

YOGA

FOR

DIABETES



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*Based on a Model developed by VYASA
Vivekananda Yoga Research Foundation*

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Modern Medical & Yoga Perspectives

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SWAMI VIVEKANANDA YOGA PRAKASHANA

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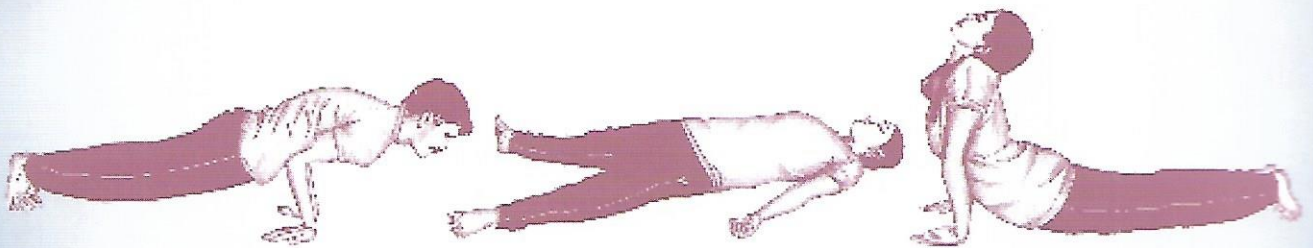
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YOGA FOR DIABETES

A SVYP ORIGINAL

This is one of the series of books on 'Integrated Approach of Yoga Therapy for modern ailments' published by Swami Vivekananda Yoga Prakashana. Systematic recording of the progress of patients who were taught the yoga techniques since 1980 has validated the superiority of the modality over the conventional modes of management. In this book 'Yoga for Diabetes' Dr. S S Srikanta, an endocrinologist of renown with a back record of intense research experience from Harvard Medical School contributed to modern medical understanding of diabetes. Smt. Gauri Rokkam adds her knowledge of holistic nutrition with many practical hints. Dr. Nagarathana R and Dr. H R Nagendra with their insight of yoga practice and scientific knowledge offer the yogic understanding of diabetes with detailed descriptions of what, why and how of the practices of intergrated approach of yoga therapy of diabetes.



The book brings out a logical approach to life style change through mind set change by moving into an inner state of blissful awareness.

Vyasa International was established to provide the necessary support and facilities to all our International activities in yoga education, yoga research, yoga therapy and yoga publications. This unit is functioning as a separate wing for coordinating the International activities. The office stationed in Prashanti Kuteeram functions as a central coordinating office for all international activities in Prashanti and centers across the world.

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