

YOGA

Q.1 “Ardhmatsyandrasana and Vajrasana helps to reduce obesity”

Discuss in details.

$2\frac{1}{2} + 2\frac{1}{2} = 5$

Diabetes

Diabetes is commonly known as metabolic disorder characterized by high blood sugar level over a prolonged period. Diabetes is due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced. Due to diabetes the individual has fatigue, frequent urination, increased thirst and increased hunger. It may cause blurred vision, kidney failure, cardiovascular disease, loss of weight etc.

The main reason for diabetes is sedentary lifestyle. By doing bhujangasana, paschimottasana, pawanmuktasana and ardhmatsyandrasana, one can get rid of this disease.

Symptoms of Diabetes

- Fatigue
- Increased Thirst
- Increased Hunger
- Blurred Vision
- Kidney Failure
- Cardiovascular Disease
- Loss of Weight
- Frequent Urination

Causes of Diabetes

- Sedentary lifestyle

- Disease
- Over weight
- Obesity
- Stress & Tension

Diabetes is a metabolic disorder in which the level of sugar in the blood rises from its normal reference value.

Types of Diabetes :

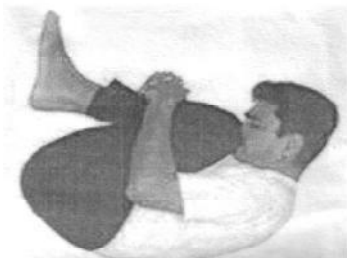
- (a) Type I Diabetes : In that type of diabetes blood sugar level rises very high due to non secretion of insulin hormone by pancreas. In that of diabetes effected person has to take artificial insulin through injection.
- (b) Type II Diabetes : In that type of diabetes blood sugar level rises but not as such as high in type I diabetes. In that type of diabetes our pancreas secreting the insulin hormone but it may be insufficient to control the blood sugar level normal or body cell are not able to respond insulin properly.



Bhujangasana



Paschimottasana



Pawanmuktasana



Ardhamatsyendrasana

Objectives/Multiple Choice Questions (1 Marks) Q.1.

Choose the asana for diabetes :

- (a) Trikonasana (b) Vajrasana
(c) Ardhamatsyendrasana (d) Shalabhasana

Q.2. If pancreas not producing enough insulin. It may lead to :

- (a) Migrane (b) Obesity
(c) Diabetes (d) Hypertension

Long Answer Type Questions (5 Marks)

Q.1. Define diabetes. Briefly explain any two asana which helps to control diabetes. (5)

Ans. Diabetes : Diabetes is commonly known as metabolic disorder characterized by high blood sugar level over a prolonged period. Diabetes is due to either the pancreas not producing enough insulin or the cell of the body not responding properly to the insulin produced.

Following are the asanas to control diabetes :

1. Ardhamatsyendra Procedure : Sit and keep both legs straight
 - Bending the knee of the right foot and put right heel below the left hip. Bend left leg and placed the left foot to the right side of the right knee.
 - Keep left knee closed to the chest.
 - Exhale from the right nostril and turns towards left and touch the toe of the left leg from the right hand.
 - Body and head moves towards the left.
 - Repeat while changing the position of legs.

Benefits :

- Help nervous system and strengthen the back bone, stretching improves flexibility and tones the muscles.
- Controls Menstrual cycle in women and brings shine on face.
- Also controls secretion from pancreas gland.
- Reduces fat and helps in controlling obesity.
- This pose flexes the lower part of the body making the hip stronger and toned.

2. Paschimottanasana :

Procedure : Sit down with your legs stretching straight in front of you.

Keep your head, neck and spine erect and stretch hands upwards with a deep breath. Now, exhale and bend your head and trunk slowly forward to catch the toes with the thumb. Try to touch head, chest and stomach to the legs and elbows to the floor.

Benefits :

- It Improves digestive system and much blocked gas get released.
- Improves the respiratory system.
- Improve the alignment of the vertebral column.
- Helps as a therapy for diabetic patient, with weak liver and kidney.
- Benefits women during menstrual disorder.

Contraindications :

- Avoid of having slip disc problem.

- Someone who is suffering from hernia should avoid this pose.
- Pregnant women should avoid this pose.
- Person having spondylitis, should avoid this pose.

3. Pavanmuktasana :

Pre Stage : Lie flat on your back and keep the legs straight.

Method : Inhale slowly and lift the legs and bend the knees.

Bring knee upwards to the chest till your thigh touches the stomach. Hug your knees and lock your fingers, touch your chin to the knee while exhaling. Repeat it with another leg.

Benefits :

- Strengthen the back and abdominal muscle, leg and hip.
- Intestine get massaged, also bring fresh blood to lower abdomen.
- Helps in spondylitis.
- Remove excess fat around the lower abdomen..
- Release excess heat, toxins from organs and tissues.

Contraindications:

1. Avoid while suffering from severe back or neck pain.
2. Avoid this pose completely, if having slip disc problem.
3. Those with internal organs issues may find this pose difficult and painful.
4. It should be avoided while pregnancy.

4. Bhujangasana : (Cobra position)

Procedure : Lie down on your stomach.

Joint the legs and stretch as much as possible.

Place the palm near the chest facing the ground.

Take a deep Breath and lift your upper body upwards.
Elbow should be slightly, touch the ground, weight should be on pelvicregion

Move your head and neck backwards as much as possible.
Exhale and slightly bring the body in starting position.

Benefits :

1. By doing this, digestion improve.
2. A sluggish liver is also taken care of
3. Thyroid gland improves.
4. Kidney function improves.
5. Tones the ovaries which help to remove any disorder in connection with uterus.
6. Therapeutic benefits : Relieves back ache, neck pain, stress, purifies blood, relieves constipations and addresses gynecological disorder.

Contraindications :

1. Avoid if spinal problem
2. Avoid if neck problem
3. Do not do if having ulcer
4. Pregnant women should avoid.
5. Avoid if having asthma
6. Activate pancreas to produce insulin.

7. Cure acidity, digestive problem, diabetes, blood pressure, hypertension, cervical spondylosis.

Contraindications :

- Anyone with severe migraine should not try this.
- Avoid if having low or high blood pressure.
- Avoid if having slip disc problem.
- Avoid if suffering from spondolysis.
- Avoid if having internal organ problem.

Practice Questions :

Q.1 Explain the procedure and benefits of pavanmuktasan in detail.

$$1\frac{1}{2} + 1\frac{1}{2} = 3$$

Q.2 What are the benefits and contraindications of

Paschimottanasana and Bhujangasana. $1\frac{1}{2} + 1\frac{1}{2} = 3$

Q.3 Describe the procedure, Benefits & contraindications of ardhmatseyndrasan. $1 \times 3 = 3$

4. Diabetes is common life style disease. How it can be prevented through practicing of different asanas. $1 \times 5 = 5$

5. More than 7% of Indians populations suffering from diabetes. Explain two asana in detail, which can help to control diabetes.

$$2\frac{1}{2} + 2\frac{1}{2} = 5$$

6. Enlist the asanas which are used to control diabetes. Briefly discuss two of them to control diabetes. $1 + 2 + 2 = 5$