'Yoga – key to managing obesity and diabetes'

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YOGA is increasingly recognised as an effective practice for managing obesity and diabetes due to beneNts.



By integrating physical postures, breathing techniques, and meditation, yoga promotes both physical health and mental well-being.

Regular yoga practice has been associated with reductions in body mass index (BMI) and overall weight loss.

Studies indicate that yoga can lower fasting blood glucose levels and improve glycemic control, which is crucial for individuals with type 2 diabetes.

Yoga also helps stabilise blood sugar levels, thereby reducing the risk of complications associated with diabetes. It enhances insulin sensitivity, allowing cells to utilize glucose more effectively.

Yoga instructor at Swami Vivekanand Cultural Centre, High Commission of India Sangeeta Kumar said yoga was an ancient practice that combines physical postures, breathing exercises, and meditation to improve one's lifestyle.

"When we talk about yoga either people laugh or comment that it's for ηexible or oriented people who are young," Mrs Kumar said. "My answer to them is 'no'. "Anyone can do yoga to control diabetes, hypertension, blood pressure and NCD's affecting daily life style."

She said to combat obesity and diabetes make yoga your best "friend".

"Yoga brings the body and mind together and is built on three main elements – movement, breathing and meditation.

"Yoga has many physical and mental health beneNts including improved posture, ηexibility, strength, balance and body awareness.

"One has to follow a strict and a healthy diet plan to beneNt the results out of yoga."

Mrs Kumar said Type 1 and Type 2 diabetic patients had different yoga poses to exercise.
"One has to consult a quali Ned yoga instructor to gauge the physicality, ηexibility and the areas surrounding the diabetic patient.
"Certain yoga poses helps in regulating the pancreases and strengthening them, which in turn controls insulin sensitivity to control blood sugar level.
"However, yoga is an additional treatment to control diabetes."
She said yoga could be a promising, cost-effective, and non-invasive way to manage diabetes.
"I personally urge every families to engage their child and of course together with parents to least engage towards healthy living standard and yoga is a best way forward.
"Diabetes is now seen in children, teens and elders. Let's focus and plan to achieve a healthy life."