

TABLE OF CONTENTS

CHAPTERS	TITLE	PAGE	
	Certificate	ii	
	Declaration	iii	
	Dedication	iv	
	Acknowledgement	v	
	Table of Contents	vii	
	List of Tables	x	
	List of Figures	xiii	
CHAPTER I	INTRODUCTION	1	
	1.	Health management through Asanas	4
	1.1	Asana	7
	1.2	Pranayama	8
	1.2.1	Types of Pranayama	9
	1.3	Yoga is a scientific way to Health	9
	1.3.1	Effects of Yogasanas on Health	10
	1.4	Naturopathy	10
	1.4.1	Health management through Naturopathy	12
	1.4.2	Principles of Nature Cure	12
	1.4.3	Fundamental Principles of Nature Cure	13

	1.5	Diabetes and Naturopathy	16
	1.6	Diabetes mellitus	17
	1.6.1	Genesis of Diabetes Mellitus	17
	1.6.2	Classification of Diabetes	20
	1.6.3	Cause Unknown	21
	1.6.4	Glucose metabolism	22
	1.6.5	Diet for Diabetes	25
	1.6.6	Structure of Pancreas	28
	1.6.7	Function of the Pancreas	29
	1.6.8	The importance of the Pancreas	30
	1.6.9	What happens if pancreas is removed	30
	1.7	Causes of Diabetes	31
	1.7.1	Symptoms of Diabetes	32
	1.8	Diabetes Type I	32
	1.9	Diabetes Type II	33
	1.10	The components of yoga	34
	1.11	Yogic Management of Diabetes	36
	1.12	Need for the Study	38
	1.12.1	Yoga and the Stress Response	41
	1.13	Objectives of the Study	44

	1.14	Reasons for the selection of the topic	45
	1.15	Reasons for the selection of variables	45
	1.16	Statement of the problem	45
	1.17	Hypothesis	46
	1.18	Significance of the study	46
	1.19	Delimitations	46
	1.20	Limitations	47
	1.21	Meaning and definition of the terms	48
	1.21.1	Yoga	48
	1.21.2	Asana	48
	1.21.3	Pranayama	48
	1.21.4	Dhyana	48
	1.21.5	Naturopathy	49
	1.21.6	Mud Therapy	49
	1.21.7	Sunbath	49
	1.21.8	Fasting	49
	1.21.9	Blood Glucose Level	50
	1.21.10	Blood Pressure	50
	1.21.11	Resting Pulse Rate	50
	1.21.12	Stress	50

	1.21.13	Job Satisfaction	51
CHAPTER II	REVIEW OF RELATED LITERATURE		52
CHAPTER III	METHODOLOGY		83
	3.1	Selection of Subjects	83
	3.2	Selection of variables	84
	3.2.1	Independent Variables	84
	3.2.2	Dependent Variables	86
	3.3	Experimental Design	87
	3.4	Pilot Study	87
	3.5	Criterion Measures	87
	3.6	Reliability of Data	88
	3.7	Reliability of Instruments	89
	3.8	Tester's Competency	89
	3.9	Subjects Reliability	90
	3.10	Training Procedure	97
	3.11.1	Yogic Practices	97
	3.12	Naturopathy Practices	115
	3.13	Test Administration	120
	3.13.1	Physiological Variables	120
	3.13.2	Biochemical Variables	121

	3.13.3	Psychological Variables	123
	3.14	Collection Of Data	125
	3.15	Statistical Technique	125

CHAPTER IV	ANALYSIS AND INTERPRETATION OF DATA		126
	4.1	Overview	126
	4.2	Test of Significance	126
	4.2.1	Level of Significance	127
	4.3	Analysis of The Data	127
	4.3.1	Results of Resting Pulse Rate	127
	4.3.1.1	Discussion on Resting Pulse Rate	132
	4.3.2	Results of Systolic Blood Pressure	132
	4.3.2.1	Discussion on Systolic Blood Pressure	137
	4.3.3	Results of Diastolic Blood Pressure	137
	4.3.3.1	Discussion on Diastolic Blood Pressure	141
	4.3.4	Results of Fasting Blood Glucose Test	141
	4.3.4.1	Discussion on Fasting Blood Glucose	145
	4.3.5	Results of Post Prandial Blood Glucose Test	145
	4.3.5.1	Discussion on Post Prandial Blood Glucose	149
	4.3.6	Results of Stress	150

	4.3.6.1	Discussion on the Findings of Stress	154
	4.3.7	Results of Job Satisfaction	154
	4.3.7.1	Discussion on Job Satisfaction	158
	4.3.4	Discussion on Hypothesis	158
CHAPTER V	SUMMARY, CONCLUSIONS AND RECOMMENDATIONS		160
	5.1	Summary	160
	5.2	Conclusions	162
	5.3	Recommendations	162
	5.3.1	Suggestions for Social Development	162
	5.3.2	Recommendations to the Researchers	163
	REFERENCES		164
		Books	164
		Journals	167
		Miscellaneous And Web Site	169
APPENDICES			171
	APPENDIX – A & B	Assessment Proforma –Pre & Post test	171
	APPENDIX - C	Stress Questionnaire By Latha Sathis	173
	APPENDIX - D	Questionnaire on Job Satisfaction	176
	APPENDIX – E- J	Raw data	180
	APPENDIX – K	Articles	187