

## **Effects of Yoga Practices and Naturopathy Treatments on Blood Sugar and Blood Pressure of Diabetic Patients**

**Shenbagavalli<sup>1</sup>, A. and Poomayil<sup>2</sup>, M.**

<sup>1</sup>Professor and Head, SAP Co-Ordinator,

Dept. of Phy. Edn. & Health Sciences, Alagappa University, Karaikudi, Tamilnadu.

<sup>2</sup>Naturopathy Consultant, SAP Technical Asst., Dept. of Phy. Edn. & Health Sciences, Alagappa University, Karaikudi, Tamilnadu.

### **Abstract**

The study was designed to investigate the effects of yoga practices and naturopathy treatments on selected blood sugar & blood pressure variables of diabetic patients. For this 45 diabetic patients were selected randomly from Annai Sakunthala Nature Cure Hospital & Yoga Centre, Karaikudi. Their age ranged from 35 to 55 years. They were divided into three equal groups' namely experimental group 1, experimental group 2 and control group. The treatment was given during the working days (except Saturdays and Sundays). The experimental group 1 underwent naturopathy treatment, experimental group 2 underwent yogic practices and control group was not given any specific training. The following criterion variables were chosen namely, blood sugar, blood pressure and were assessed before and after the training period of 12 weeks. The analysis of co-variance and Scheffe's Post\_Hoc test were used to test the adjusted posttest mean difference among the experimental groups. The study revealed that the selected blood sugar and blood pressure were significantly reduced due to the influence of yogic practices and naturopathy treatments in diabetic patients.

**Key Words: Yogic Practices, Naturopathy Treatments, Blood Sugar, Blood Pressure.**

### **INTRODUCTION**

Naturopathy is a healing system using the power of nature and it is considered an art, science and philosophy. The foundation of naturopathic medicine is based on the philosophy of "vis medicatrix naturae, the healing power of nature". The concept of holistic health or treating the body as a whole (using tools like water, earth, fire, air and weather) is given prime importance various drugless complementary medical sciences such as hydrotherapy, massage therapy, mud therapy, fasting therapy, nutrition and dietetics, chromo therapy, magneto therapy, yoga therapy, acupressure, acupuncture, chiropractics, osteopathy, aromatherapy, psychotherapy, physiotherapy, exercise therapy, Reiki and pranic healing are used (Smith & Logan, 2002; Shankar & Liao, 2004;

Standish et al, 2006; Barnes et al, 2008; Herman et al, 2008; Myers, 2009). The whole practice of nature cure is based on the following three principles

- Accumulation of morbid matter
- Abnormal composition of blood & lymph
- Lowered vitality.

Nature cure believes that all the diseases arise due to accumulation of morbid matter in the body and if scope is given for its removal, it provides cure or relief (Underwood, 1971; Stofen, 1974). It also believes that the human body possesses inherent self constructing and self healing powers.

Yoga means a holistic approach towards the cause and treatment of disease (Kirkwood et al, 2005). According to yoga most of the diseases mental, psychosomatic and physical originate in