

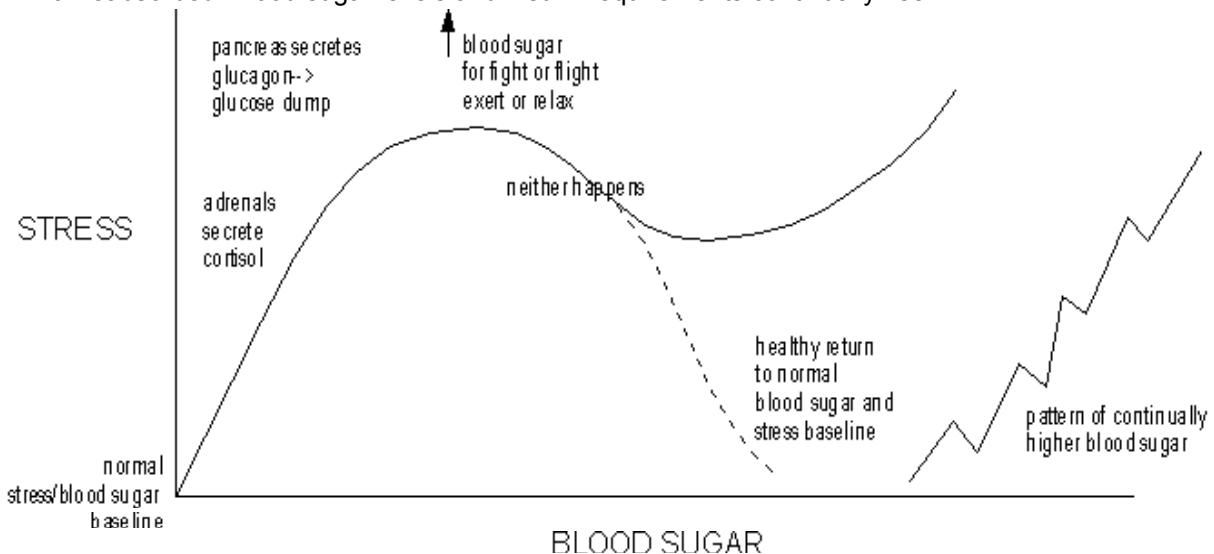
# DIABETES

Diabetes is a metabolic illness characterized by insulin deficiency. Type I is Juvenile onset—before the age of 40. For this presentation we will focus on Type II—Adult onset common people over 40 with a sedentary high sugar barbo and fat diet, chronic stress lifestyle. Their pancreas is not able to produce enough insulin to regulate their blood sugar levels, and body unable to use insulin well.

## I. SEPARATION AS EXPERIENCED IN THE KOSHAS

- A. ANANDAMAYA kosha—Diabetes suggests a separation from spirit and a lack of a sense of meaning in one's life; a hopelessness or feeling of "what has my life been for?"
- B. VIJNANAMAYA kosha—Diabetics experience a separation from their witness, an inability to see how the patterns of their lifestyle are harming them. (False enlightenment, swamis, workaholic)
- C. MANOMAYA kosha—Diabetics have a tamas guna, feeling lethargic and stuck. They often experience depression as well as repressed anger, fear of death, and resentment that life is not what they expected. Agitation arises from chronic stress, along with anxiety and unacknowledged emotional pain. Separation occurs from these deep feeling states, and from others in relationships. If a person is not in relationship with their true self, how can they be in relationship with others?
- D. PRANAMAYA kosha—Diabetics are typically unaware of breath and most are shallow breathers, typical of chronic stress. There is a lack of awareness of energy and the chakras with probable blockage in the lower chakras. They experience low energy and lethargy. There is deep separation from the entire energy body—chakras, vayus and breath. Particular deficiency in pranavayu, samana vayu and vyana vayu.
- E. ANNAMAYA kosha—Diabetes affects almost all the body systems, creating damage in all.  
Endocrine: adrenals overworked, pancreas not functioning well, kidneys and liver strained.  
Digestive: poor digestion and nutrient uptake, diet too high in sugar, carbos and fats. Little or no sense of hunger or satiation.  
Circulatory: poor circulation contributes to hardening of arteries, high blood pressure and angina. The primary cause of death from diabetes is heart disease. Retinal damage and blindness also occur. Damage is caused to nervous system, skeletal system and muscular system from impaired circulation and glucose flooding.  
Profound separation from physical body. Very little body awareness.

- II. **STRESS RESPONSE:** Stress plays a major role in diabetes by triggering cortisol which dumps glucose into the blood for fight/flight. No exertion or full relaxation occurs so the glucose is not used nor reabsorbed. Blood sugar levels and insulin requirements continually rise.



- III. **AYURVEDIC VIEW OF DIABETES:** Type II is a disease of excessive Kapha, primarily affecting those who are Kapha or Kapha/Pitta. There is a secondary Vata aggravation. Low digestive fire causes ama accumulation in Kapha areas. Additional imbalance seen in lethargy and inactivity as

well as unhealthy eating. All the agnis are deficient causing profound nutrient starvation of tissues and organs (drowning in glucose yet starving at the same time.)

#### IV. YOGA FOR DIABETES WELLNESS OBJECTIVES

- A. Physical body: Encourage the establishment of a regular yoga practice. Emphasize the importance of diet and sleep.. Kapha balancing diet—increase vegetables, decrease sugar. Daily routine including rise early, do yoga, take short walks after meals. Walk every day, starting with 10 minutes and increasing.
  - 1. Circulatory System, heart and lungs: asanas increase circulation, oxygenate tissues, increase sugar uptake, improve lung tone, avert blockage of coronary artery.
  - 2. Digestive System: Asanas regulate digestive and intestinal activity, stimulate internal organs. Forward folds are good, twisting poses.
  - 3. Nervous System: Standing poses prevent peripheral neuropathy, back bends good. Durga mudra
  - 4. Muscular System: Asanas maintain tone and strengthen muscles and connective tissues
  - 5. Skeletal System: asanas help strengthen and maintain bones
- B. Energy Body:
  - 1. Pranayama: promotes oxygenation of tissues, removes toxins, balances nervous system, induces relaxation, facilitates emotional release, and serves as a bridge between body and mind and serves as a doorway to spirit.
  - 2. Chakras: focus on 1<sup>st</sup>, 3<sup>rd</sup> and 6<sup>th</sup> chakras. Mulabandha
  - 3. Vayus: increase energy flow in prana, apana, samana and vijnna.
- C. Psycho-Emotional Body: Increase sensitivity to movement, breath and body awareness through asanas, pranayama, meditation, guided imagery. Create a group experience for mutual support through group sharing at beginning of each class. Use shushuti mantra to lift energy.
- D. Wisdom Body: Encourage awareness of thoughts, feelings, and lifestyle patterns that create separation and disease. Increase concentration and focus.
- E. Bliss Body: Class objective is to create awareness of unity with self and others.

#### V. YOGA FOR DIABETES CLASS OUTLINE

For Type II – middle aged 40-60 diabetics, fairly mobile.

Begin class seated in chairs.

**Breath Awareness** – 3 part breath emphasizing relaxation and begin to move energy through vayus.

**Body Awareness** – Emphasize connection to earth, feel breath in body areas, awareness to places in body that feel relaxed, soft, open, connected.

**Share** – briefly share one place on body that felt positive from Body Awareness.

**Mudra** – Durga mudra to stimulate nervous system.

**Poses** – emphasize connection to earth and lightness and lift up the body. Focus on gross to subtle (sensations, arising emotions, energy, etc.) Rest between poses to experience them fully. Use ujjaii breath.

1. Tadasana behind chair with arm flow. Inhale extend hands up, exhale down.
2. Tadasana w/arms lifting, possible lifting to toes, exhale lowering
3. Side stretches, feet hip distance, hand on hip, feel lengthen, life, creating space
4. Cat stretches using back of chair
5. Warrior II either flowing in and out or using chair – short hold at end.
6. Modified triangle with twist using chair. Kapalabhati breathing.
7. Forward fold with chair – resting, noticing, lengthening
8. Sit on chair for nose to knee – or come down to floor.
9. Spinal twist seated on floor (or chair)
10. 4 part Bridge Flow – emphasize bhandas on lift and hold
11. Knee to Chest then roll to belly.
12. Sphinx pose
13. 5 pointed star with lift of alternate leg and arm
14. Low cobra with flow up and down
15. Child's pose
16. Legs up the wall or on seat of chair

17. Savasana – restorative on blanket up spine or in a t-shape. Somewhat “active” savasana led through body using breath to relax, feel warmth, soften to body parts

**Share** 1 word from savasana experience

**Meditation** – summarize from sharing to take experience home, carry out to life.

**Chant** Shu Shuti Mudra “ Shante Prashante Sarva Shu-Shupti Upasha Mani Swaha”