

Yogic Practices for Management of Diabetes Mellitus

S.No.	Name of the Practice	Duration
1	Yogic Prayer	1 min
2	Shodhana-Kriyas <ul style="list-style-type: none"> ✓ Kunjal (weekly once) ✓ Agnisara (twice a week) ✓ Nauli (daily) 	10 mins
3	Sukshma Vyayama (5 rounds each) <ul style="list-style-type: none"> ✓ Vaksha-sthala Shakti Vikasaka 1& 2 ✓ Udara Shakti Vikasaka 6 & 7 ✓ Kati Shakti Vikasaka 1-5 	5 mins
4	Yogasanas <ul style="list-style-type: none"> ✓ Tadasana ✓ Trikonasana ✓ Ardhachakrasana ✓ Paschimottanasana ✓ Ushtrasana ✓ Bhujangasana ✓ Dhanurasana ✓ Makarasana ✓ Pawana Mukhtasana ✓ Sethu Bandhasana ✓ Sarvangasana ✓ Saral Matsyasana ✓ Shavasana 	14 mins
5	Pranayama <ul style="list-style-type: none"> ✓ Nadi Shodana (5 rounds) ✓ Bhramari (5 rounds) 	5 mins
6	Relaxation <ul style="list-style-type: none"> ✓ Deep Relaxation Technique 	5 mins
7	Dhyana (Meditation) <ul style="list-style-type: none"> ✓ Om Meditation/ Mindfulness Meditation 	5 mins
TOTAL DURATION		45 MINUTES