

A Pilot Clinical Study on Impact of Pranayama and Amla – an Approach Towards Control of Diabetes Mellitus

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ABSTRACT

Diabetes is a colossal worldwide health problem causing serious health complications. India has dubious distinction as the Diabetes capital of the world, there is a rise in the incidence of type 2 diabetes with the increase in age, physical inactivity and sedentary lifestyle. Hence, the present study was undertaken for 3 months to assess the impact of pranayama and amla in type 2 diabetes. We selected 30 type 2 diabetic patients in the age group of 40+ years from local areas of Guntur city. They were divided into experimental and control groups with 15 patients in each group. The data were collected on anthropometry and biochemical parameters to see the effect of pranayama and amla. The experimental group were taught pranayama by yoga expert and practiced for one hour every day in the morning and at the same time after performing pranayama they were supplemented with one medium size amla (35gm). The subjects have been done the biochemical parameters and anthropometric measurements were recorded before and after completion of study. The results showed significant decrease in metabolic parameters of the experimental group. However, there were no significant changes in the control group. Difference pertaining to anthropometric measurements was also noticed in experimental group compared to the control group.

Key words : Amla, Diabetes, Metabolic parameters, Pranayama.