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Special Issue on

PHYSICAL AND SOCIAL VITAL ISSUES

Issue Editor

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EFFECTS OF ANULOMVILOM AND KAPALBHATI PRANAYAM ON BLOOD SUGAR

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Abstract:

Anulom Vilom and Kapalbhati in Pranayama in Yoga have been studied in this present paper. Its have been studied in people with diabetes and high blood sugar. So that the victim in the society can take advantage of it.

Keywords: Anulomvilom, Kapalbhati, Bloodsugar, Pranayam, Suryanamaskar, Omkar jap, Yogic exercise, Pre & Post Test of sugar on blood, Increase, Decrease, Cloths, Fatigue, Feel, Fats.

Introduction:

In earlier times, human beings used to do yoga on a regular basis. So their health was good. Their ability to work was higher than others. They did not suffer from any kind of ailment or disease. In today's 21st century society, there is a lack of Pranayam yoga practice and physical exercise.

Ignoring yoga and exercise can lead to diabetes, high blood pressure, and obesity. Individuals in the community can get rid of ailments and diseases by doing yoga Pranayam and regular exercise.

Objectives of the study:

1. To design the schedule of Yog Pranayam practice.
2. To collect the information by Questionnaire.
3. To analyse the blood sugar Pre and Post Test.
4. To study the benefit of Anulom Vilom and Kapalbhati.
5. To study the impact of Anulom Vilom and Kapalbhati.
6. To understand the procedure of Anulom Vilom and Kapalbhati to reduce the sugar of body.

Significance of Proposed Problem:

1. Yoga helps to improve physical health.
2. Diabetes and blood pressure remain under control.
3. Its helps reduce obesity.
4. It's Helps to increase physical efficiency.

Statement of Problem:

This paper attempt to investigate "Effects of AnulomVilom and Kapalbhati Yoga Pranayam on blood sugar" Its positive effects toward reducing the disease and blood sugar of a Subject.

Defination:

Yoga:

Yoga is a Sanskrit word derived from from the Sanskrit root "yuj" which means to connect, join or balance. "Yoga is resistant of the activity of the mind" by yogsutra of patanjali.

Anulom Vilom:

"Anulom vilom is a specific type of controlled breathing (pranayama) in the practice of yoga"