

## Yogic View of Diabetes and its Management

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### Abstract

**Introduction:** Yoga is a six orthodox system, can balance body and mind of the practitioner. Diabetes is generated by the imbalance of Manomayakosha and depends on frequency & strength of desire and aversion.

**Purpose:** This study was to identify the Yogic concept of human body and diabetes. How Yogic practices manage diabetes.

**Methodology:** Extensive literature survey was conducted and data extracted from abstracts and free downloadable full paper. Available hard copy journals and traditional texts like 'Upnishad', 'Yogsutra', and other yoga texts were also studied to find out any related information.

**Results:** According to The Yogic concept human body made by 5 layers. About these layers described in great detail in Taittiriya Upanishad as panchkosha (Annmayakosha, Pranmayakosha, Manomayakosha, Vijnanamayakosha and Anandamayakosha). Malfunctioning of Manomayakosha subsequently imbalance Pranmayakosha and Annamayakosha. The Manomayakosha imbalances depend on frequency & strength of desire and aversion. Continuous imbalance of Manomayakosha for year lasting affect immune and autonomic function at the Annmayakosha, in addition to that imbalance damage the pancreatic beta cells by a slow process and persistent long term hyperglycaemic response. According to yogic text, imbalance of dhatu, rasa and karan is disease. Imbalance of karanas is playing a very important role to produce diabetes like psychosomatic illness. By controlling emotions, desires, aversion through yogic tools like Yam & Niyama with other yoga practice any one can prevent diabetes also improve quality of life who are suffering from diabetes.

**Conclusion:** It is concluded that Yam, Niyama, Bhaktiyoga, Karmayoga keep practitioner away from diabetes maintain the balance of Manomayakosha.

**Key word:** yoga, traditional texts & research papers.

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## Introduction:

Diabetes is an endocrine disease increasing day by day due to physical inactivity, lifestyle in developing countries, work stress as well as physical and mental stress. During the last century, the number of diabetic patients has increased drastically around the globe. As per the report published by 'The Global diabetes community', China has 109 million, India has 69 million, USA has 29 million, Brazil has 14 million and Russian Federation around 12 million diabetes patients. It is mainly occurred due to decrease level of insulin in the body due to burning or inactivity of the pancreatic  $\beta$  cell or decrease number of receptors for insulin in body. Modern development of medical science research is producing new molecules and drugs as injectable or tablet and capsule form to cope up with this situation, but long term medication is not acceptable by the population.

Yoga is very much popular to increase activity of each and every aged population. Its acceptability is also recognized, because some form of yoga can be practiced at any weather, at any season and at any health condition. Also it has some physical, physiological, psychological, therapeutic and beneficial effects on the body. Keeping in mind effects of yoga objective of this research paper is to explain and analyze the yogic concept of human body and the cause of diabetes so as to search for some new possibilities for diabetes management.

## Yogic concept of human body:

Before knowing diabetes in the Yogic view, it is relevant to know what the yogic concept of human body is. According to *Taittiriya Upanishad*, human body is made by 5 layers. These are known as Annmaya, Pranmaya, Manomaya, Vijnananmaya and Anandamaya Koshas. Ananmayakosha made of physical material (Panchmahabhootas). Our all physical body parts come under this kosha. We can be perceived by our senses. Second, Pranmayakosha is the body of vital energy (or prana). This upnishad says Pranmayakosha is the soul of Annmayakosha,

because all the cells in the Annmayakosha are getting right quantity of prana by the pranmayakosha. According to *Hathpradeepika*, 7200 nadies are in the human body. There are 3 major channels or Nadies : Sushumna, Pingla and Ida. The central and main Nadi Sushumna is normally dormant and it is not supply of the prana for the basic function of the physical body. The Pingla (right) also called Surya Nadi and it activates sympathetic nervous systems and the Ida (left) also called Chandra Nadi and it activates parasympathetic nervous systems.

Dr HR Nagendra says "a conclusion from our clinical research. Thus during stress, when the blood sugar shoots up, the prana must be flowing through the right channel, the pingla. You can perceive this by finding out the nasal dominance during your normal respiration. When the Pingla nadi is functioning, the volume of air flowing through the right nostril is more and similarly when the Ida nadi is functioning the left nostril is more dominant".<sup>i</sup>

Third layer is Manomayakosha or mind. It is also soul of Pranamayakosha and thinking is the function of the mind. "Mind is defined as conglomeration of thought. Thought is one unit of mind. Different thoughts are arranged in a meaningful sequence and are continuously on the flow like the incessant movement of waves in an ocean. The types of thought decide the nature of mental activity."<sup>ii</sup>

There are two major divisions of our thought or emotions: like and dislike. This initial wave of activity proceeds with many chain reactions of thought processes that could either be positive or negative emotions. Negative emotions examples are fear, anger, tension, grudge, jealousy, depression, frustration etc. These negative destructive activities of the Manomayakosha are stress because many psychosomatic illnesses including diabetes are generated by it. Example of positive emotions: satisfaction, peace, contentment, bliss etc. Fourth layer is Vijnanamayakosha, which is faculty of discrimination and is called inner mind or the knowledge body. Whatever happens in our life, its soft copy is storing in this kosha. This is our library

and while taking decision, Manomayakosha is guided by Vijnanamayakosha. Fifth kosha is the Anandamayakosha and all Koshas ere depends on it. According to yogic text, imbalance of dhatu, rasa and karan is disease.<sup>iii</sup> Imbalance of karanas is playing a very important role to produce psychosomatic illness like diabetes. Major two division of karanas : Antahkaran and Bahyakaran. Antahkaran is a combination of Ahankar, Man and Buddhi, it is also called Chitta.<sup>iv</sup> Bahyakaran is the combination of 10 sensory organs. So that total no of karnas are 13.<sup>v</sup> When the coordination is disturbed among these karans, psychosomatic diseases are generated.

### **Yogic view of Diabetes:**

In the Yogic concept of human body, we have found that all psychosomatic diseases are generated by the imbalance of Manomayakosha or Karnas. Diabetes is also a kind of psychosomatic diseases, as it is also generated by imbalance of Manomayakosha or Karnas. In day to day life we are aware of two conditions: like and dislike. Like generates attachment (raga) and dislike generates anger or grudge (dvesh).<sup>vi</sup> In yogic view, both are painful, because both generate our imbalance of mind (stress), that's why Geeta says "*Siddhasiddhayaoh samo bhootva Samatvam yoga uchyate*" (Geeta 2.48). It means who is equal in the like and dislike conditions, he is yogi and who is imbalance in the both conditions he is patient (rogi). Medical science also says health is the good balance of sympathetic and parasympathetic nervous systems condition and when both are disturbed person became patient. Earlier text tells "more and more evidence are accumulating to show that central nervous system (CNS) may have a role in immunity and autoimmunity. The CNS has well established intricate feedback connections with the immune system, through the nerve endings and the neuro-transmitter chemicals. If the CNS is disturbed, the whole chain of events can get disturbed."<sup>vii</sup> This disturbance depend on frequency & strength of desire/attachment and anger/grudge/aversion. When the person is suffering for long time with the stress (Raga & Dvesh), this stress starts governing our actions. In the above discussion we found that stress is playing main role in origin of the diabetes. Question rises:

what is stress? "Stress is defined by two great scientists of the 1950's as 'a phylogenetic response pattern to a demanding situation'. It means that whenever there are demanding situations we need to fight or fly away from, we need to respond by bringing about several changes in the body mind complex to protect ourselves and it is this response that called stress. What is important to note here is that it is not the situation that is called stress, but it is the response that we call as stress."<sup>viii</sup> By the stress highly developed neuro-chemical regulatory mechanism called stress response system. (SRS). Mainly the nervous and the endocrine systems are stress response systems. Sympathetic and parasympathetic nervous systems are major two subdivision of the autonomic nervous systems and both functions which provide the best possible way of maintaining a balance called Homeostasis. Pituitary gland is the master gland of endocrine systems and all glands are controlled by it. It is situated very near to the hypothalamus in the brain, so that functions of the endocrine glands are under the control of hypothalamus. The sympathetic nervous system is a responsible to the preparing our body chemistry to face any danger or emergency. Sympathetic nervous system release large qualities of stress chemicals called adrenaline and nor-adrenaline. Stress also releases other hormones such as cortisol. All these chemicals actively increase the blood glucose levels.

Malfunctioning of Manomayakosha subsequently imbalances Pranmayakosha and Annamayakosha. The Manomayakosha imbalances depend on frequency & strength of desire and aversion. Continuous imbalance of Manomayakosha for year lasting affect immune and autonomic function at the Annmayakosha, which in addition to that imbalance, damage the pancreatic beta cells by a slow process and persistent long term hyperglycaemic response.

### **Causes behind diabetic patients are increasing day by day:**

In the Yogic concept of human body and yogic view of diabetes, we found that becoming imbalance of mind or Manomayakosha our nervous system and endocrine system have been disturbed. If we are unable to manage it, gradually damage the pancreatic beta cells and person became the

diabetic patient. It's etiology is highly activated negative emotions like fear, anger, tension, grudge, jealousy and lack of excitement, thrill, joy, passionate, love etc. It is not known to all how to manage our negative emotions and improve the inner happiness (Ananda), is one of yogic concept of diabetes.

#### **Management of diabetes through yogic practice:**

Yogic texts say “*Yogasya chitta vriti nirodhah*” (Yogasutra 1.2), *Tam vidyaddukhsanyogviyogam yogsangitam. Sa nishchyen yotavyo yogoanirviddchetasa*”, (Geeta 6.23). At this stage there is no chance of imbalance the Manomayakosha, that's why all yogic texts teach so many way or tools like: Karmayoga, Jnanayoga, Bhaktiyoga, Ashtangyoga, Kriyayoga, Mantrayoga, Hathayoga etc. Here tools are also Yoga.

Practicing any form of yoga, gradually trained our mind or Manomayakosha also balance mind to cope up with day to day stress. Practitioners are able to manage their emotions and they can improve satisfaction, peace, contentment, bliss. In this way, they can get rid of diabetic situation and other similar diseases.

#### **Some Yogic Practices which founded very beneficial in the diabetes:**

**Yama and Niyama:** Both are first and second step of Ashtangyoga. Ahimsa, Satya, Asteya, Brahmcharya and Aparigraha are Yama and Shouch, Santosh, Tap, Svadhyaya and Iswarpranidhan are Niyama. These are social and individual contract. Mental illness is the result of ignorance Yama and Niyama.

**Yogic Sukshma and Sthool Vyayam:** It helps in burning out fat, reduces obesity exercising the muscles and spending energy without demanding extra insulin.

**Asana:** According to scientific research, Dhanurasana and Ardhamatsyendrasana were founded very useful and Yogamudra and Salabhasana were founded harmful in the diabetic patients.

**Pranayam:** Previous experiences confirm that long standing stress sympathetic and parasympathetic nervous systems get imbalance. Pranayama is a technique to remove these imbalances. Nadi shuddhi/Anulom-Vilom pranayam is the main pranayama for balancing our paran flow. According to need, Ujjayi, Sitkari, Shitali, Chandrabhedhi, Suryabhedhi and Bhramari are also beneficial.

**Bhaktiyoga:** It is the science of divine love and we can dominate our negative emotions. Regular practice of soft emotions such as pure love, pardon, peace, compassion etc. go a long way in changing you patterns of reaction.

**Shatkarma:** Shatkarma (Dhouti, Vasti, Neti, Nooli, Trataka and Kapalbhathi) is a main part of Hathayoga. There are six types of cleaning processes. According to practitioner need or condition yoga teacher can use it.

#### **Limitation of yogic practice**

It is very common that diabetic patients may be suffer so many other disease like high blood pressure, tension, insomnia, heart trouble, depression, back pain, slip disc, cervical spondylitis etc. here is very important while selecting the yoga package. According to The Yogic concept, human body is made by 5 layers and all psychosomatic diseases are generated by the imbalance of Manomayakosha. If anyone fails to manage it, all koshas became affected by the Manomayakosha, then symptoms have seen in the Annamayakosha (physical body). According to yogic texts, imbalance of dhatu, rasa and karan is disease. Imbalance of karanas is playing a very important role to produce diabetes like psychosomatic illness. By controlling emotions, desires, aversion through yogic tools like Ashtang Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi) Karmayoga, Bhakti Yoga, Shatkarma practice, any one cannot only prevent diabetes, but also improve the quality of life of those who are suffering from diabetes. It may concluded that Ashtangyoga, Hathayoga, Bhaktiyoga, Karmayoga keep practitioners away from diabetes and maintain the balance of Manomayakosha.

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