Effect of Pranayama on Type 2 Diabetes on Metropolitan People

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Abstract

The purpose of the study was to find out the effect of pranayama on type-2 diabetes on metropolitan people. In the present study researcher wants to observe the effect of pranayama on type 2 diabetes on metropolitan people and to develop a specific package for type 2 diabetes. For this purpose researcher collect 60 sample from nearest diabetic Clinic and Hospital in the city and it is randomly divided into two groups one is experimental and another is control group. In the study researcher used bio-chemistry lab tools. In the study research design used Pre-test, post-test control-experimental group and researcher used two variable type 2 diabetes as dependent and pranayama used as independent variable and in the study there was significant effect of yogic practices on type 2 diabetes.

Keyword: pranayama and type 2 Diabetes.

Introduction

A metropolitan area is a region consisting of a densely populated urban core and its less-populated surrounding territories, sharing industry, infrastructure and housing. Cities are the great havens for knowledge, culture and social life. Vibrant cultures are found in cities because it takes a large population to support museums, concert halls, sports teams and night-life districts. Life in a metro is known to be busy, ever-moving and stressful. With everyone competing to be in the business with traffic snarls and pollution plaguing the cities, it can be difficult for some to survive. A metropolitan life is so stressful and they can face lots of lifestyle diseases like diabetes, hypertension, depression, obesity and anxiety.

Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells. Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood. Diabetes is a complex group of metabolic disorder disease which has a variety of causes.

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. Yoga is a way of life; it is a way of living that aims towards a healthy mind in a healthy body. Pranayama is the part of Yoga. The practicing of Pranayama its helps controlling in breath and its helps to increase Prana shakti or vital energy. Also it brings together physical and mental disciplines to achieve a peaceful body and mind; it helps to manage stress and anxiety and keeps relaxing.

Methodology

Sixty samples of Diabetes mellitus in the age group of 40-70 years were diagnosed. After collect 60 samples is randomly divided into two groups 30 samples in the experimental and another 30 sample in the control group. The subjects of experimental group used Yogic therapy sessions for 60 days daily under the supervision of a Yoga expert. The Bio-chemistry lab was used to measure diabetes in the study. The subjects in experimental group were giving Yogic Pranayama

package daily One hour for 60 days. Yogic Pranayama package includes Nadi Shodhan Pranayama, Bhramari Pranyama, Ujjayi Pranyama, Bhastrika Pranayama were used. It is advisable to empty stomach during this practice. Lastly researcher had compared with the help of t-test.

Table 1: Experimental (Yoga group)

Test	N	Mean	SD	SED	T-value	df	r	Significance level
Pre Test	30	169.23	27.18	1.433	10.0020	29	0.928	P<0.01
Post Test	30	154.90	27.86					

Table 2: Controlled (Non-Yoga group)

Test	N	Mean	SD	SED	T-value	df	r	Significance level
Pre	30	170.07	30.98	0.720	2.6398	29	0.986	p>0.05
Post	30	171.97	32.22					

Fig.1 - Graphical representation of mean value of experimental yoga group

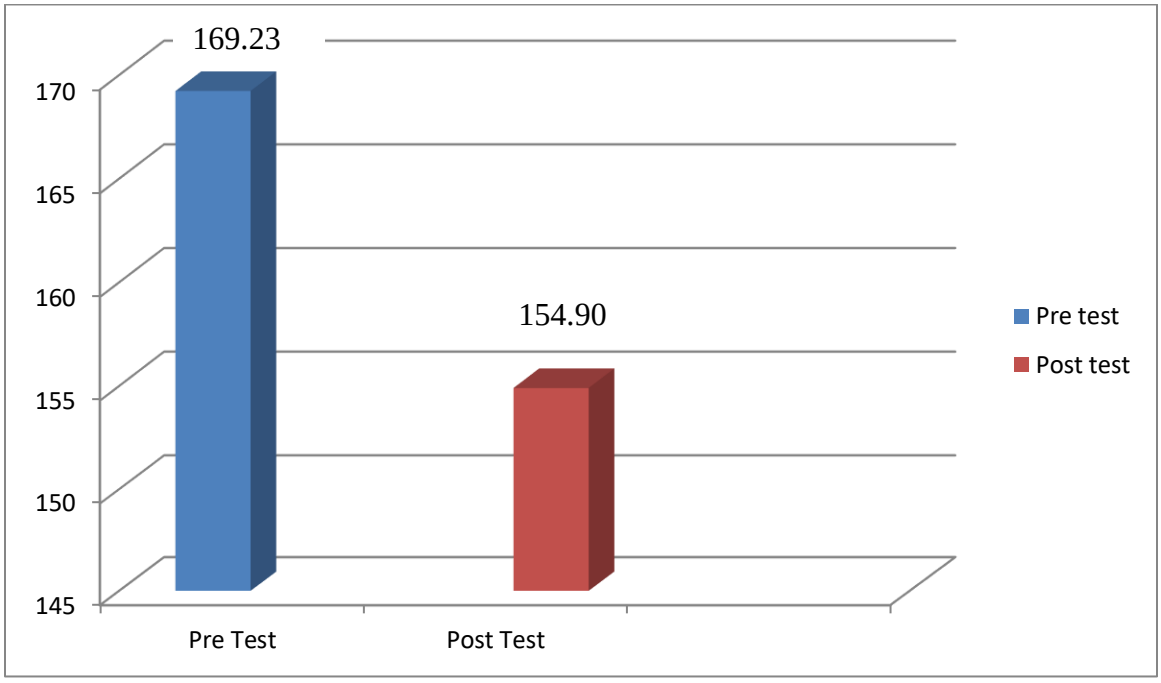
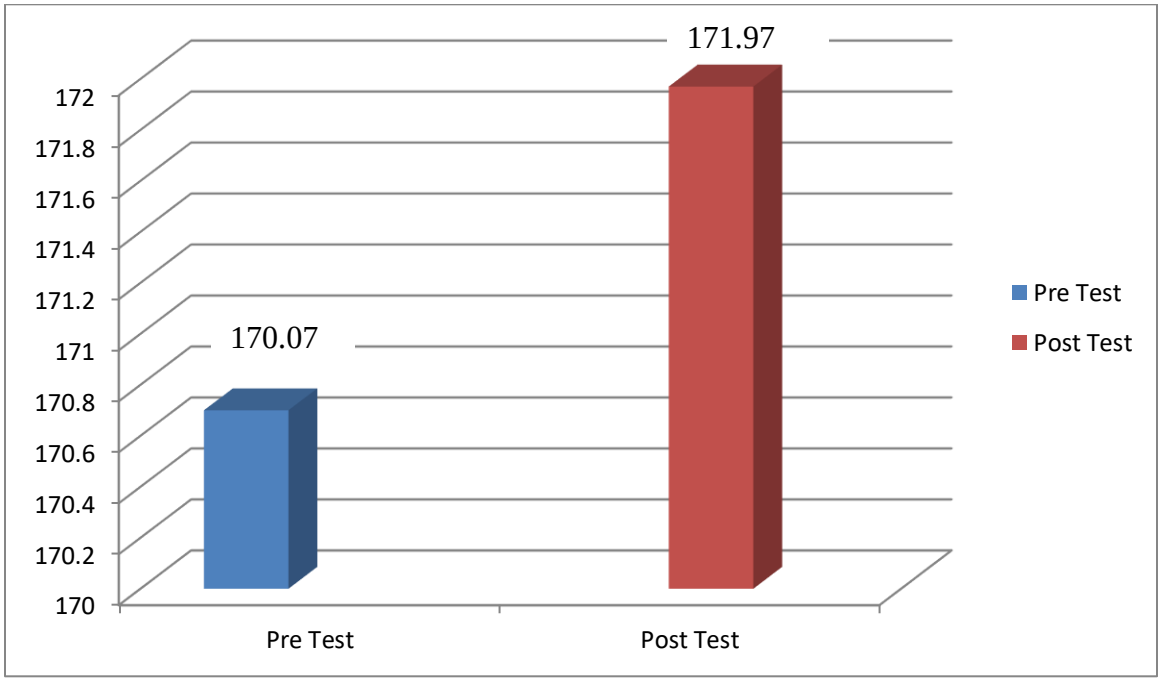


Fig.2 - Graphical representation of mean value of control non yoga group



Conclusion

Yoga has many positive effects in our life if adhered to regular practice. The present study also shows significant improvement in the Fasting Blood Sugar and Quality of Life in the Yoga Group after one month of yoga practice. By proper adherence to regular practice of yoga further complication of Type2 diabetes mellitus can be prevented. Regular practice of yoga can also help to reduce the risk of developing diabetes due to family history which has high possibility tendency. Thus, regular practice of yoga has overall health benefits.