

Yoga and Diabetes : The Impact of Yoga Practice on Diabetic Symptoms

Dr. S. P. Rayal and Deepika Laspal

M.A Yogic Science

Shri Guru Ram Rai University, Dehradun, Uttarakhand, India

Abstract: *“Diabetes mellitus”, is one of the most common non-communicable diseases worldwide. India faces several challenges in diabetes management, including a rising prevalence in urban and rural areas, lack of disease awareness among the public, limited health care facilities, high cost of treatment, suboptimal glycaemic control and rising prevalence of diabetic complications. Insulin therapy for diabetes is most commonly delivered via subcutaneous injections, up to four times a day. Long-term insulin therapy, compounded by the invasive nature of its administration, has caused problems with patient compliance, ultimately influencing patient outcomes. There is an increase in the prevalence of type 1 diabetes also, but main cause of diabetic epidemic is type2 diabetes mellitus, which accounts for more than 90 percent of all diabetes cases. Type2 diabetes is a serious and common chronic disease resulting from a complex inheritance- environment interaction along with other risk factors such as obesity and sedentary lifestyle.*

Keywords: Diabetes mellitus