Diabetes-2013

OMICS Group Conferences
Accelerating Scientific Discovery

4th World Congress on
Diabetes & Metabolism

August 14-16, 2013 Holiday Inn Chicago-North Shore, USA

Effect Of Patanjali Yoga Sutra in Diabetes

Premanidhi Panda

Dr.Panda Diabetes Centre, India

Abstract

Clinical research in the west has focused exclusively on diabetes as a physical disorder. Clinical research in India, by contrast, has recognized that diabetes is a psychosomatic disorder, in which the causative factors are sedentary habits, physical, emotional and mental stress and strain. It has studied the beneficial effects of the practice of yoga, which is much more than a physical exercise.

Pattanjali Yoga Sutra Stands on:-
(1)FIVE VOWS
(2)TWENTY FIVE NIYAMA
FIVE VOWS ARE:-

(1)Tyranny of the Ego
(2) Ahimsa
(3) Truthfulness:-Effect of truth on human body is established.
(4) Brahmacharya
(5) Non-covetousness and Non-stealing

Twenty Five Niyamas Are:-
(1) Purity
(2) Santosh or Contentment
(3) Tapasya(Confrontation with Sense Behaviour)
(4) SATSANG
(5) SVADHYAYA
(6)Antahkarana:-Look here, this physical body is an inert thing.
(7)Influence of Holy Company
(8) SELF-SURRENDER
(9) ISVARAPRANIDHANA:- The words "I" and "Mine". Surrendering the Egoistic Will to God's Will
(10) ASANA AND PRANAYAMA
(11) CONQUEST OF TAMO-GUNA:-Which is ever free, ever blissful, free from all afflictions, beyond the reach of the mind and its impurities, beyond the limitations of Prakriti.
(12) PRATYAHARA
(13) Withdrawal,:-Increasing Concentration of Mind.
(14) Vairagya
(15) Viveka
(16) Vichara
(17) MENTAL MENAGERIE:- Turned away from the external objects of the senses, the outer world of names and forms that constitutes Prakriti.
(18) Manas Tattva
(19) Concentration
(20)Meditation
(21)SAMADHI
(22) Sahaja Avastha
(23) Samyama
(24) Meditation to Trance State
(25) Self-restraint from sex