

# A Review on the Use of Yoga in the Prevention and Management of Diabetes Mellitus

Dinesh Kumar Singh<sup>1</sup> and Dr Vikesh Kamra<sup>2</sup>

Research Scholar, Department of Yoga<sup>1</sup>

Professor, Department of Yoga<sup>2</sup>

Sunrise University, Alwar, Rajasthan, India

**Abstract:** *Yoga is an ancient art or science that is beneficial for the development of the body, mind, and spirit. Diabetes is a group of metabolic disorders that have emerged as a significant global health issue. A variety of ancient texts have referenced the beneficial effects of Yoga in the prevention and management of specific diseases. Currently, it is the subject of contemporary scientific evaluation of this ancient evidence. The objective of the current investigation was to evaluate the efficacy of yoga-based therapy in the treatment of type 2 diabetes mellitus by reviewing published research articles. To compile the most recent information on the impact of yoga on diabetes, a variety of research journals were consulted. In patients with type 2 diabetes mellitus, yoga practice promotes insulin sensitivity and reduces blood sugar levels and insulin resistance. Additionally, yoga has a beneficial impact on the management of weight, blood pressure, and lipid profile in individuals with type 2 diabetes. The beneficial function of yoga in the management of diabetes mellitus was confirmed by this review work*

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