

Yoga Philosophy on Prevention of Diabetes

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Diabetes mellitus (DM) is one of high prevalence Non Communicable Diseases in all communities in the world. Major risk factors of DM are Hereditary, Age, Overweight, Stress, Food habits, and sedentary lifestyles. DM is a chronic metabolic disorder caused by malfunction of the Pancreas. According to the Ayurvedic philosophy, this is a *dbatu parinama vikrubhā* and *Ojas kshaya jannya* disease. The main objectives of this study are to find the conceptual relationship between yoga and DM and to build the preventive measures for DM accordingly. This study is based on literature survey methodology.

Most risk factors of DM can be prevented or managed by Yoga therapy or Yogic ways of living with the Bhakthi yoga, Karma yoga, Jnana yoga, Raja yoga and sathvika food behavior. According to the literature, yoga asanas, soorya namaskara and yogic meditation (cyclic meditation) can be used for the DM. Previous research has shown that the pancreas function is enhanced by Vakkrasana, Ardamathsyendrasana, Mathsyendrasana, Shirshasana, Danurvasana and Hamsasana. Stress, obesity, sedentary lifestyle and food behavior can be changed by yogic lifestyle.

Keywords: Diabetes Mellitus, Prevention, Yoga, Asana.

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