

## TO STUDY THE EFFECTIVENESS OF YOGA SCIENCES ON DIABETES

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### **ABSTRACT**

*Type 2 diabetes (DM2) has become a leading public health issue globally, with estimated 366 million people affected in 2011 [1]. This figure represents a more than twofold rise in the last three decades and parallels the growing pandemic of obesity and the increasingly widespread adoption of Western lifestyles [1, 2]. Worldwide prevalence is expected to continue rising in both industrialized and developing countries [2, 3], with numbers projected to reach 552 million adults by 2030 [1, 4]. DM2 is now a leading cause of death and disability and significantly increases risk for both macrovascular complications, such as atherosclerosis, and microvascular complications, such as retinitis, diabetic neuropathy, and renal disease [5].*

*The study also tried to find out the relationship between QoL and yoga intervention among type 2 diabetes patients. Hence, a quantitative approach was considered to be appropriate and adopted for the study. The quality of life of working population with Type 2 Diabetes mellitus with yoga intervention was observed in this study. It was indicated that the quality of life of the working population suffering from diabetes mellitus with inclusion of yoga in their daily routine has proven beneficial for their health as a result of their significantly decreased glucose levels.*

**KEYWORDS:** *Quality of Life, Diabetes Mellitus, Yoga*