

INSTANT REDUCTION IN BLOOD SUGAR LEVEL BY PRACTICING ONE HOUR 30 MINUTES OF PSYCHONEUROBICS

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Abstract

Modern day society knows about the benefits of psychoneurobics. Psychoneurobics straightforwardly impacts every one of the frameworks and organs of the body. This study inspecting social ways to deal with lighten the force and anticipate advancement of diabetes mellitus. What's more, to improve diabetes self-administration by rehearsing psychoneurobics. There were 22 male and 8 female members with diabetes. Intervention program was for 3 months. Before the intercession program began, second and third months blood investigate fasting and after nourishment were gathered. Correlation of pre-post blood test have been finished. There was a huge contrast seen at 1% level. No huge contrast found in connection with sexual orientation and also with age length of the members. The portion of the prescription routine continued as before under the convention. An adjustment in the way of life received by the member was that the act of psychoneurobics for 60 minutes. Alongside a dietary change, ideally veggie lover nourishment were prescribed

DATA ANALYSIS:

Table 1: Test of normality

Blood Sugar	Kolmogorov-Smirnov a	Sharpiro-wilk				
	Statistic	df	Sig	Statistic	df	Sig
1st month	.088	30	.200*	.976	30	.717
Fast After food	.091	30	.200*	.979	30	.701
2nd month	.124	30	.200*	.968	30	.486
Fast After food	.102	30	.200*	.958	30	.282
3rd month	.123	30	.200*	.934	30	.063
Fast After food	.182	30	.013	.906	30	.012

*This is a lower bound of the true significance.

a. Lilliefors Significance correction. Test of normality.

Random blood sugar level was tested f all participants

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1. 1.5 litres of water was energised by purifying psychoneurobics at the beginning and 1/2 litres was served to every participant in the beginning.
 2. Indigo board concentration 5 minutes followed by 10 minutes – ‘O’ dhvani in Pran mudra [Total Duration – 15 mins]
 3. Violet board concentration for 5 minutes and blissful psychoneurobics performed in Agni mudra for 10 minutes [Total Duration – 15 mins]
 4. Again 1/2 litre water served to all participants
 5. Yellow board concentration for 5 minutes followed by joyful psychoneurobics for 10 minutes in Agni mudra. Total 15 Minutes
 6. Again 15 minutes of blissful psychoneurobics in agni mudra
 7. Again 1/2 litres of water served to all participants
 8. Finally 27 minutes of Psychoneurobic meditation done by all participants in apan vayu mudra.
 9. Blood sugar level again tested Difference found in blood sugar level attached
- The Table 1, given below shows the variables are distributed normally except third month after food.

Table 2: Paired samples t-test to compare the change in blood sugar on Fasting.

Paired Sample Statistics						t-value	df	p-value
	Blood sugar	mean	N	Std -d	Sd-err.m			
Pair 1	1st month	133.37	30	14.26	2.60	2.61	29	0.014
	2nd month	129.40	30	11.28	2.06			
Pair 2	First month	133.37	30	14.26	2.60	4.17	29	.000
	Third month	124.70	30	12.02	2.19			

Table 2 The information indicates mean of the primary month benefit of fasting blood sugar is 133.37 with standard deviation of 14.26 and second month fasting esteem is 129.40 with standard deviation of 11.28 .further fasting estimation of blood sugar in the third month is 124.70 and the standard deviation is 12.02.'t' estimation of the match 1 appears as 2.61 with 'p' esteem 0.014 and for combine 2 't' is 4.17 with p

esteem is 0.000. from the information unmistakably following multi month routine with regards to yoga fasting estimation of the blood sugar diminished around 4 units on a normal which is measurably critical at 5% level. Following two months routine with regards to yogic exercise it appears around 9 units diminished o a normal, which is likewise factually noteworthy at 1% level.

Table 3: Change in blood sugar-After food one and half hour–at the end of the third month.

Paired Sample Statistics						t-value	df	p-value
	Blood sugar	mean	N	Std -d	Sd-err.m			
Pair 1	1st month Af	147.00	30	13.68	2.50	4.893	29	.000
	2nd month AF	137.90	30	11.18	2.04			
Pair 2	First month AF	147.00	30	13.68	2.50	6.57	29	.000

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	Third month AF	133.23	30	11.05	2.02			
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Table 3. Information uncovers Mean estimation of after nourishment blood sugar for combine 1 in the primary month is 147.00. And in the second month it is 137.90. And their standard deviation is in the principal month and second month is 13.68 and 11.18 individually.. Also, the determined 't' esteem for match 1 is 4.893 and its 'p' esteem is 0.000. where as combine 2 the table shows, in the third month after

sustenance blood sugar mean esteem is 133.23 with standard deviation of 11.05. Information further shows mean esteem has been diminished 9 units on a normal in the second month amid the act of yogi exercise which is factually noteworthy at 1% level of essentialness. Progressively over end of the third month it appears around a 14 units decline on a normal which is additionally measurably huge at 1% level.

Table 4: Group Statistics

Gender	N	Mean	SD	SEMn
Change in BS (Fast)				
Second first				
Male	22	-3.14	5.68	1.21
Female	8	-6.25	13.53	4.78
Change in BS (Fast)				
Third First				
Male	22	-7.95	9.47	2.02
Female	8	-10.62	16.21	5.73
Change in BS (AF)				
Second first				
Male	22	7.18	7.97	1.70
Female	8	-14.38	14.00	4.95
Change in BS (AF)				
Third First				
Male	22	-12.23	10.23	2.18
Female	8	-18.00	14.28	5.05

Table. 4 demonstrates assemble insights and an examination of sexual orientation have been worked out. There are 22 male and 8 female members. The information uncovers no noteworthy contrast among male and female members in regards to with the decline in the estimations of glucose level in the blood. The sex as well as there is no impact in the range of the age distinction of the members.

Discoveries:

Psychoneurobics practices and breathing noticeably affect the decrease of estimation of glucose level in the blood.

Neither on sex nor on the range contrast in the age have any impact on the decrease of glucose level. Sentiments of the patients wind up wonderful subsequent to doing psychoneurobics.

Clinical hugeness isn't guaranteed in light of the fact that the blood sugar (estimation of the glucose) not achieved the control level.

Conclusion:

Routine with regards to psychoneurobics exercise and yogic breathing have been observed to be decidedly connected with great glycemie

control. Psychoneurobics can enhance the personal satisfaction of maintaining normal blood sugar level.

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