

Simplified Kundalini Yoga for Diabetes

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Introduction

Everyone benefits from yoga - if they undergo proper training and continue with the practice. Regular practice of yoga benefits the body in the following ways:

- It improves digestion, circulation, and immunity
- Yoga enhances function of neurological and endocrine organs
- It can prevent and provides relief from chronic illnesses
- Overall the body feels healthier, more energetic

Diabetes is of two types

Type 1-where there is no production of insulin and

Type 2-where the pancreas does not produce enough insulin. In many cases, it is also easy to ignore diabetes in its early stage, especially, when you do not experience any symptoms.

The practice of yoga is effective as a preventive measure and also to treat Type 2 diabetes, where the causes are attributed to life style and stress.

Simplified Kundalini Yoga

Simplified Kundalini Yoga (SKY) is founded by Thathuvagnani Vethathiri Maharishi who was born in the year 1911 in a village near Chennai, South India. His early life was struggle against poverty, but he won through sheer determination and self effort. Probing into origin and purpose of life, the self educated philosopher perfected the Simplified Kundalini Yoga, a safe and highly beneficial system of meditation and yoga exercises.

Swamiji has served mankind for over 55 years in cause of world peace (ie) when each individual realizes the value of self and learns to preserve harmony with environment. If the life is to be happy, successful, and harmonious, good physical health is indispensable. Realizing the importance of proper exercise, and meditation, Thathuvagnani Vethathiri Maharishi has synthesized and simplified the earlier ones and dedicated to the humans.

Through this Kundalini Yoga meditation the mental frequency can be streamlined. During the meditation, the mental frequency will be reduced to the extent of depth of the mind. If the meditation is practiced, the thought, deed, the experience and enjoyments activated through emotional stage become indulgence crossing limit.

The frequency of the mind is separated in to four stages according to the emotional mood ie., Beeta, Alpha, Theeta and Delta stages. The mind crosses the limit of emotional mood (14 to 40 cycle per second) Beeta to peaceful state (8 to 13 cycle per second) Alpha. Further the mind is expanded to the level of universe the mental frequency will be reduced to 4 to 7 cycle per second – Theeta stage. On further expansion of mind the mental frequency will be minute by 1 to 3 cycle per second Delta stage. Now it gets unification with Divine State. This practice of meditation called Kundalini Yoga is to be learnt stage by stage through an experienced teacher.

Simplified physical exercises

Thathuvagnani Vethathiri Maharishi has synthesized a simple yet comprehensive exercise-routine, practicable without strain by any one. The system consists of seven main sections of seven postures each. Each section covers a particular aspect of good health such as adequate blood circulation, heat circulation and air-circulation, lung-expansion, muscle coordination and spinal flexibility. As a daily routine all these exercises require not more than 30 minutes for completion and so any one can certainly find this time. If a regular

morning habit is established, one will feel bright and fresh throughout the day and would be able to increase one's immunity against disease.

Vethathiri Maharishi has studied and experimented various types of exercises from various parts of the world. He combined the best of everything and introduced a method and named it Simplified physical exercises for the healthy life of all human beings. This is the exercises for body and mind. He practiced them first then experimented the same on others. When he found positive effects then only he advocated these exercises to the world.

1. These exercises don't harm any part.
2. Don't take more time, 30 minutes will be enough
3. Blood circulation, heat circulation, respiration and all systems become normal. As they function normally and effectively these exercises prevent diseases.
4. Inner organs also get the benefit of the exercises.
5. Starting from the age of eight anybody at any age can do this exercises
6. Men, women, boys and girls all can practice these exercises.

All exercises except a few, need to be done by closing the eyes. Because, one has to take his mind to the part where his concentration should lie. Movement should be soft and gentle. There won't be any sweating. It is another form of meditation. Exercises done once in the morning will keep the man active throughout the day.

Meditation

A few minutes of regular meditation practice also acts as an excellent stress-buster for the mind and body. Interestingly, while stress is the major cause of diabetes, the condition in turn results in patients getting highly stressed about it, which further aggravates the problem. It has also been observed that most diabetics lose self-confidence and end up brooding over their condition. This is where meditation can help – restoring their confidence levels so that they gain the strength to fight the condition and live well. Craving for sweets is a common occurrence in diabetes. Regular practice of meditation can help drop such cravings to a large extent. Simplified Kundalini Yoga has nine types of meditation. They are: 1. Agna Meditation 2) Shanthi Meditation 3) Thuriya Meditation, 4) Thuriyatheetha Meditation 5) Panchendriya Meditation 6) Pancha Bootha Navagraha Meditation 7) Nine Centre Meditation 8) Nityananda Meditation 9) Divine Meditation.

Exercise is the key

One suffers from diabetes when the blood cells do not respond to insulin produced in the body. When you follow a regular exercise regimen, your body starts responding to insulin, helping to reduce your blood glucose. Exercise also helps improve blood circulation in your body, particularly in the arms and legs, where diabetic patients most commonly encounter problems. It is an excellent way to fight stress, both at the body and mind level, which in turn helps keep one's glucose levels down.

How yoga helps to fight diabetes

Regular yoga practice can help reduce the level of sugar in the blood, along with lowering blood pressure, keeping your weight in check, reducing the severity of the symptoms and slowing the rate of progression of the disease. It also lessens the possibility of further complications. Stress is one of the major reasons for diabetes. It increases the secretion of glucagon (a hormone responsible for increasing blood glucose levels) in the body. The consistent practice of Simplified kundalini yoga exercises, Kayakalpam and a few

minutes of meditation can help reduce stress in the mind and protect the body from its adverse effects. This, in turn, reducing the amount of glucagon and improve the action of insulin.

The practice of yoga is also proven to lose weight and slow the process of fat accumulation. Kapal bhati pranayama are some of the most effective yoga poses that aid weight loss. Since obesity is a major contributing factor for diabetes, doing yoga to keep your weight in check is the key.

Conclusion

Exercises help body and mind fit and agile, clearing away all bad things accumulated in a man. Blemishes in the mind and unhealthy body are due to sinful imprints which can be cleared away by meditation and exercises. We experience happiness through the body, mind and senses. Happiness is ours only when the health of these three is maintained. If health deteriorates our happiness declines, becoming pain and misery. Sometimes there are depths of pain and misery that can steal away our future happiness and even life itself. With the rising number of people being diagnosed with diabetes, it is no wonder scientists are looking for newer methods to treat the disease. One of the cornerstones of controlling one's blood sugar is regular and holistic exercise. And Simplified Kundalini Yoga is one such ancient, holistic way to do so.

Reference

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