

Impact of Pranayama on Control of Diabetes Mellitus

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ABSTRACT

Diabetes mellitus is a chronic disease which cannot be cured except in very specific situations. Management concentrates on keeping blood sugar levels as close to normal as possible, without causing hypoglycemia. This can usually be accomplished with diet, exercise, and use of appropriate medications. But we can cure diabetes by Pranayama. Pranayama is the breathing process or the control of inhalation and exhalation. Glucagons secretion is enhanced by stress. Pranayama effectively reduce the stress. These reducing glucagons and possibly improving insulin action. So the present study was conducted to see the impact of pranayama on Diabetes mellitus. We selected 60 uncomplicated type 2 diabetic subjects in the age group of >40 years with diabetes duration of 1-10 years. They were divided into test group and control groups with 30 patients in each group. The test group were taught pranayama for 6 months, one hour every day in the evening by yoga expert. Both experimental and control groups were prescribed same medicines and diet. The basal blood glucose, lipid profile, glycosylated hemoglobin and anthropometric measurements was measured and repeated after 6 months of study. There was statistically decrease in FBS, PPBS, lipid profile, HbA1C. Similarly for anthropometric measurements also there was positive variation in experimental group. And there were no significant changes in the control group. There by concluding that, there are significant benefits of pranayama practices on metabolic parameters and anthropometric measurements in uncomplicated type 2 diabetes.

Key words : Anthropometric measurements, Diabetes mellitus, Hypoglycemia, Pranayama, Metabolic parameters.