

Effect of patanjali yoga sutra in diabetes

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Maharshi Patanjali was the compiler of the Yoga Sūtras, an important collection of aphorisms on Yoga practice Maharshi Patanjali was born on 150 B.C. in Sunga dynasty.

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.

Patanjali 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. Conquest Of Tamo-Guna:- Which is ever free, ever blissful, free from all afflictions, beyond the reach of the mind and its
11. 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.

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