



## **IMPACT ON VETHATHIRIUM SPECIFIED NUTRITIONAL FOOD ON TYPE – 2 DIABETIC – A PILOT STUDY**

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### **INTRODUCTION:**

A yogic diet is a balanced diet that ancient yogis believed had a huge influence over our physical well-being. This diet can also be called lactovegetarian which is made up of non – animal foods. Non – animal foods can help to attain a higher level of spirituality by generating positive energy. To live healthy and happy life this diet should be established in day today life. Hence eating the right kind of food is important in achieving a healthy balance life for body and mind. In yogic literature foods that are beneficial to us are said to be sattvic or pure. Sattvic foods form an ideal diet keeping the body nourished while being easy to digest. They create new energy clarity and a clear calm mind enabling us to use all our mental, physical, spiritual well being. Vethathiri Maharishi`s simple method of diet will help us to lead a healthy life which also fits for all climatic conditions. Hence eating yogic diet is good for our long life without any diseases. Hence a proper diet can help to prevent diseases like diabetes, osteoporosis, hyperlipidemia, hypertension, arthritis, obesity, etc. and also reduces the major risk factors through vethathirium specified nutrition food. People require energy and certain essential nutrients which are essential because the body cannot make these nutrients on its own and must obtain them from food. Essential nutrients include vitamins, minerals, certain amine acids and certain fatty acids. Foods also contain certain fiber and other components that are important for health. Each of these food components has a specific function in the body and they all are required for overall health. Hence Vethathirium specified nutrition food helps to control all types of diseases.

### **VETHATHIRI MAHARISHI ABOUT FOOD: THE RIGHT FOOD:**

Just as how important it is to adhere to the right way of eating and the right quantity of intake, it is equally important to focus on choosing the right kind of food for the body.

### **VETHATHIRI MAHARISHI SIMPLE DIET:**

“It is ideal to begin the day with millet broth and coconut,  
After the day`s work, have a noon meal with rice and curry varieties  
And for supper to have wheat flour based food with vegetables.  
While milk can be had plain along with some sugar,  
It is advisable to avoid beverages like coffee and tea”

### **FOOD AND TEMPERAMENT:**

The food that we eat has a major role in deciding our temperament. There are three kinds of food, Saatvik, Rajas and Tamas types which give peace, happiness and distress respectively. These three types of food are the ones that give man the three kinds of temperament which are divine nature, human nature and beastly nature.

“When the soul realizes its truth it is Saatvik,  
When the soul raves towards indulgence, it is Rajas,  
When the soul loses direction having bad aspirations, it is Tamas,  
When the soul realizes these three characters, it is wisdom”.

Food can be classified into two as acceptable food and unacceptable food. Our temperament largely depends on the food we eat. In order to become an individual of Saatvik nature, one must adapt the body to relevant food habits that promote it. Grains, vegetables, greens and fruits are Saatvik foods. They promote patience, kindness, compassion and tolerance. These foods are best suited for aspirants of yoga since they promote peace.



## **MILLETS:**

Millets are a group of highly variable small-seeded grasses, widely grown around the world as cereal crops or grains for fodder and human food. Most species generally referred to as millets belong to the tribe Paniceae. Millets are indigenous to many parts of the world. The most widely grown millet is pearl millet, which is an important crop in India and parts of Africa. Finger millet, proso millet, and foxtail millet are also important crop species. Millets may have been consumed by humans for about 7,000 years. Generally, millets are small-grained, annual, warm-weather cereals belonging to the grass family. They are highly tolerant of drought and other extreme weather conditions and have a similar nutrient content to other major cereals. The potentiality of millets especially in maintaining good health and its possible role in maintaining diabetes mellitus and hyperlipidemia have been proved in one month residential health camp. Hence diabetes is largely preventable and treatable through sathvic diet. The compositional component of foxtail millet, little millet, and dietary fiber have revealed its importance in health maintenance and disease management.

## **RESEARCH WORK:**

### **OBJECTIVE OF THE STUDY:**

The major objective of the study is to know about the importance of Vethathiri Maharishi specified nutritional food method of sky yoga and its therapeutic values on TYPE 2 diabetic patients.

### **STATEMENT OF THE PROBLEM:**

To assess the effect of Vethathiri Maharishi specified Nutritional food method of sky yoga on blood sugar levels of type 2 diabetic patients.

### **SIGNIFICANCE OF THE STUDY:**

This study was unique in suggesting Vethathiri Maharishi specified Nutritional food method of sky yoga on blood sugar levels of type 2 diabetic patients.

### **HYPOTHESIS:**

It was hypothesized that there would be any significant difference on blood sugar level postprandial of type 2 diabetic patients due to Vethathiri Maharishi specified Nutritional food method of sky yoga.

### **DELIMITATIONS:**

- ◆ This study was delimited to type 2 diabetic patients only.
- ◆ Age of subjects was ranged from 40 to 55
- ◆ The independent variable was Vethathiri Maharishi specified Nutritional food method of SKY Yoga.
- ◆ The dependent variable was blood sugar level postprandial.

### **INDEPENDENT VARIABLE:**

Vethathiri specified nutritional diet

### **LIMITATIONS:**

The changes in climatic conditions such as temperature, atmospheric pressure, taken by the subjects are not considered.

### **SKY INTERVENTION MODULE:**

Vethathiri Maharishi specified Nutritional food method of sky yoga.

### **RESEARCH DESIGN AND METHODS:**

The study includes 30 patients. All the patients are around the age between 40 to 55. All the patients are from residential SKY yogic health camp program held in Aliyar. None of whom were alcoholic or smokers. Daily they take the food of SKY health camp program schedule with saathvic diet. Throughout the program, monitor glucose levels and under the supervision of a physician, and take appropriate medicinal dosages as and when required. After some days weeks one may be able to reduce such dosages. Avoid simple sugars such as white sugar, honey, glucose and sweets, and eat complex carbohydrates such as brown rice, Barnyard Millet, Foxtail Millet, Kodo Millet, and Little Millet, wheat, brown rice, red rice, bride groom rice and eat foods with lots of fiber and nutrients.



**SKY ACTIVITIES IN SKY YOGIC HEALTH CAMP:  
DAILY SCHEDULE**

Timings	Programme
05:30 AM to 06:30 AM	Exercise
06:30 AM to 07:15 AM	Walking
07:15 AM to 08:00 AM	Breakfast
08:00 AM to 09:30 AM	Rest
09:30 AM to 10:00 AM	Meditation
10:00 AM to 11:00 AM	Lecture 1
11:00 AM to 11:30 AM	Tea Break
11:30 AM to 12:30 PM	Lecture 2
12:30 PM to 01:00 PM	Lunch
01:00 PM to 03:00 PM	Rest
03:00 PM to 03:15 PM	Tea Break
03:15 PM to 03:30 PM	Meditation
03:30 PM to 04:30 PM	Lecture 3
04:30 PM to 05:00 PM	Free Break
05:00 PM to 06:00 PM	Exercise
06:00 PM to 07:00 PM	Walking
07:00 PM to 07:30 PM	Dinner
07:30 PM to 05:00 AM	Rest

SKY YOGIC HEALTH CAMP DAILY SCHEDULE			
DAILY DIET SCHEDULE			
Timings	<b>Breakfast</b> 7.15 To 8.00 Am	<b>Lunch</b> 12.30 To 1.00 PM	<b>Dinner</b> 7.00 PM To 7.30 PM
<b>MONDAY</b>	Pearl Millet Porridge Kodo Millet Pongal With Coconut	Red Rice Boiled Vegetables Lettuces Buttermilk Veg Salad	Raagi Dosa Onion Chutney Green Tea
<b>TUESDAY</b>	Raagi Porridge With Coconut Barnyard Millet Uppuma	Brown Rice Boiled Vegetables Lettuces Buttermilk Veg Salad	Wheat Dosa Sambar Green Tea
<b>WEDNESDAY</b>	Little Millet Porridge With Coconut Raagi Idly	Black Kavuni Rice Boiled Vegetables Lettuces Buttermilk Veg Salad	Kambu Idly Saambar Green Tea
<b>THURSDAY</b>	Wheat Millet Porridge With Coconut Pearl Millet Idly	Maapillai Samba Rice Boiled Vegetables Lettuces Buttermilk Veg Salad	Raagi Idly Tomato Chutney Green Tea



<b>FRIDAY</b>	Foxtail Millet Porridge With Coconut Wheat Chappathi	Black Kavuni Boiled Vegetables Lettuces Buttermilk Veg Salad	Wheat Idly Onion Chutney Green Tea
<b>SATURDAY</b>	Mattai Rice Porridge With Coconut Wheat Dosai	Red Rice Boiled Vegetables Lettuces Buttermilk Veg Salad	Wheat Chappathi Veg Kurma Green Tea
<b>SUNDAY</b>	Proso Millet With Coconut Wheat Chapatthi	Maapillai Samba Rice Boiled Vegetables Lettuces Buttermilk Veg Salad	Ragi Adai Sambar Green Tea

### **RICE VARIETIES:**

#### **BLACK KAVUNI RICE:**

The grains of the Kavuni rice was black in color and were enriched with minerals like zinc, copper, sodium, potassium, and manganese. It contains reduced levels of total reduced sugars, increased protein content, low-fat content and increased concentrations of phenolic acids, carotenoids, and flavonoids. Besides its nutritional enrichment, it was known for its anti-diabetic properties because of its inherent ability to inhibit  $\alpha$ -glucosidase and  $\alpha$ amylase enzymes which in turn hinders the processing of carbohydrates and reduces the rate of the assimilation process. These events simultaneously decrease the postprandial blood glucose level that was usually calculated after meal consumption. It was revealed that Kavuni rice possessed notable nutritional and therapeutic potential like preventing diabetic complications by inhibiting the enzymes such as  $\alpha$ -amylase and  $\alpha$ -glucosidase that plays a prominent role in the development of diabetes. Hence Kavuni rice can be used as a complete solution for sustainable health and best-suited rice for diabetics Glycemic index of black kavuni IS (53.10).

#### **MAPPILLAI SAMBA RICE:**

This rice when consumed slows down the release of glucose into the blood and is hence best suited for diabetic patients. It contains higher vitamin, flavonoid, and anthocyanin content . It was revealed that a number of phytosterols were found in MAPPILLAI SAMBA rice variety. Medically prominent molecules like Curlone and 1-4-benzodiazepine2-one were found in MAPPILAI SAMBA rice variety. Further, the rice variety were supplemented with phenolic compounds and antioxidant capacities. Mappillai Rice has the lowest Glycemic Index which is 83 and once it gets boiled the GI comes down to 52.

#### **BROWN RICE:**

Brown rice contains higher proportions of dietary fiber, polyphenols,  $\gamma$ -oryzanol, B vitamins and minerals. Most of these health beneficial nutrients are concentrated in the peripheral layers of the rice kernel. Whole grain foods have been shown to improve insulin sensitivity and reduce the risk and incidence of type 2 diabetes. The average GI for brown rice is low at 55.

**RED RICE:**

It is a type of rice that is red because it has anthocyanin. It has high nutritional value and research states that it is good for people with diabetes. Rice has many minerals and vitamins which help our body to grow well and keeps our body healthy. It contains protein, calcium, iron, vitamin C, vitamin A, dietary fiber and potassium. This rice helps to reduce blood sugar levels and its gI score is less than 60, this makes this rice a great food item to include in diet for diabetes.

**PEARL MILLET:**

Pearl millet helps to keep blood sugar levels stable for a long time in diabetic patients. It is a rich source of iron, zinc, magnesium, copper, manganese, potassium and phosphorous. Mature kernels are rich in vitamin A. They are power-packed with carbohydrates, essential amino acids, antioxidants,

S.No	NAME	Age	Sex	SUGAR( PP)		DIFF
				PRE	POST	
1	S SOUNDRAPANDIAN	43	M	331	104	-227
2	S.JAYALAKSHMI	45	F	423	197	-226
3	G.SUMATHI	40	F	368	145	-223
4	K.DURAI	55	M	468	253	-215
5	RAMADASS	53	M	417	205	-212
6	R.CHANDRA	55	F	530	322	-208
7	A.JEYANTHI	42	F	353	148	-205.0
8	MOHAMED REFICK	55	M	420	222	-198.0
9	S.K.PUSHPARAJ	54	M	361	166	-195
10	NAGARATHINAM	54	F	342	147	-195.0
11	R.ANGATHAL	42	F	382	189	-193
12	S.ANANTHAROOPAN	47	M	378	185	-193
13	M.USHARANI	46	F	515	325	-190
14	R ARUMUGAM	44	M	346	162	-184
15	M.MUTHULAKSHMI	48	F	376	194	-182
16	M.GURUVAMMAL	47	F	357	175	-182.0
17	V.VIJAYALAKSHMI	55	F	396	215	-181
18	P.LAKSHMI	42	F	551	370	-181
19	FLORY BAI	49	F	397	217	-180
20	R.GOPAL	55	M	327	147	-180
21	S.SUBRAMANIYAM	43	M	419	240	-179
22	A.PARVATHAM	55	F	269	91	-178.0
23	P.VENMATHY	55	F	423	245	-178
24	P.NEDUMARAN	62	M	362	185	-177.0
25	SINGARAVALU	60	M	175		-175
26	V.LAKSHMIPRABHA	64	F	318	143	-175.0
27	PUNITHAVATHY	80	F	363	192	-171
28	M.PALANAIMUTHU	75	M	298	134	-164
29	RAJKUMAR	40	M	380	217	-163
30	SIVAKUMAR	38	M	419	257	-162

**CONCLUSION:**

The measures discussed above were initiated to revive the information on indigenous rice varieties of South India with anti-diabetic efficiencies. In this study, it is concluded that a high intake



of white rice is associated with a high incidence and prevalence of diabetes. While this could be ascribed to some extent to the high substance of starches in the glycemic file, it could likewise be inferable from the significant level of arsenic in rice. All traditional systems of medicine follow the dictum “Food is medicine and medicine is Food”. The traditional Siddha describes good food as alchemy, which helps to restore health and rejuvenate the body and leads to an exalted life. In such context, the indigenous rice varieties apart from their anti-diabetic and other therapeutic properties are highly nutritious that aids in the well-being of the individuals. Hence regular intake of vethathirium specified nutritional food had significant difference on type 2 diabetes which reduces high extent of post prandial blood sugar level within one month of residential health camp program.

#### REFERENCES:

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