

Disorders of Diabetes among Adults

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Introduction

Diabetes is a type of metabolic disease. Metabolic disease is caused by the malfunctioning of an organ or organ system. Diabetes is the result of an imbalance of the control mechanism that regulate carbohydrate metabolism. A healthy body maintains a constant blood sugar level which is normally 80 mg per 100 ml of blood. When large quantities of glucose enter the blood stream, the excess glucose is converted into an insoluble product called glycogen which is formed by glucagon peptide hormone produced by alpha cells of the pancreas to elevate glucose level, glucagon binds to receptors on hepatocytes (Liver Cell) and some other cells. This activates an enzyme glycogen phosphorylase, inside the hepatocyte to hydrolyze glycogen to glucose. This process is called glycogenolysis. Glycogen is stored in the liver and muscles of the body for future use. As and when required glycogen is reconverted into glucose and reintroduced into the blood stream. All these processes are controlled by a hormone known as insulin. This hormone is produced in the pancreas by beta cells. If insulin is not produced in adequate quantities, abundance sugar can't be deposited and used. As a consequence, sugar continues to hoard in the blood stream, till it is lost through urine. This leads to hunger, thirst and gradual loss of weight- a condition referred to as diabetes.

Types of Diabetes

There are 4 most common type of diabetes.

Type 1 Diabetes

A chronic condition in which the pancreas produces little or no insulin. It is an auto immune system is activated to destroy the cells in the pancreas which produce insulin. Type 1 diabetes is not linked to modifiable life style factors.

- Symptoms
- Passing more urine
- Itching, skin infections
- Leg Cramps
- Unexplained weight loss

- Being excessively thirsty
- Having cuts that heal slowly
- Headaches
- Feeling dizzy

Type 2 diabetes

A chronic condition in which cells cannot use blood sugar efficiently for energy. This occurs when the cells become insensitive to insulin and the blood sugar gradually gets too high. In this condition beta cells of pancreas produces insulin but the body cells can't use it.

Pre-diabetes

A condition in which blood sugar high level is higher than normal but not yet high enough to be type 2 diabetes. Pre diabetes affects adults and children.

Gestational diabetes

It happens during pregnancy. In this period the placenta makes hormones that can lead to a build up a glucose in your blood. Frequently pancreas can make enough insulin to handle that. If not, your blood sugar levels will rise and can cause gestational diabetes.

Aim of the study

The study illuminate mainly on the physical and mental health of diabetic patients of Ambedkar Nagar district at U.P. in India.

Method: - Sample:

The Sample of the study consisted of 75 urban and 75 rural locale of the age range 40-60 years, who were related from the urban and rural locale of Ambedkar Nagar at the state of Uttar Pradesh in India. Whom they care his physical and mental health by doing yoga and meditation. These samples were collected by the interview sampling technique.

A normal group of 75 urban and 75 rural was also included in the study, those were of the same age, same education and same location but not caring health by yoga and meditation.

What is Yoga

Yoga is said to have originated in India during the golden age. Nearly 26000 years ago. The actual Sanskrit word when broken down, mean “to control” “to yoke” or to unite. The word has also been translated to mean joining, uniting and union. The union is made between the self and the spirit.

Human being are made up of three components-Body mind and soul corresponding these there are three needs-health, knowledge and inner peace. Health is physical needs knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony. Yoga gives us relief from countless ailments at the physical level. The practice of the postures (asans) strengthens the body and creates a feeling of well being from the psychological view point yoga sharpens the intellect and aid in concentration.

The practice of breathing techniques (pranayam) calm the mind. In the realm of the spiritual yoga brings awareness and the ability to be still through meditation inner peace is experienced. Thus yoga is a practical philosophy involving every aspect of a person's being. Meditation and yoga when practiced together strengthen the mind body connection improving overall fitness and well being. Many styles of yoga combine meditation with the physical routines which use controlled breathing throughout the yoga poses. Meditation and yoga when used consistently have proven health benefits. Tradition of teaching has a history of thousands years in India, established by rishis and munis, the gurukul were centre of learning, Where yoga and meditation was method of learning. Some definitions are quoted here about yoga.

According to Holy Book Geeta : Yogah Karmasu Kaushalam That is to say skillful work is yoga. According to Patanjali: Yogah Chitta Vritti Nirodhah that is to say withstand mind towards world is yoga.

Meditation and yoga can contribute directly to improved mental focus and concentration among persons. Both yoga and most forms of meditation involve long deep slow breath as well as coordination of mental concentration with some kind of structured activity.

Assessment Technique

Following tools was administrated to the 75 urban and 75 rural locale. Who was doing yoga and meditation also as well as 75 urban and 75 rural normal persons individually establishing adequate rapport with them.

Tool

Interview inventory Test. It is a process of social interaction between interviewer and interviewee.

Data Collection

Data Collected to each urban and rural individual on the basic of interview technique, after establishing the adequate rapport with each subject was administrated individually.

Result

It was found that controlled group is better than normal group comparatively improving diabetes.

Conclusion

It was found that who did not pay attention on yoga and meditation, they could not improve their diabetes.

Biography

Aditya Narayan Tripathi is an Associate Professor in Education Department at Sant Tulsi Das Post Graduate College Kadipur Sultanpur, which is affiliated to Avadh University Faizabad, UP. 25 research papers published in several journals and attended many seminars in India, Canada and also in Nepal. Editor in Oceanography and Petrochemical Sciences in U.S.A. Associate editor in Global Journal of Intellectual & Developmental Disabilities in U.S.A. He is the Editor of weekly and daily newspaper, *Aditya Times* and member of academic council of Dr Ram Manohar Lohiya Avadh University Faizabad. Member of Indian academy of health psychology. Convener in Education Department of Dr Ram Manohar Lohiya Avadh University Faizabad U.P. India.

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