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Review Of Research



EFFECT OF INTEGRATED APPROACH OF SKY YOGA ON TYPE -2 DIABETICS A PILOT TRIAL

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INTRODUCTION:

VETHATHIRI MAHARISHI AND SKY YOGA:

YogirajVethathiri Maharishi (1911–2006) was a spiritual scientist and founder-trustee of the World Community Service Center in 1958 in Chennai. He founded over 300 yoga centers around the world and wrote about 80 books. He was declared as 19th Siddha saint by the Dravidian University, South India. ShriVethathiri Maharishi, a spiritual leader, developed the SKY Yoga [Simplified Kundalini] system after his years of intense meditation, yogic practices, research and spiritual realizations.



SKY ACTIVITIES IN SKY YOGIC HEALTH CAMP:

1. Teaching physical exercises and Kayakalpa yoga.
2. Teaching a universal system of meditations and Introspections and self-realizations.

PHYSICAL EXERCISE:

There are two types of simplified physical exercises - 1. Body postures, 2. Movements.

Physical exercise ensures the proper flow of blood, heat, air, energy and bio-magnetic circulation leading to better health and general wellbeing. This physical exercise comprises seven sections dealing with every part of the body.

KAYAKALPA YOGA: Through this sexual energy is transmuted to spiritual energy by directing it to the crown chakra and beyond.

SKY MEDITATION: This is a form of meditations to merge the mind with the subtle life force. This practice reduces the frequency of brain waves, enhances awareness, intelligence and understanding.

INTROSPECTION: Meant for purification of the self, it includes self-analysis to sublimate the personality.

TYPE 2 DIABETES:

The first written record of diabetes was discovered on an ancient Egyptian papyrus dated back to 1500 B.C. which describe excessive urination, polyuria one of the main symptoms of diabetes. The Indian text susruta written in approximately 400 B.C notes the diseases and calls it madu meh, which means honey in the urine. Diabetes mellitus is the most common endocrine metabolic disorder affecting about 150 millions people

worldwide and affecting 8 – 10 % in Indian population. According to WHO survey, by the year 2025 India will be the world's diabetes capital. The human and economic cost of diabetes could be significantly reduced by investing in prevention particularly early detection in order to avoid the onset of diabetic complications. Diabetes is a complex condition with a multitude of metabolic imbalances involving the regulation and utilization of insulin and glucose in the body. It represents a group of diseases with complex heterogeneous etiology characterized by chronic hyperglycemia with carbohydrate fat and protein metabolic abnormalities. Diabetes mellitus is a common growing disease which is considered epidemic by WHO. Its incidence in adults and adolescents has been alarmingly rising. Type 2 diabetes mellitus consists of an array of dysfunctions characterized by hyperglycemia and resulting from the combination of resistance to insulin action, inadequate insulin secretion, and excessive or inappropriate glucagon secretion. Hence type 2 diabetes was also previously referred to as non- insulin dependent diabetes mellitus (NIDDM) OR adult onset diabetes mellitus (AODM). In addition to the problem with an increase in insulin resistance the release of insulin by the pancreas may also be defective and sub optimal. There is decline in Beta cell production of insulin in type 2 diabetes that contributes to worsening glucose control. Finally the liver in these patients continues to produce glucose through a process called gluconeogenesis despite elevated glucose level.

BLOOD SUGAR:

The blood glucose level is the amount of glucose present in the blood of human. glucose is the primary source of energy for the body cell. glucose is transported from the intestines or liver to the body cells via blood stream ,and is made available for cell absorption via the hormone insulin , produced by the body primarily in the pancreas.

SUGAR METABOLISM:

Sugar metabolism is a type of carbohydrate metabolism. Carbohydrates along with fats and proteins represent the three main types of foods that we eat. Sugar metabolism is an ongoing process that breaks down sugar, or glucose, into energy required by the body to function properly. The body then stores excess levels of glucose for future energy needs. As the body later requires the stored glucose to meet its basic energy needs, the sugar metabolism process begins again.

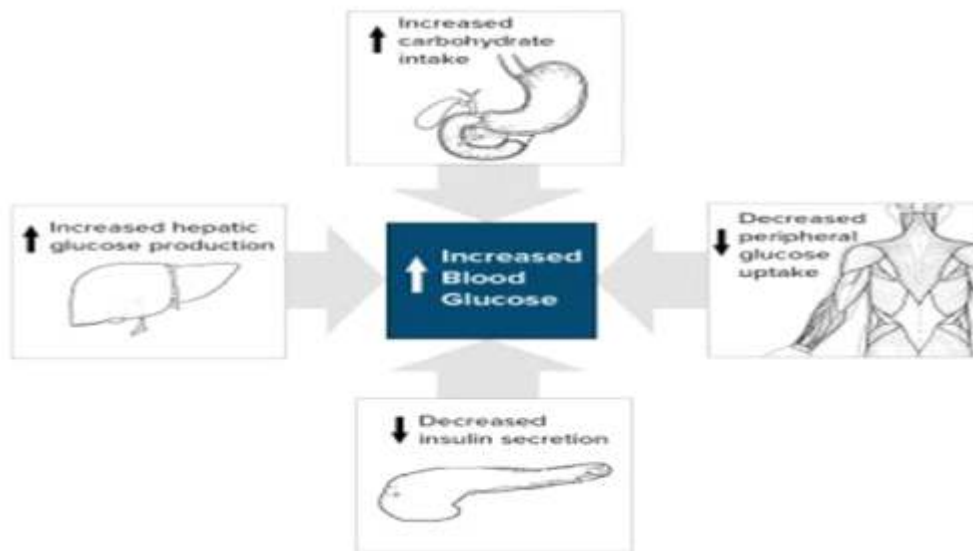
HbA1c:

HbA1c is a form of hemoglobin that is measured primarily to identify the three-month average plasma glucose concentration. The term HbA1c refers to glycated haemoglobin. It develops when haemoglobin, a protein within red blood cells that carries oxygen throughout the body, joins with glucose in the blood, becoming 'glycated'. For people with diabetes this is important as the higher the HbA1c, the greater the risk of developing diabetes-related complications. HbA1c is also referred to as haemoglobinA1c or simply A1c. When the body processes sugar, glucose in the bloodstream naturally attaches to haemoglobin. The amount of glucose that combines with this protein is directly proportional to the total amount of sugar that is in the system at that time. Because red blood cells in the human body survive for 8-12 weeks before renewal, measuring glycated haemoglobin (or HbA1c) can be used to reflect average blood glucose levels over that duration, providing a useful longer-term gauge of blood glucose control. If the blood sugar levels have been high in recent weeks, the HbA1c will also be greater.

HbA1c can indicate people with prediabetes or diabetes as follows:

HbA1c	mmol/mol	%
Normal	Below 42 mmol/mol	Below 6.0%
Prediabetes	42 to 47 mmol/mol	6.0% to 6.4%
Diabetes	48 mmol/mol or over	6.5% or over

SIMPLIFIED SCHEME FOR THE PATHOPHYSIOLOGY OF TYPE 2 DIABETES MELLITUS.

**RESEARCH WORK:****OBJECTIVE OF THE STUDY:**

The major objective of the study is to know about the importance of simplified kundalini yoga meditation exercise and kayakalpa and its therapeutic values on TYPE 2 diabetic patients.

STATEMENT OF THE PROBLEM:

To assess the effect of SKY YOGA meditation, exercise and kayakalpa yoga on blood sugar levels of type 2 diabetic patients.

SIGNIFICANCE OF THE STUDY:

This study was unique in suggesting the sky yoga meditation exercise and kayakalpa yoga on blood sugar levels of type 2 diabetic patients.

HYPOTHESIS:

It was hypothesized that there would be any significant difference on blood sugar level (HbA1c) of type 2 diabetic patients due to sky yoga meditations, exercises, and kayakalpa yoga.

DELIMITATIONS:

- *This study was delimited to type 2 diabetic patients only.
- *Age of subjects was ranged from 50 to 75
- *The independent variable was SKY YOGA meditations, exercises, and kayakalpa yoga.
- *The dependent variable was blood sugar level (HbA1c)

LIMITATIONS:

The changes in climatic conditions such as temperature, atmospheric pressure, taken by the subjects are not considered.

The study was limited to routine work and life style which may affect the result of investigation.

NEED OF THE HOUR: Simple and comprehensive yoga module that is universally applicable coupled with concurrent action resulting in restoring the equanimity.

SKY INTERVENTION MODULE:

*simplified physical exercise * simplified kayakalpa * simplified kundalini meditation *introspection

RESEARCH DESIGN AND METHODS:

The study includes 30 patients. All the pts are around the age between 60 to 75. All the patients are from residential SKY yogic health camp program held in aliyar. None of whom were alcoholic or smokers; Daily they do the practices of SKY health camp program schedule with saathvic diet.Throughout the program, monitor glucose levels and under the supervision of a physician, and take appropriate medicinal dosages as and when required. After some days weeks one may be able to reduce such dosages.Practice in the morning and the evening for 40 to 60 minutes the recommended series of postures according to ones capacity. Practice before meals, but after consuming glucid liquids.Regulate the diet throughout the program. Avoid simple sugars such as white sugar, honey, glucose and sweets, and eat complex carbohydrates such as wheat, oatmeal, buckwheat, corn, brown rice and beans. Avoid processed food and eat foods with lots of fibre and nutrients.

One month residential camp includes....

SKY ACTIVITIES IN SKY YOGIC HEALTH CAMP:	
DAILY SCHEDULE	
Timings	Programme
05:30 AM to 06:30 AM	Exercise
06:30 AM to 07:15 AM	Walking
07:15 AM to 08:00 AM	Breakfast
08:00 AM to 09:30 AM	Rest
09:30 AM to 10:00 AM	Meditation
10:00 AM to 11:00 AM	Lecture 1
11:00 AM to 11:30 AM	Tea Break
11:30 AM to 12:30 PM	Lecture 2
12:30 PM to 01:00 PM	Lunch
01:00 PM to 03:00 PM	Rest
03:00 PM to 03:15 PM	Tea Break
03:15 PM to 03:30 PM	Meditation
03:30 PM to 04:30 PM	Lecture 3
04:30 PM to 05:00 PM	Free Break
05:00 PM to 06:00 PM	Exercise
06:00 PM to 07:00 PM	Walking
07:00 PM to 07:30 PM	Dinner
07:30 PM to 05:00 AM	Rest

DISCUSSION ON EFFECTIVENESS OF SKY YOGA ON DIABETES:

While doing sky yogic practices the following benefits will occurs,

- *Rejuvenating the pancreatic cells by doing the regular physical exercises and Maharasanas.
- * Exercising the muscles reduces the HbA1c levels.
- *Improving mental attitude.
- *While doing meditations it will reduces the stress and anxiety.
- *Kayakalpa yoga give immense physiological and psychological changes.

RESULT: SKY Yoga resulted in significant reduction in Hbalc levels.

CONCLUSION:

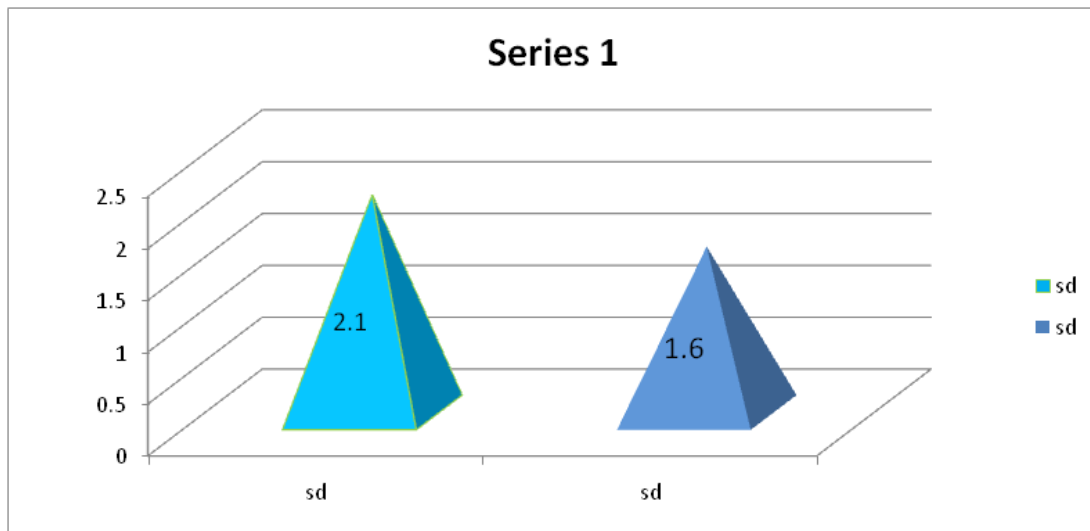
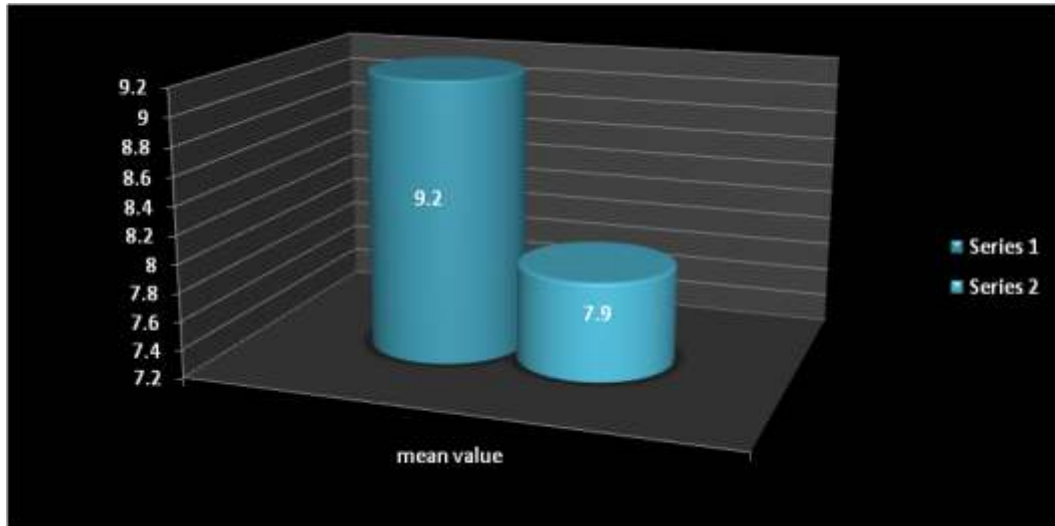
The level of morbidity and mortality due to diabetes and its potential complications are enormous and pose significant health care burdens on both families and society.Exercise is generally recommended for people with type 2 diabetes. Several studies have evaluated the effects of exercise training on glycemic control. However, the beneficial effects of different types of exercise on glycemic control have not been well

differentiated. It has been able to confirm that SKY Yoga can be used as an effective therapy in reducing HbA1c levels in type 2 diabetic. There also improvement in the sense of physical and mental well – being and the overall quality of life. Attendance was verified through direct observation 97% attendance rate was maintained. Hence diabetes is largely preventable and treatable through sathvic diet, and sky yogic practices. The results of this study showed clearly that sky yogic practices have a positive effect on HbA1C levels with type 2 diabetes. Hence this sky yogic practices was a great contribution given by vethathiri maharishi to the society.

PTS PRE AND POST TEST VALUES:

S.NO	NAME	AGE/SEX	HBA1C LEVELS	
			PRE TEST	POST TEST
1.	BALAKRISHNAN	62/M	9.8	7.5
2.	P.KANDASAMY	75/M	7.4	6.9
3.	M.BALASUBRAMANIAM	46/M	10.1	8.7
4.	G.GURUMOORTHY	67/M	7.6	6.6
5.	P.NAGARAJAN	71/M	7.5	7.1
6.	SIVASAKTHI	38/M	5.3	5.1
7.	V.P VENKATESAN	48/M	5.8	5.7
8.	P.PERUMAL	59/M	7.7	7.6
9.	A.C.RAJAMAANICKAM	75/M	7.3	7.2
10.	A.NAGARAJ	40/M	10.8	9.1
11.	DHANDA YUTHAPAANI	67/M	10.5	9.6
12.	M.NATESAN	64/M	11	9.5
13.	SAISARAVANAKUMAR	31/M	6	5.6
14.	V.GANESH	43/M	11.10	9
15.	L.R.PALANIAPPAN	75/M	7.80	7.1
16.	G.MUTHIKRISHNAN	65/M	8.20	7.5
17.	S.SUBRAMANIAM	63/M	12.2	11
18.	M.CHELLAPA	61/M	11.9	11.2
19.	PRADEEPGWALANI	37/M	6.9	5.7
20.	L.THAYALAN	67/M	13.9	10.6
21.	M.KALIYAPERUMAL	67/M	12.8	9.6
22.	N.MURUGAIYAN	49/M	10.5	8.5
23.	PARAMASIVAM	62/M	11.2	9.5
24.	M.B.GOPAL	49/M	9.4	7.8
25.	S.ANANTHAROOPAN	60/M	10.2	8.6
26.	P.HALAN	63/M	9.3	7.8
27.	K.V.GUHAN	54/M	9.4	7.9
28.	K.KRISHNAMOORTHY	63/M	8.4	7
29.	MOHANA CHANDRAN	42/M	8.4	7
30.	BALU	50/M	9.9	6

Total numbers	mean	Standard deviation
30- pre test	9.27667	2.13181
30 – post test	7.93333	1.61594



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