

Yogic Effect on Diabetic Disorder

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Abstract: *Diabetes is a chronic non - communicable disease which generally start over a period of long period of time and even in the absence of any symptoms that's why it is called as silent killer. It is a life threatening disease which has no permanent cure. A diabetic patient is always dependent on medicine and insulin. Yoga is a means of balancing and harmonizing the mind, body and emotions. Full of restrictions and an incurable disease, diabetes can be controlled by yoga if practiced regularly. There are medicine in the market which can control diabetes but there is no medicine which can cure the functioning of the pancreas. But with yoga we can improve the functioning of the pancreas and it also helps control mental stress which is also one of the main cause of diabetes.*

Keywords: Diabetes, Yogic Diet, Asanas, Pranayams and Meditation.

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