YOGA & Lifestyle Management in SIDDHA for DIABETES

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**YOGA AND LIFESTYLE MANAGEMENT FOR DIABETES IN SIDDHA**

National Institute of Siddha (NIS) is a pioneer, premier Institution run by the Ministry of AYUSH, Govt. of India, rendering quality Siddha health care services and Education to the people of Tamilnadu through its 200 bedded hospital with an average OP patients of about 2300 per day.

National Institute of Siddha is offering Post Graduate course in Siddha in six specialities, Ph.D programme and rendering health care services through Siddha Medicine. The qualified faculty of Siddha Medicine and inter disciplinary faculty are available for imparting a high level of education and a well attended OPD / IPD with diagnostic laboratory facilities for enhancing the learning and acquiring knowledge and skills in clinical management.

**Siddha system of Medicine:**

A Complete Science that originated in India. It is the spiritual art expounded by the Siddhars Thirumoolar, Agathiyar, Bogar. Siddhars are those who defied death, preached the philosophy of Siddha medicine and theory of immortality. Agathiyar is the father of Siddha medicine. Eighteen Siddhars are considered to be important in Siddha medicine. Siddha system of medicine has become popular all over the world which ensures prevention and promotion of health/well being through the principles of “Food is medicine and Medicine is food”, lifestyle modifications, meditation etc. It is the crystallization of the rich experiences of Tamil people’s long struggle against diseases. This is not only a system of medical science but also a culture of the society and it employs a holistic approach in its treatment method and it has made enormous contribution to the health care of the people.

**Yogam in Siddha**

Siddha system of Medicine which is considered as native, traditional system of Medicine in Tamilnadu has incorporated “Yoga” as a part of the system aiming at both therapeutic and preventive measures. This is evident from the Siddha text Thirumoolar “Thirumanthiram” - authoritative and reference text, which describes both aspects of therapeutic and preventive yogic postures. In Tamil “Yogam” means union. It is the combination of body, soul and mind that makes an individual to attain perfection in physical and mental well being. Yogam is an important and integral part of Siddha system of Medicine. In our Ayothidoss Pandithar Hospital Yoga therapy is advised and the patients are taught and trained in yogic postures along with regular internal and external therapies for their acute and chronic ailments.

**Health is Wealth, Yoga is for Health**
AYOTHIDOSS PANDITHAR HOSPITAL

Ayothidoss Pandithar Hospital is attached to National Institute of Siddha wherein Health Care Services is being delivered to public through OPD and 200 bedded Hospital. The OP department has started functioning from 13.10.2004 and the treatment is being given to the patients free of cost at OPD and IPD wards. There is also payment category for IPD services with A/C rooms facility.

The Ayothidoss Pandithar Hospital provides free consultation and treatments for all ailments and an average 2300 patients are attending the OPD daily. OPD Services are available on all 365 days of year. Consulting Time is 8 a.m to 12 noon.

Special OPDs of NIS:

<table>
<thead>
<tr>
<th>Diseases</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes (Madhumegam)</td>
<td>Every Monday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Cardiac Diseases &amp; Asthma (Irudaya Noi &amp; Iraippu Irumal)</td>
<td>Every Monday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Geriatric (Moopu Iyal)</td>
<td>Every Tuesday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Gynaecology (Magalir Maruthuvam)</td>
<td>Every Tuesday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Cancer (Vanmegam)</td>
<td>Every Wednesday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Yogam &amp; Kayakalpam (Rejuvenation Therapy)</td>
<td>Every Wednesday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Obesity (Athithoolam)</td>
<td>Every Thursday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Cosmetology (Azhagu Iyal)</td>
<td>Every Thursday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Infertility (Magavinmai)</td>
<td>Every Friday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Renal Diseases &amp; Hypertension (Siruneeraga Noigal &amp; Athi Kuruthi Azhutham)</td>
<td>Every Friday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Dental (Pal Maruthuvam) :</td>
<td>Every Tuesday, Wednesday &amp; Thursday</td>
<td>8 am to 12 noon</td>
</tr>
</tbody>
</table>

SPECIAL THERAPIES

Yoga, Varmam, Bone Setting (Enbu Murivu Maruthuvam), Leech Therapy (Atta Vidal), Karanool Therapy, Thokkanam (Therapeutic Massage), Physiotherapy, etc.

All Week Days : 8 am to 12 noon

When you own your Breath, no one can steal your Peace.
MADHUMEGAM- DIABETES MELLITUS (DM)

Commonly referred to as diabetes, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. Symptoms of high blood sugar include frequent urination, increased thirst, and increased hunger. If left untreated, diabetes can cause many complications. Diabetes is due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced.

There are two main types of diabetes mellitus:

· Type 1 DM results from the pancreas’s failure to produce enough insulin. This form was previously referred to as “insulin-dependent diabetes mellitus” (IDDM) or “juvenile diabetes”. The cause is unknown.

· Type 2 DM begins with insulin resistance, a condition in which cells fail to respond to insulin properly. As the disease progresses a lack of insulin may also develop. This form was previously referred to as “non insulin-dependent diabetes mellitus” (NIDDM) or “adult-onset diabetes”. The primary cause is excessive body weight and not enough exercise.

Yoga for Madhumegam- Diabetes Mellitus (DM)

1. KALAPPAI ASANAM - HALASANA (PLOUGH POSE)

Benefits:

- It stimulates the pancreas, spleen and activates immune system by massaging all the internal organs including pancreas.
- It also rejuvenates the mind.

Method:

- Lie on your back with your arms beside you, palms downwards.
- As you inhale, use your abdominal muscles to lift your feet off the floor, raising your legs vertically at a 90-degree angle. Continue to breathe normally and supporting your hips and back with your hands, lift them off the ground.
- Allow your legs to sweep in a 180-degree angle over your head till your toes touch the floor.
- Your back should be perpendicular to the floor. This may be difficult initially, but make an attempt for a few seconds.
- Hold this pose and let your body relax more and more with each steady breath. After about a minute (a few seconds for beginners) of resting in this pose, you may gently bring your legs down on exhalation. Avoid jerking your body, while bringing the legs down.
Precautions:
Avoid practicing Halasanam during neck injury, spinal disorders, diarrhea, menstruation, pregnancy and high blood pressure.

2. VILLASANAM- Dhanurasanam (Bow Pose)
Benefits:
Improves digestion and appetite. Improves the functioning of pancreas, liver, enzyme producing organs, kidney and intestines. Helpful in stimulating the reproductive organs.

Method:
- Lie down on the abdomen.
- Fold your both knees and hold the legs just above the ankles by both the hands.
- Breathing in, lift your chest off the ground and pull your legs up and back.
- Look straight ahead. In this position your whole weight will come on your abdomen.
- Hold this position for few seconds and continue taking a deep breath. Exhale slowly and come back to starting position.

Precaution
Avoid practicing dhanurasanam during high blood pressure, back pain, hernia, headache, migraine or abdomen surgery.

3. PavanamukthasanaM
Benefits
1. It cures acidity Indigestion and Constipation, good for all abdominal organs.
2. Helpful for arthritis pain and heart problems.
3. Strengthens back muscle and cures back pain.
4. It gives flat stomach.
5. Very beneficial for reproductive organ and for menstruation disorder.

Method
1. Lie flat on your back and keep the legs straight and breath deeply.
2. Inhale slowly and lift the legs and bend in the knee. Bring upwards to the chest till your thigh touches to stomach.
3. Hug your knees in place and lock your fingers.
4. Try to touch the knee with your nose tip. Hold this position for few seconds.
5. Now exhale slowly and come back to the initial position.

Precaution:

Avoid this asana in high blood pressure, Slip disc, gastritis, pregnancy and menstruation.

4. ARDHA MATSYENDRASANAM (Half Spinal Twist)

Benefits

1. Makes spine supple
2. Increases the elasticity of the spine
3. Opens the chest and increases the oxygen supply to the lungs

Method

1. Sit up with the legs stretched out straight in front of you, keeping the feet together and the spine erect.
2. Bend the left leg and place the heal of the left foot beside the right hip (optionally, you can keep the left leg straight).
3. Take the right leg over the left knee. Place the left hand on the right knee and the right hand behind you.
4. Twist the waist, shoulders and neck in this sequence to the right and look over the right shoulder.
5. Hold and continue with gentle long breaths in and out.
6. Breathing out, release the right hand first (the hand behind you), release the waist, then chest, lastly the neck and sit up relaxed yet straight. Repeat to the other side.
7. Breathing out, come back to the initial stage and relax.

Precautions

Avoid this asana in spinal injuries and back pain.

Simple Management of Diabetes Mellitus in Siddha

- Take 10 grams whole plant powder of senna with hot water.
- Take decoction of Seenthil (Tinospora) climber in empty stomach.
- Take two fresh coccinia daily.
Inhale the future exhale the past like Yogic theory

Mentally
- Restores good Health
- Reduces Stress
- Controls Emotions
- Reduces the Sensitivity
- Spreads inner Peace
- Abolishes negative thought
- Wash out Temperament

Physically:
- Improves blood circulation
- Increases muscle flexibility
- Control of overweight
- Improves digestion
- Relieves constipation
- Gives good sleep
- Helps in normal delivery

BLOOD SUGAR LEVELS

<table>
<thead>
<tr>
<th>Category</th>
<th>Fasting Value (mg/dl)</th>
<th>Post Prandial (mg/dl)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Minimum Value</td>
<td>Maximum Value</td>
</tr>
<tr>
<td>Normal</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>Early Diabetes</td>
<td>101</td>
<td>126</td>
</tr>
<tr>
<td>Established Diabetes</td>
<td>More than 126</td>
<td>-</td>
</tr>
</tbody>
</table>

Add lady’s finger everyday in the diet.

15 ml of gooseberry juice, 15 ml of lemon juice mix together and take twice a day.
Take powder of fenugreek twice a day with hot water.
Take young leaves of Aegle marmelos.
Take bitter gourd juice and leaves juice.
Take 6 fresh leaves of andrographis daily.
Take decoction whole plant of Indian phyllanthus.
Take Triphala powder twice a day with hot water.
Add lady’s finger everyday in the diet.

BENEFITS OF YOGA

Inhale the future exhale the past like Yogic theory
SIDDHA PRINCIPLES & LIFESTYLE MANAGEMENT FOR LONGEVITY

- Serve food with love and affection
- Consume food only if hungry
- Always consume boiled, water diluted buttermilk and melted ghee
- Never consume food cooked on the previous day
- Avoid curd in dinner
- Take only cow’s milk at night
- Do have a short walk after dinner
- Don’t walk in polluted areas
- Don’t sleep during daytime
- Never indulge in immoral sexual activities.
- Don’t hold nature’s call like urination, defaecation for longer time
- Take oil bath in warm water once in four days
- Always give respect to your parents and teachers

- Siddhar Theriayar