

CONTENTS

CHAPTER	DETAILS	PAGE NO.
1	INTRODUCTION	1-11
1.1	The burden of diabetes	1
1.2	Defining the problem	4
1.3	Niyantṛita Madhumeha Bhārata Abhiyān (Diabetes Free India) study	5
1.4	Scope of this thesis	6
1.5	Diabetes Screening	7
1.6	Diabetes prevention and glycemc control	8
1.6.1	Current Approaches	8
1.6.2	The role of Yoga	9
2	ANCIENT LITERARY RESEARCH: T2DM PREVENTION AND GLYCEMIC CONTROL ACCORDING TO YOGA	12-34
2.1	Background and Scope	12
2.2	Summary of earlier works on yoga and T2DM	13
2.3	Aim and Objectives	15
2.4	Materials and Methods	15
2.4.1	Source materials	15
2.4.2	Methods	16
2.5	Models of diabetes progression	16
2.5.1	Medical model	16
2.5.2	Yogic model	17
2.5.3	Medico-yogic model showing proximate, intermediate, and root causes	19
2.6	Haṭha Yoga techniques for proximate causes	20

2.6.1	Improving Digestion	21
2.6.2	Reducing Obesity	23
2.6.3	Overcoming the sedentary lifestyle habit	25
2.6.4	Making better dietary choices	27
2.7	Haṭha Yoga techniques for intermediate and root causes	28
2.7.1	Resting the mind	29
2.7.2	Reducing reactive tendencies	29
2.7.3	Stilling the mind	30
2.8	Pathways through which Yoga prevents/treats T2DM	31
2.9	Summary of Haṭha Yoga Techniques & their effects	32
2.10	Conclusion	33
3	REVIEW OF SCIENTIFIC LITERATURE: SCREENING FOR T2DM, AND YOGA FOR T2DM PREVENTION GLYCEMIC CONTROL	35-49
3.1	Overview	35
3.2	Screening for T2DM and measures of obesity	36
3.3	Diabetes Prevention and Glycemic Control through Yoga	40
3.3.1	Potential pathways for Yoga to bring about diabetes prevention/glycemic control	40
3.3.2	Yoga and Obesity	41
3.3.3	Yoga and proper nutrition	42
3.3.4	Impact of Yoga on sustaining an active lifestyle	43
3.3.5	Yoga and stress	44
3.3.6	Yoga and insulin resistance	46
3.3.7	Yoga and β -cell dysfunction	47
3.4	Conclusion	49
4	STUDY 1: USING A BETTER OBESITY MEASURE TO IMPROVE SPECIFICITY OF IDRS	50-66

4.1	Aim and Objectives	50
4.1.1	Aim of the study	50
4.1.2	Objectives of the Study	50
4.1.3	Rationale for the study	50
4.1.4	Hypotheses and Null Hypotheses	51
4.2	Design of the Study	51
4.2.1	Phase 1 Sampling Strategy	52
4.2.2	Phase 2 Sampling Strategy	54
4.2.3	Data Collection	54
4.2.4	Procedure for anthropometric and biochemical measures	55
4.3	Methods	56
4.3.1	Participants and outcomes	56
4.3.2	Sample Size	56
4.3.3	Definitions of Obesity Metrics	57
4.3.4	Definitions of IDRS variants	58
4.3.5	Analysis	59
4.4	Results	60
4.4.1	Description of Data	60
4.4.2	Risk analysis of obesity metrics	61
4.4.3	Classification analysis of obesity metrics	63
4.4.4	Classification analysis of IDRS variants	64
5	STUDY 2: EFFICACY OF A YOGA-BASED LIFESTYLE PROGRAM ON DIABETES RISK REDUCTION AMONG HIGH-RISK INDIANS	67-76
5.1	Aim and Objectives	67
5.1.1	Aim of the study	67
5.1.2	Objectives	67

5.1.3	Rationale for the study	67
5.1.4	Hypothesis and Null Hypothesis	67
5.2	Design of the Study	68
5.2.1	Study Enrolment and Follow-up	68
5.2.2	Randomization and blinding	69
5.2.3	Data Collection	69
5.2.4	Procedure for biochemical measures	70
5.3	Methods	70
5.3.1	Participants and Outcomes	70
5.3.2	Sample Size	71
5.3.3	Analysis	71
5.4	Intervention	72
5.5	Results	73
5.5.1	Description of Data	74
5.5.2	Conversion to Diabetes	74
5.5.3	Adverse effects	75
6	STUDY 3: EFFICACY OF A YOGA-BASED LIFESTYLE PROGRAM ON GLYCEMIC CONTROL AMONG INDIANS WITH DIABETES	77-85
6.1	Aim and Objectives	77
6.1.1	Aim of the study	77
6.1.2	Objectives	77
6.1.3	Rationale for the study	77
6.1.4	Hypothesis and Null Hypothesis	77
6.2	Design of the Study	78
6.2.1	Study Enrolment and Follow-up	78
6.2.2	Randomization and blinding	78

6.2.3	Data Collection	79
6.2.4	Procedure for biochemical measures	79
6.3	Methods	79
6.3.1	Participants and Outcomes	79
6.3.2	Sample Size	80
6.3.3	Analysis	80
6.4	Intervention	81
6.5	Results	82
6.5.1	Description of Data	82
6.5.2	Glycemic control	83
6.5.3	Adverse effects	85
7	DISCUSSION	86-95
7.1	Waist Circumference vs. BMI as a risk factor for T2DM	86
7.2	Improving IDRS through BMIWC	88
7.3	YLP for Diabetes Prevention	89
7.4	YLP for Glycemic Control	92
7.5	YLP compared to other lifestyle interventions	94
8	APPRAISAL	96-102
8.1	Study 1: Diabetes screening	96
8.1.1	Summary of findings	96
8.1.2	Implications	97
8.1.3	Applications	98
8.1.4	Strengths	98
8.1.5	Limitations	98
8.1.6	Suggestions for future work	99

8.2	Studies 2 & 3: Diabetes risk reduction and glyceemic control through YLP	99
8.2.1	Summary of findings	99
8.2.2	Implications	99
8.2.3	Applications	99
8.2.4	Strengths	100
8.2.5	Limitations	100
8.2.6	Suggestions for future work	100
	REFERENCES	101-114
	APPENDICES	115-152
1	INSTITUTIONAL ETHICS COMMITTEE APPROVAL	115
2	LIST OF PUBLICATIONS FROM THIS DOCTORAL THESIS	117
3	NMB 2017 YOGA MODULE	119
4	DETAILS OF YOGIC PRACTICES USED IN NMB 2017	121
4.1	Starting Prayer	122
4.2	Preparatory Practices	122
4.3	Sun Salutations – Surya Namaskara	123
4.4	Postures (Asanas)	124
5	NMB-2017 SCREENING FORM	125
6	NMB-2017 REGISTRATION FORM	128
LIST OF FIGURES		
FIGURE NO.	TITLE	PAGE NO.
1	Various populations involved in tackling the problem of diabetes	4
2	Medical model of diabetes progression	17
3	Yogic model of diabetes progression	18

4	Integrated model of diabetes progression showing proximate, intermediate, and root causes	20
5	Map of pathways through which Hatha Yoga effects diabetes prevention and glycemic control	32
6	Potential ways in which Yogic intervention might bring about diabetes risk reduction and glycemic control	41
7	Respondent characteristics, n = 7496	61
8	Odds ratio for WC, BMI, BMI _{WC}	62
9	ROC curves for WC, BMI, and BMI _{WC}	63
10	ROC curves for IDRS _{WC} , IDRS _{BMI} and IDRS _{BMIWC}	65
11	Control group age distribution	74
12	Yoga group age distribution	74
13	Control group HbA1c distribution	75
14	Yoga group HbA1c distribution	75
15	Control group age distribution	82
16	Yoga group age distribution	82
17	Control group HbA1c distribution	83
18	Yoga group HbA1c distribution	83

LIST OF TABLES

TABLE NO.	TITLE	PAGE NO.
1	Worldwide prevalence of diabetes	1
2	Catalogue of techniques for various salutary outcomes related to diabetes	33
3	Summary of Yogic Techniques and their effects on diabetes risk factors	33
4	States and Union Territories in each zone for NMB-2017	52
5	Definitions of Obesity Metrics	57
6	Definitions IDRS _{WC} , IDRS _{BMI} , and IDRS _{BMIWC}	58

7	Results of classification analysis	64
8	Matched samples tables for Specificity	64
9	Baseline data for trial participants	73
10	T2DM incidence in Yoga and Control groups	75
11	Absolute and relative risk reduction of conversion to T2DM between Yoga and Control groups	75
12	Baseline data for trial participants	83
13	Mean HbA1c reduction in control and yoga arms	84
14	Effect of Yoga intervention on groups with poor vs fair glycemic control	84
15	Scoring key for current and new IDRS	89
16	Comparison of various interventional studies	91
17	Performance of obesity metrics	96
18	Performance of IDRS with different obesity metrics	97
19	Effect of YLP Intervention on diabetes risk reduction and glycemic control	99