

Blessings



Sri Sankara Bhagavadpadacharya Paramparagatha Moolomnaya
His Holiness Sri Kanchi Kamakoti Peetadhipathi
Jagadguru Sri Sankaracharya Swamigal
Srimatam Samastham

No.1, Salai Street, Kancheepuram - 631502, Tamilnadu, India.

Dr. S. Hema in addition to being a gynaecologist and obstetrician in the field for thirty years, is also actively involved in spiritual and social service activities. She has served as a guide for many women. She is extending her services in the field of yogatherapy also.

She is bringing out a book titled "Yoga for Health" which covers all aspects of yoga, its benefits to mankind with ample illustrations including pictorial presentations. Yoga is "*Chitta Vritti Nirodhah*" meaning control of waves in the mind is yoga.

She has proved in this book in explicitly clear way asana and pranayama cures a number of ailments and aid in keeping good health. This book will prove to be a veritable treasure to everyone.

I bless Dr. Hema to continue to write many more such books so that she could serve humanity, thereby reap all Divine benefits and live long. May all be immensely benefitted by reading her treatise.

Narayanasmiruthi

BLESSINGS

Yogi Sakthi Varadharajan



Success in the study and practice of yoga requires the help of an expert teacher. Such a teacher should have theoretical knowledge, practical experiences and also lead a life giving importance to human values. I am proud to say that my student Dr. S. Hema has all these virtues in full measures. She is thus a perfect yogacharya. I bless her to achieve success with Divine grace in all her endeavours. I am sure this book on Yoga written by her will enjoy a wide readership and benefit the society.

Mrs. Smitha B. Shah

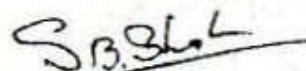


The Yoga Institute
Santacruz, Bombay.

Best Wishes,

Dr. S. Hema, M.B.B.S. is my student for the past three years. She is a sincere student with full of Enthusiasm. She is a very good learner of YOGA with keen interest in concept of management of Mind, Body and emotions. I am really very proud of her as she is now devoting her time in spreading the message of YOGA and also for the upliftment of downtrodden women as the President of Aruna Magalir Mandram. I am very happy that she is bringing out a Book "Yoga For Health". The book is very nicely illustrated with photographs. I wish her success in all her endeavors and also wish the readers perfect health through Yoga.

With kind regards,



S.B.Shah



**Blessings of "Yogasana Kalaimamani"
Dr. A.S. Ashok Kumar**

I had the great pleasure of going through the book. It has been brought out exquisitely. It is very rare to find a medical professional in the field of yoga. There are no words to appreciate Dr. S. Hema who has done a lot of services to the women and downtrodden. Her previous book titled "Yoga for women" attracted the attention of many people.

This book is very special because it is simple, easily understandable, nicely illustrated with photos and available at a low cost. I am sure that her book will lead to renaissance in the field of yogatherapy. It is a milestone for her mission of spreading the message of yoga.

The speciality of Dr. Hema is she is one among very few eminent Teachers in Yoga who has the ability to teach, demonstrate, talk and write about yoga for which one needs Divine grace. As her teacher I am proud of her achievement in this field.

I pray Almighty to give her mental and physical health to write many more books on yoga and do service to the humanity.

Always in yogic service

**"Yogasana Kalaimamani"
Dr. A.S. Ashok Kumar**



**Apollo
Hospitals
Group**

Apollo Hospitals-Chennai

Dr.K.P. MISRA

MD FACC FCCP FISE FICC
Sr. Consultant Cardiologist
Director, Medical Education

I had the great pleasure to go through the manuscript of the book "Yoga for Health" written by Dr. S. Hema, an expert in yogasanas, pranayama, meditation and yogatherapy.

The book is very special because it is written by a practising medical person who is well - versed in modern medicine and also in the theory and practise of yoga, the most ancient treatise on methods of keeping good health.

Saint Patanjali who was the greatest "Founder" and teacher of yoga system which has been handed over for the welfare of the mankind over the last few millennia. A vast number of Western people as well as our Indians have now taken a lot of interest in reviving and using this ancient science to the benefit of mankind.

I must appreciate and congratulate Dr. S. Hema for offering us a simple, beautifully illustrated, yet comprehensive book on the theory and practise of yoga and yogatherapy for common medical ailments.

May everyone be happy, healthy and prosperous in physical, mental, psychological and spiritual health.

Dr.K.P. MISRA

21, Greams Lane, Off. Greams Road, Chennai-600 006.
Tel : 28293333 / 28290200 Fax : 91-44-28234429
Grams : Apollo Hosp. Tlx : 41-6419 AHEL IN
Regd. Office : 19, Bishop Garden, Chennai-600 028.
E-MAIL : ahel@vsnl.com
INTERNET : www.apollohospitals.com

PLEASE BRING THIS PAPER EVERY TIME



Women & Children Foundation Ltd

4/1 & 4/2, Porur Somasundaram Street,
North Usman Road, T.Nagar, Chennai - 600 017.
Phone : 2834500, 28343294, 28343295, 28343296




FOREWORD

Global impact on health has taken a new direction. Invention of antibiotics gave a paradigm shift in late 19th Century. Vaccine and anti-cancer treatment followed in mid 20th century. What next?..... Is it biotechnological Gene therapyClones.....!!

World Health Organization has openly acknowledged and redefined health, "not just physical well being" alone, but a combination of physical, social and mental well being. In a nutshell a holistic, proactive approach to societies health.

Dr.Hema is an eminent and knowledged scholar, who continuously upgrade her vision to modern health care. She is a competent lady, hails from a village in Chennai city- Choolaimedu, who has got vision beyond 21st Century. Her high standdrd of allopathic knowledge enabled and reinvented native medicine to chronic illness. Yoga therapy is the way forward and her approach to illness of humanity is of beyond comparison.

This book has the potential to reach all homes not only in Chennai, but breaking the borders, of all countries in the World. " Health is the Wealth of Global village"so she says.

 (Dr. RAJASEKAR)

(Dr. Rajasekar MRCOG., DFFP)
Women & Children Foundation Ltd,
A Community Empowerment Initiative Project,
Chennai.

UNITS

WCF @ Saligrammam
Bharani Gardens,
No. 22, Aroal Road,
Saligrammam, Chennai-600 093.
Ph : 24802885 / 24802886

WCF @ Choolaimedu,
79, Choolaimedu High Road,
(Near Jagopai Garodia Girls Hr.Sec. School)
Chennai - 600 094.
Ph : 2483 0493

WCF @ Villivakkam
17, Sannathi Street,
Villivakkam,
Chennai - 600 049.
Ph : 26173194, 26170369

E-mail : healthyindia@hotmail.com • Website : www.wcf-india.com

MAC Spin Foundation

24, II Avenue, Indira Nagar, Chennai-600020. Tel: 4403364.

2/12/03

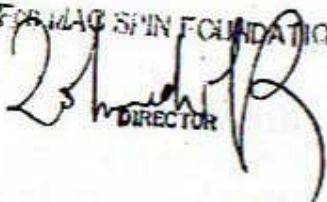


POBINDRA SINGH (ROBIN SINGH)
Director

Yoga is an ancient system meant for total development, viz., physical, mental, moral and social. It relaxes our mind, increases our concentration, physical strength and flexibility of body.

I am happy that Dr. S. Hema, an eminent Yoga Therapist who is trained both in western medicine and Yoga, is bringing out a book titled "Yoga for Health".

I am sure that the book will inspire people to practise Yoga and lead a healthy and happy life.

FOR MAC SPIN FOUNDATION

DIRECTOR

DIABETES, YOGA AND ME

Author:

Dr. S. Hema. M.B.B.S., Ph.D (Y.Sc)

INTRODUCTION

We all know the importance of education in our lives, but if you have diabetes, then learning should become a way of life. The more you know about the condition, the healthier you stay.

When diabetes suddenly hit me 11 years back, I felt shocked and worried, but once I overcame the initial shock I realised that the most painful aspect of diabetes was the mental agony. I had to be away from my only son who was pursuing his higher education. No amount of medicine could help me out. There is a saying that, "You can leave Yoga but Yoga won't leave you". True enough, I resumed my journey along the path of yoga that I had started fifteen years ago and stopped after a year's practice. I realized that with the help of Yoga, I was able to control my sugar.

That was the beginning of a voyage of discovery. Immediately, I took up the decision that I should acquire skills in this ancient art and developed my knowledge more intensively by learning from many schools of yoga in and around the city and even beyond the country. I started the Indian Institute of Yoga in 1993 where patients could be treated for various problems. I was encouraged and supported by Dr.A.Pannerselvam -an eminent diabetologist of Chennai and secretary to the *Diabetologists Association of India* who refer many diabetes patients for yoga therapy. Together, we have conducted many special camps and treated thousands of diabetes patients over the past 10 years. All our endeavors were supported by Dr. Seshiah, the most senior diabetologist of Chennai & 'BC Roy' award winner.

AN INSIGHT INTO DIABETES

It is the most common metabolic disorder worldwide. The normal level of blood sugar is 80-120 mg per cent. With diabetes, it is more than 180mg per cent 2 hours after food.

Type 1(IDDM): *This type of diabetes is insulin dependent and develops before 40 years of age.*

Type 2(NIDDM): *This type of diabetes is non-insulin dependent and develops after the age of 40.*

Common Symptoms: Excessive thirst, hunger, sweating and urination.

Causes of Diabetes: Insulin is either not secreted by the pancreas at all or the insulin secreted is not sufficient to cater to body needs.

The complications include heart attacks, retinopathy, neuropathy, skin infection, kidney failure and arthritis. If the blood sugar is controlled, all of the above complications can be avoided.

YOGA AND DIABETES

Reasons for the increase in the number of diabetic patients in the recent past:

1. Incorrect food habits.
2. Lack of exercise.
3. Mental stress and strain caused by today's mechanised modern world.

HOW TO PREVENT DIABETES?

1. Maintenance of body weight.
2. Regular exercises.
3. Avoidance of high calorie food.

Yoga takes care of all of the above 3 factors.

Yoga postures were developed thousands of years ago in India and were designed to allow people to live harmoniously with nature. All the Asanas and breathing techniques meant to treat diabetes are known to positively influence mental and physical health in the following ways:

1. Has a direct influence on pancreatic secretion by rejuvenating the pancreatic cells, through the alternate abdominal contractions and relaxation it promotes.
2. Reduction in blood sugar due to muscular exercise involved in the Asanas.
3. Yoga changes one's attitude towards life by promoting mental relaxation and making one more balanced.
4. Reducing the activity of the autonomic nervous system.

5. Reducing the weight of the individual.
6. Providing one with the willpower to follow a strict diet.
7. Yoga allows blood to be properly circulated to all parts of the body right down to the last cell of the little toe. Thus, our bodies will be flushing with good, fresh healthy blood, which has been well oxygenated with the help of deep yoga breathing. In addition, the nerves in our bodies will be rejuvenated and sensitized with the fresh blood supply.
8. Although yoga may not have the potential to 'cure' diabetes, it can help put in place the lifestyle changes necessary to keep diabetic symptoms in check and it can help a diabetic feel more in control of his health and well being.

ADVANTAGES OF YOGA OVER OTHER FORMS OF EXERCISE FOR DIABETICS

1. Age is no barrier to practice yoga.
2. Yoga can be practiced despite illnesses.
3. Yoga is never dangerous to life.
4. There is no need for assistance.
5. It can be practiced indoors.
6. Yoga is restful and controls the nervous system.
7. It reduces hunger, unlike the other types of exercise, which induces hunger.
8. It is inexpensive.
9. It can be practiced anywhere, anytime.
10. Blood pressure is reduced.
11. There is less expenditure of energy.
12. Yoga provides relaxation to the heart muscles by releasing its stiffness, while other forms of exercise increases the strain on an already strained heart of a diabetic patient.
13. Peace of mind is achieved only through the practice of yoga, which is not provided in the other forms of exercises.
14. The body gets relaxed and gets refreshed.
15. Yoga strengthens the inner organs.
16. Muscles relax and this improves blood flow.
17. Yoga causes weight loses, while other systems of exercise cause increase in weight due to the strengthening of muscles.

18. The body does not get hurt which is imperative for those affected by diabetes.
19. Yoga results in the strengthening of bones.
20. As there is not much sweating, there is no electrolyte imbalance, or strain on the kidneys.
21. Yoga can be practiced by those who have undergone "by-pass" surgery or kidney transplants.

BENEFITS OF YOGA IN CONTROLLING DIABETES

1. Those practicing yoga from their childhood have a smaller possibility of acquiring diabetes.
2. The amount of insulin required for Type 1 diabetes gradually starts decreasing.
3. The level of sugar in the blood for Type 2 diabetes is reduced.
4. The dosage of medicine required can be reduced.
5. Obesity can be prevented.
6. Yoga helps to slow down a fast-paced life style.
7. There is greater inner peace, rest, relaxation and it encourages sound sleep.
8. Yoga provides the willpower to resist harmful foods.
9. The resistance of the body is improved preventing the occurrence of other diseases.
10. Paralysis can be evaded due to the decrease in the level of blood pressure.
11. It strengthens the kidneys, nervous system, lungs, heart and digestive systems, so that the complications involving these organs can be avoided.

PRECAUTIONS TO BE UNDERTAKEN BY DIABETIC PATIENTS BEFORE STARTING YOGA

1. If the blood sugar level is high (more than 200mg %), it should be controlled according to the doctor's advice and only then should the practice of yoga commence.
2. The Asanas should be learnt only in the presence of a trained yoga therapist.
3. Do not practice yoga on an empty stomach. If done so, the blood sugar level may drastically decrease. The patient must consume coffee, tea or milk and then practice yoga after a break of half an hour.
4. Always keep some sweet or sugar or glucose to be consumed in case of emergencies.
5. If there is increased palpitation, sweating or giddiness, take a spoon of sugar and rest in the Shavasana position. This implies that there has been a drastic decrease in the blood sugar level. Consultation with a doctor is necessary.

DAILY YOGA ROUTINE & RECOMMENDATIONS

Yoga therapists decide on the regiment according to the health condition of the individual. Young people have the ability to carry out more difficult Asanas. For the old and obese individuals, simple yogic exercise would be adequate to maintain a healthy lifestyle.

It is sufficient if a diabetic performs Asanas for 10 minutes, Pranayama (breathing exercise) for 5 minutes and Dhyana (simple meditation) for 10 minutes. Dhyana can also be done after dinner for 10 minutes.

Consuming medication on a timely basis and monitoring glucose levels is crucial. However after several weeks, one may be able to reduce the medicine dosage upon improvement of the condition.

LOW SUGAR SYMPTOMS

Sometimes the blood sugar may fall very low due to poor intake of food, illness or excessive work. This is called low sugar (hypoglycemia). The symptoms include palpitations, hunger, sweating, giddiness and dim vision. Sugar, glucose, chocolates or sweets should be consumed immediately.

Learn to live a Normal Life without Diabetes!

Yoga teaches us the art of living. It helps us to accept life, to live in the present, to keep smiling, to be pure, to do good to others and to attain spiritual calmness.

“An ounce of practice is worth several tons of theory”. Therefore, may all of us practice yoga and benefit from it and learn to live happy, healthy and harmonious lives despite diabetes.

PRANAYAMA*

“Prana” refers to breath, life, vitality, or cosmic energy. “Ayama” refers to control. Thus, Pranayama means the control of the vital forces by regulating breathing. Just as bathing is necessary for the purification of the body, Pranayama is essential for the purification of the mind.

Guidelines

1. Guidance by an experienced guru and the mastery of Asanas is essential for Pranayama training.
2. It should be done preferably after a bath.

3. The bowls and bladder should be cleared.
4. It should be done on an empty stomach or six hours after a meal (or half an hour after a drink).
5. The best times to practice are early morning and just after sunset in the evening.
6. It should be done in a clean, airy and quiet place free from insects.
7. It should be practiced at the same time and place and posture regularly.
8. It is best done sitting on the floor on a folded blanket in Padmasana, Vajrasana or Sukhasana
9. The eyes should be closed throughout.
10. Each individual should realise his/her own capacity while doing the Pranayama and not exceed it.
11. The Shavasana (relaxation) after the Pranayama refreshes both the body and the mind.
12. Practitioners of Pranayama should stop smoking.

NADI SUDDI PRANAYAMA (Purification of subtle Perception)

This Pranayama purifies 72 thousand of Nadis in our body. Sit erect in Padmasana (or any other meditative posture) .Exhale completely .Close the right nostril with the thumb of the right hand .Inhale slowly, steadily and deeply as long as possible .Release the right nostril and close the left nostril.

With the little and ring finger of the right hand, close the left nostril and breathe out through the right nostril. Again, breathe in through the right nostril and then breathe out through the left nostril by closing the right nostril with the thumb. This completes one round of the Nadi Suddi. Note that the inhalation and exhalation from each side of the nostril should be of the same duration.

CONCLUSION

Learn to live normal life despite Diabetes. Yoga teaches us art of living .It helps us to accept life , to live in the present , to keep smiling , to be pure , to do good to others and to attain spiritual calmness.

And Finally ...

“An ounce of practice is worth several tons of theory”. May all of us practise yoga and be benefited immensely by it with Divine Grace and learn to live a happy, Healthy and harmonious life despite and diabetes.

RECOMMENDED POSTURES FOR DIABETES MANAGEMENT



1) Shanti Asana



2) Ardha Padma Asana



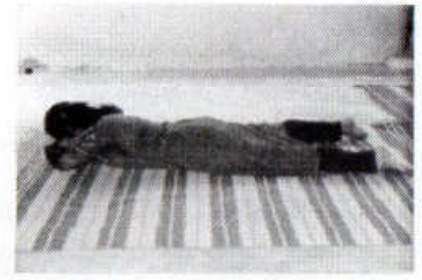
3) Ardha Halasana(with stool)



4) Salabasana



5) Bhujangasana



6) Makrasana



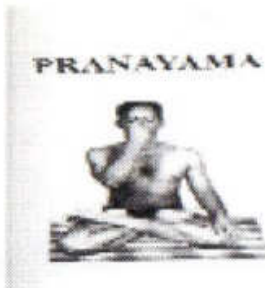
7) Vakrasana



8) Pavana Mukthasana



9) Virikshasana



10) Nadi Suddi



11) Shanti Asana

தமிழக மகப்பேறு மருத்துவர் ஹேமா மலேசியா வருகை



டாக்டர் எஸ்.ஹேமா

கோலாலம்பூர், பிப். 28-
டாக்டர் எஸ்.ஹேமா நவீன
மகளிர் மகப்பேறு மருத்துவத்தில்
நிபுணராக 35 வருடங்கள் சென்னை-
யில் பணியாற்றி வருகிறார். கடந்த
ஏழு வருடங்களாக யோகா மருத்து-
வத்திலும் நன்றாக தேர்ச்சி பெற்று
இந்தியன் இன்ஸ்டிடியூட் ஆஃப்
யோகா என்ற மையத்தை நிறுவி
உலகெங்கும் பல பகுதிகளுக்குச்

சென்று பல்லாயிரக் கணக்கான
யோகா சிகிச்சை ஆசிரியர்களை
உருவாக்கியுள்ளார்.

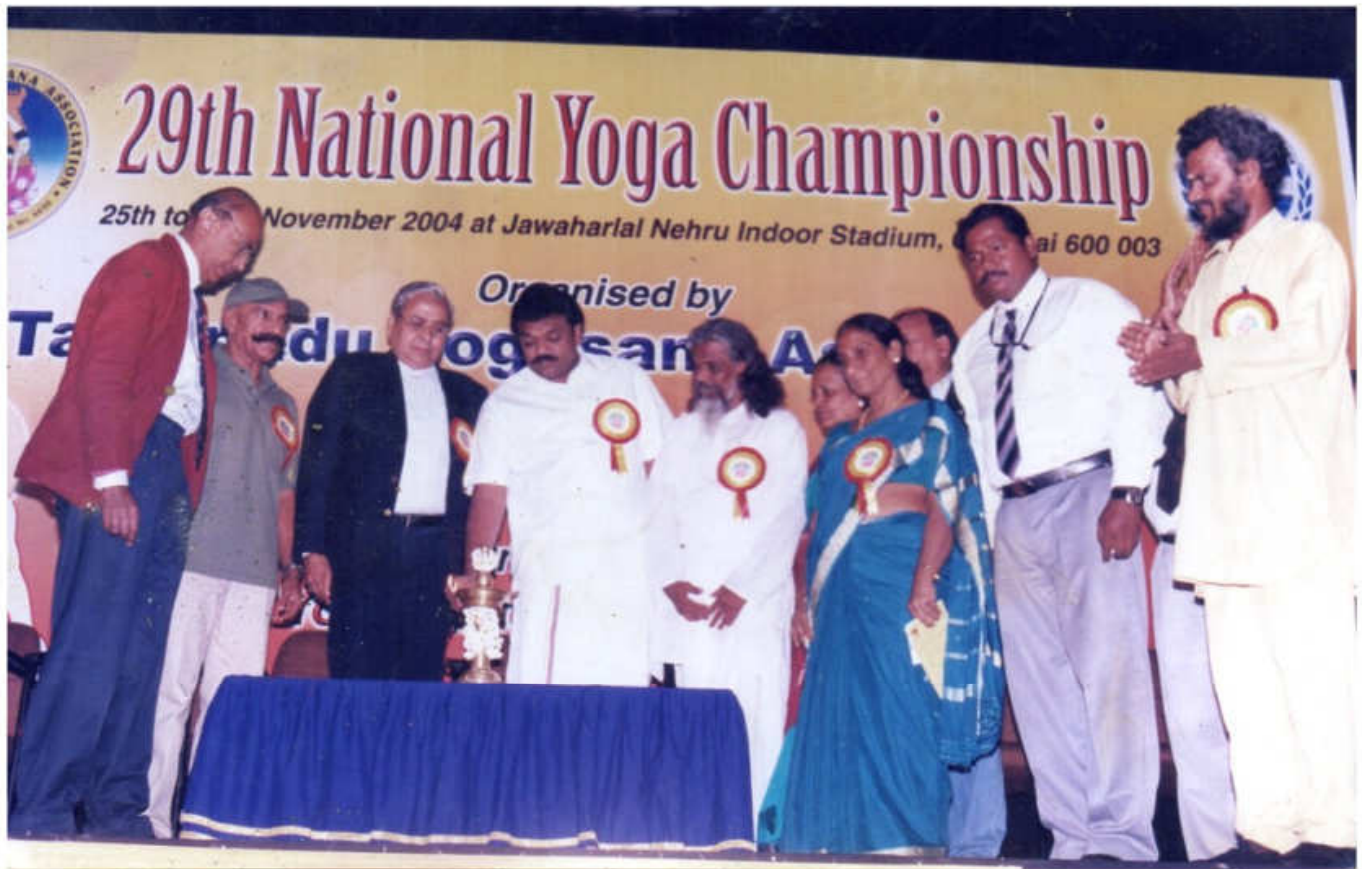
இவர் சர்க்கரை வியாதி, குழந்தைப்
பேறின்மை, மன இறுக்கம், ஆஸ்துமா,
சைனஸ், உடல்பருமன், உடல்வலி
இவைகளை யோகாவின் மூலம்
வெற்றிகரமாகக் குணப்படுத்தி
வருகிறார்.

தற்போது மலேசியாவில் இவர்
மார்ச் 1ஆம் தேதியிலிருந்து 4ஆம்
தேதி வரை பல இடங்களில் யோகா
முகாம்கள் நடத்த உள்ளார்.

இவர் 4ஆம் தேதி ஞாயிறு காலை
9 மணி முதல் 12 மணி வரை பெட்-
டாலிங் ஜெயாவில் உள்ள சரஸ்வதி
தமிழ்ப்பள்ளியில் இலவச சர்க்கரை
நோய் தடுக்க, கட்டுப்படுத்த யோகா
முகாம் நடத்துகிறார். அனைவரும்
பயன் பெறுக.

யோகாவின் மூலம் எப்படிச்
சர்க்கரையின் அளவைக் கட்டுப்
படுத்துகிறது.

நீரிழிவு நோய் வர நவீன பரபரப்-
பான வாழ்க்கையில் உள்ள மன
அழுத்தம், மன உளைச்சல் காரணம்.
இதை மாற்றுவதாலும் உணவு மற்றும்
வாழ்க்கை முறைகளை மாற்றுவ-
தற்கான மனத்திட்பம் அளிப்பதாலும்,
எடையைக் குறைப்பதாலும், சர்க்கரை
நோயை யோகா கட்டுப்படுத்துகிறது.



Dr. V. MOHAN,

M.D., FRCP (Lond, Edin, Glasg & Ireland), Ph.D., D.Sc.,
D.Sc. (Hon. Causa), FNASc, FASc, FNA, FACE, FTWAS, MACP
Chairman, Dr. Mohan's Diabetes Specialities Centre
President, Madras Diabetes Research Foundation
Awarded Padma Shri by President of India
Dr. B. C. Roy Award by Medical Council of India &
Dr. B. R. Ambedkar Award by ICMR



Dr. Mohan's
DIABETES SPECIALITIES CENTRE



MADRAS DIABETES
RESEARCH FOUNDATION

FOREWORD



**DR. V. MOHAN, M.D., FRCP (Lond, Edin, Glasg & Ireland) Ph.D., D.Sc.,
D.Sc.(Hon, Causa), FNASc, FNA, FACE, FTWAS, MACP
Chairman & Chief Diabetologist, Dr. Mohan's Diabetes Specialities Centre &
President, Madras Diabetes Research Foundation,
Chennai**

Om Sai Ram!

I Offer my most humble pranams to the Divine Lotus Feet of my Lord and Master Bhagawan Sri Sathya Sai Baba.

It's a great pleasure for me to write the Forword for the book "Swami Me and Yoga" by Yoga Kalaimamani Dr. S. Hema. I have known Dr. Hema for several yerars. She is a rare combination of a medical doctor i.e. a Gynaecologist and Obstetrician who is also an expert in Yoga therapy. The most amazing thing about Dr. Hema is

how she seamlessly integrated allopathy with yoga. She has delivered many talks on the subject of yoga in relation to chronic diseases and has conducted several hundred camps for diabetes. An ardent devotee of Bhagawan Sri Sathy Sai Baba, it is her faith in Bhagawan Baba which she uses for healing. The book entitled "Swami Me and Yoga" is very well written and traces the journey of how she first came into Swami's fold and later became a yoga therapist. It showcases some of Swami's teachings on yoga and finally deals with the practical aspects of yogasanas. The book is a beautiful blend of spirituality and yogasanas. All this becomes more authentic because it is written by a doctor. Moreover, since she introduces Swami's teachings into her practice.. it makes the book and her work more special. I pray to Bhagawan Baba to bless this book as well as to shower his grace on Dr.Hema, as she undertakes this important project.

Om Jai Sai Ram



Dr. V. MOHAN