

Effect of selected yogic practices on blood sugar and urine sugar levels of diabetic patients

■ ARJUN SINGH

Received : 19.08.2017; Revised : 19.09.2017; Accepted : 28.09.2017

Author for correspondence

ARJUN SINGH
Department of Physical Education,
Dr. Ram Manohar Lohia Avadh
University, Faizabad (U.P.) INDIA
Email: arjunsinghau@gmail.com

■ **ABSTRACT**

For the purpose of the study, forty subjects who were medically certified chronic diabetic patients were selected as subjects. The selected subjects were 40 type -1 diabetics. The subjects were grouped into four categories viz., the control and three experimental groups. After exhaustive deliberation with the experts and several experimental programmes designing three forms of programmes were developed and that were experimented. Successful accomplishment of this study was a result of very exhaustive deliberation, discussion critical reviews of literature frequent and several experimentation and finally compliance of various systematic methodologies in administrating of yogic treatment of programmes. Finding of the study not only provided understanding about the yogic experimental effects but also methodology of conduct of such studies. Based on all above finding from statistical analysis within the constraints and limitations of the study following conclusions were drawn.

■ **KEY WORDS** : Yogic practices, Blood sugar level, Urine sugar level, Diabetic patients

■ **HOW TO CITE THIS PAPER** : Singh, Arjun (2017). Effect of selected yogic practices on blood sugar and urine sugar levels of diabetic patients. *Internat. J. Phy. Edu.*, 10 (1&2) : 31-33, DOI : 10.15740/HAS/IJPE/10.1and2/31-33.