exercise

1. Naturopathy Treatment: -

a. Mud Therapy:

Mud therapy is very simple and effective treatment modality. The mud used for this should be clean and taken from 3 to 4 ft. depth from the surface of the ground. There should be no contamination of stone pieces or chemical manures etc. in the mud. This therapy will help to improve blood circulation to the abdominal and pelvic region, therefore enhancing functional capacity as well as helps to remove toxins by diluting and absorbing the toxic substances of body. Mud is one of five elements of nature having immense impact on the body both in health and sickness. Advantages of using mud: Its black colour absorbs all the colours of the Sun and conveys them to the body. Mud retains moisture for a long time, when applied over the body part it causes cooling. Its shape and consistency can be changed easily by adding water. It is cheap and easily available.

b. Hydro Therapy:

Hydrotherapy is a branch of Nature Cure. It is the treatment of disorders using different forms of water. These forms of water application are in practice since age-old days. Hydrothermal therapy additionally uses its temperature effects, as in hot & cold baths, saunas, wraps, etc and in all its forms- solid, fluid, vapour, ice and steam, internally and externally. Water is without doubt the most ancient of all remedial agents for disease. This great healing agent has now been systematized and made into a science. Hydriatic applications are generally given in different temperatures, the temperature of application is given in the below table.

Sr.No.	Temperature	° Fahrenheit	° Celsius
1	Very Cold	30-55	1-13
2	Cold	55-65	13-18
3	Cool	65-80	18-27
4	Tepid	80-90	27-33
5	Warm (Neutral)	92-98 (92-96)	33-37 (33-35)
6	Hot	98- 104	37-40
7	Very Hot	Above - 104	Above - 40

c. Massage Therapy:

Massage is also a modality of Naturopathy and quite essential for maintaining good health. Massage involves acting on and manipulating the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, skin, joints, or other connective tissue, as well as lymphatic vessels. Massage can be applied with the hands, fingers, elbows, knees, forearm, and feet. There are over eighty different recognized massage modalities. It aims at improving blood circulation and strengthening bodily organs. In winter season, sun bath after massaging the whole body is well known practice of preserving health and strength. It is beneficial to all. It bestows combined benefits of massage and sun ray's therapy. In disease conditions, necessary therapeutic effects can be obtained

through specific techniques of massage. Massage is a substitute of exercise for those who cannot do the same. The effects of exercise can be derived from massage. Various oils are used as lubricants like mustard oil, sesame oil, coconut oil, olive oil, aroma oils etc. Massage will also generate heat with increased circulation in blood bringing down all the impurities to the channel and expelling through sweat or urine.

d. Acupressure

Acupressure is an ancient healing art that uses the fingers or any blunted objects to press key points called as 'Açu Points' (Energy stored points) on the surface rhythmically on the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing. Acupuncture and acupressure use the same points, while acupressure uses the gentle but firm pressure of hands or any blunted objects, but acupuncture employs needles. Acupressure has been practiced as a healing art for at least 5,000 years. This complete health system has been documented for use in treating over 3000 conditions. Now acupoints are commonly treated utilizing transcutaneous electric nerve stimulation (aka TENS) and laser light from laser or LED diodes in specific wavelengths shown to have rapid and lasting effects. Acupressure philosophy and acupoint stimulation is based on the same principles as Acupuncture. By using pressure, electric stimulation or laser light instead of needles, it works to stimulate specific reflex points located along the lines of energy which run through the body, called meridians. There are 14 main meridian lines, each of which corresponds to an individual organ of the body. When the vital energies are able to flow through the meridians in a balanced and even way, the result is good health. When you experience pain, it is an indication that there is a block or leak in the energy flow within your body.

e. Cold Hip Bath:

The cold hip bath, will be given for 20 minutes, produces a profound effect upon all the bodily functions specially of the abdomen. Due to contraction of cutaneous blood vessels, there is increase visceral circulation to abdomen also, heightens nutritive process in the parts concerned. It excites contraction of the muscular structure of viscera and thus help to stimulate the functions of abdominal and pelvic organs including pancreas, liver, bladder etc. and structure involved with act of defecation.

f. Yogasana:

Asana has great effect on the pancreas and other glands. The muscle and organs of abdominal area are fully activated due to this asana. Because of this activation the condition and functioning of the pancreas is energized and strengthen, it increases the blood supply to various parts of the body, also has an effect on visceral receptor which stimulated the α cell of pancreas gland therefore increase insulin secretion in the body. Pranayama's are found to be useful in diabetes; it has calming effect on nervous system which reduces stress level.

Work plan:

Population of the patients will be selected on the basic criteria: -

Inclusion criteria:

- i. Age: 25-60 years
- ii. Sex: Male or Female
- iii. Should have diabetes according to diagnostic criteria of ADA for DM.

Exclusion Criteria:

- i. Cardiac Dysfunction (atrial fibrillation, Heart failure, myocardial infarction, uncontrolled hypertension or stroke)
- ii. Serious hepatic disorder
- iii. Severe renal disorder
- iv. Serious pulmonary dysfunction.
- v. Glycosylated haemoglobin > 10%.
- vi. Pregnant women.

vii. Alcoholics, drug abusers.

viii. History of malignancy.

Diet Plan:

Morning: Bitter gourd juice/ Cinnamon powder (1/2tea spoon)/ Fenugreek water/ Sprouted beans

Breakfast: Milk, Bread/ chapatti/ Idli/ dalia/Suji/

Lunch: Roti-2 med (without Fat), One Bowl Dal, Vegetable, Paneer, One Plate Salad.

Evening: Fruits, Parched gram, Rosted Nuts. Lemon Juice.

Dinner: Roti- 2 medium (without fat), One Bowl Dal, Vegetable, Paneer, One Plate Salad.

Bed Time: Milk (without Fat)

RESULT AND DISCUSSION

The massage will generate heat with increased circulation in blood bringing down all the impurities to the channel and expelling through sweat or urine. Cold Hip bath increases visceral circulation to abdomen and heightens nutritive process in the parts concerned. The muscle and organs of abdominal area are fully activated due to this asana. Because of this activation the condition and functioning of the pancreas is energized and strengthen, it increases the blood supply to various parts of the body, improving insulin administration in the body, it also cures the constipation and corrects malfunctioning of stomach. In compare of other study-controlled trials have demonstrated that weight loss achieved by an increase in physical activity and dietary change including reduction in total and saturated fat and increased dietary.

Table 1 Naturopathy Treatment.

Sr. No.	Name of Treatment	Duration
1	Full Body Massage + Steam bath	50 min/day
2	Mud Pack	20 min/day
3	Hydrotherapy (Hot and Cold Compression to abdomen)	25 min/day
4	Liver Pack	20 min/day
5	Hip Bath	20 min/day
6	Abdominal Pack	30 min/day

Table 2 Yoga Exercise.

Sl. No.	Name of the Yoga	Duration
1	Tadasana	4 min/day
2	Katichakrasana	2 min/day
3	Uttanpadasana/Ardha	2 min/day
4	Pawanmuktasana	5 min/day
5	Katichalana	3 min/day
6	Bhujangasana	3 min/day
7	Salbhasana/Ardha	4 min/day
8	Dhanurasana/Saral	4 min/day
9	Ardha Matsyendrasana/Vakrasana	4 min/day
10	Mundukasana	2 min/day
11	Shavasana	10 min/day
12	Pranayama (Anulom – Vilom)	20 min/day
13	Kapalbhati	10 min/day
14	Yoga Nidra	50 min/day

Table III: Blood Glucose (mg/dl) level in the interventional group before and after treatment.

	Glucose (mg/dl) fasting	Glucose (mg/dl) PP
Pre	151.8 ± 37.60	232.2 ± 67.27
Post	103.50 ± 16.65	158.6 ± 53.31

reduce the incidence of diabetes Participants were representative of a variety of national groups resident in the United States. US Diabetes Prevention Program (DPP) – included an additional arm whereby some participants were randomized to the drug metformin. Type 2 diabetes involves the inability of the body to responds properly to insulin or an insufficiency in insulin production [15, 16,17].

Recording of Parameter:

Blood sugar (Fasting and PP) will be recorded prior to starting the intervention and thereafter a fixed interval of 15 days.

Conclusion

In present study it has been seen that yoga & naturopathy is also useful for diabetic patient as diet is control the sugar level. The naturopathic treatment which is given to the patients is helpful in increasing blood circulation, stimulation of gastro intestinal part of the body and as well as removing the toxic substances from the body. The diet like Bitter gourd Juice contains a hypoglycemic or insulin-like principle, designated as 'plant insulin', which has been found highly beneficial in lowering the blood and urine sugar levels. Ardha Matsyendrasana, Vakrasana and Mundkasana are effective on visceral receptor which stimulated the δ cell of pancreas gland therefore increase insulin secretion in the body

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