

Ministry of AYUSH

Govt. of India

Press Release for the booklet on Yoga Protocol for Control of Diabetes released by Hon'ble Prime Minister on 2nd October, 2016.

Yoga is a system of holistic living, having the roots in Indian tradition and culture. Evolved thousands of years back by the Rishis, Yoga techniques are being widely used for meeting the changing health care needs of mankind. Yoga has attracted global attention in recent years. The awareness about Yogic practices is increasing among people from different walks of life, not only for preservation and promotion of health, but also for the management of various diseases. Many Yoga experts and Medical Professionals have been advocating Yogic lifestyle intervention for the prevention and management of stress induced and other psychosomatic disorders.

In modern age Diabetes mellitus and its related complications have become the biggest health hazard and a menace all over the world. A sizable amount of resources is drained for management of the Diabetes mellitus. The major causes of the diseases are the modern lifestyle, the food habits and the stress, besides other reasons. Researches in the field of Yoga have proved that the disease can be very well managed by adopting a regular yoga regime, healthy lifestyle and good food habits.

Diabetes is spreading at a very fast pace in India, particularly in urban population. It is no more restricted to the older population as more and more younger generation is also becoming prone to this disease.

Keeping in view the time-tested benefits of Yoga and being highly economical, it is felt that the Yoga facility should be made available to more and more people adhering to the classical knowledge, so that people trained in Yoga can derive maximum benefits. Also as popularity of Yoga is growing, the demand for Yoga training is increasing at all level.

Hon'ble Prime Minister, while addressing the 2nd International day of Yoga celebration at Chandigarh, said the following:

Let's focus on one thing in the coming days, how to mitigate diabetes through yoga. Diabetes can surely be controlled through yoga.

Keeping this in view, Ministry of AYUSH has initiated several programmes for creating awareness about the role of Yoga in the prevention and management of Diabetes mellitus. Ministry of constituted an Expert Committee to prepare a Common Yoga Protocol for control of Diabetes mellitus under the chairmanship of Dr. H. R. Nagendra. The Committee finalized the same. The so prepared booklet was released by Prime Minister Sh. Narendra Modi on 2nd October, 2016 on the occasion of Pravasi Bharatiya Diwas in New Delhi.

While releasing the booklet Prime Minister said that to mitigate the mental tension only Yoga could be the answer. He also mentioned that If Yoga could be used for mitigating the diseases, it will be of great contribution to the people. He reminded that he had announced while addressing the 2nd International Day of Yoga celebration to prepare a common protocol for the control of Diabetes, as Diabetes is growing without limit and it invites several other diseases as well. He also emphasized the natural methods of treatment for the Diabetes, which Gandhiji also used to advocate in the name of Naturopathy.

