

PART –I

CONCEPT OF *VAMANA DHAUTI* ACCORDING TO SCRIPTURES AND *YOGA* TEXTS

PART –II

SAFETY OF YOGIC VOMITING (*VAMANA DHAUTI*) IN UNCOMPLICATED TYPE II DIABETICS.

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ABSTRACT

Background/Aims

The present study was conducted to assess the possible influence of immediate effect of *vaman dhauti* on fasting blood glucose level with type II diabetes mellitus.

Materials and Methods

Thirty subjects, who consented to participate in the study, were allocated into two groups of equal size. The subjects all had Type II non-insulin dependent diabetes were in the age range 30 to 70 (mean age 57.63 ± 9.626) and were both male and female. This study had a self-as-control design to compare the efficacy of *vaman dhauti* with walking as a control intervention.

Results

Paired sample t test was performed to compare the pre values with post. There was no significant difference between pre and post values of kriya group and easy walk group ($p > 0.05$).

Conclusions

Vamana Dhauti (yogic vomiting) is a safe practice for diabetics as it does not cause significant hypoglycemia.

Keywords: Type II diabetes, yoga, *Vamana Dhauti*, blood glucose level, control study.