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Yoga in the Management of Diabetes

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Type 2 diabetes is a major health problem in many countries affecting more than 150 million people worldwide including India. The primary reasons for this rapid global epidemiological transition include ageing of the population, genetic factors, changing life style with altered dietary patterns with decreased physical activity, and psychosocial stresses. The associated lipoprotein abnormalities such as elevated concentrations of triglycerides and LDL, with decreased HDL, and the oxidative stress play an important role in occurrence of early atherosclerosis in diabetics. Hence, the primary role of life style modification programs that include exercise, diet, and stress reduction has been widely accepted to reduce the incidence of type 2 diabetes. Yoga is found to be an effective strategy in the prevention and management of type 2 diabetes. Evidence summary and concept and basis of diabetes specific yoga module will be presented in this paper.