

## **ABSTRACT**

### **EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY ON DAIBETES USING ELECTRO PHOTONIC IMAGING**

#### **Introduction**

Diabetes is a common metabolic disorder characterized by hyperglycemias in which blood glucose levels are above than normal. Body does not produce or properly use insulin; or defective insulin or both. Diabetes having many complications like heart disease, stroke, high blood pressure (HBP),& nervous system disease.

EPI or Electro Photonic Imaging system allows for direct, real-time viewing and analysis of changes in the energy field of human. Gas Discharge Visualization (GDV) is based on EPI principle, measures electron emission from fingertips. Variation in images correspond to changing health status in different organ system, here we determined the characteristics of these GDV images in Back pain participants.

#### **Methods**

The IAYT program was administered for one week on a sample of 38 participants suffering from Daibetes. IAYT included the practice like yogic sukshma vayayama, relaxation techniques, asanas, pranayama, meditation, lecture and counseling. A single group pre and post design was applied for collection of data. EPI data were taken using Gas Discharge Visualization (GDV) before and after giving 1 week of practice.

#### **RESULT**

From the Electro Photonic Imaging using GDV showed significant changes in various variables. Energy, Organ balance, Yin of lungs, Yang of Small intestine, chakras, Fasting Blood Sugar (FBS), Post Prandial Blood Sugar (PPBS), Diastolic blood pressure, were found to be significantly changed. Result of pre-post changes shows a highly significant result ( $p < 0.001$ ) in total male and female together. Thus, the practice of seven days IAYT programmed has affected Diabetes patients.

## **CONCLUSION**

The results showed significant changes in Breath holding time, chakra, Organ balance, subtle energy, Weight and also in reducing FBS and PPBS levels, Diastolic blood pressure. With this we conclude that IAYT is useful in Diabetes and EPI technique can be used assess such changes.

## **Keyword**

Diabetes, Integrated Approach of Yoga Therapy, Electro Photonic Imaging.