



EFFECT OF PSYCHONEUROBICS SPA ON TYPE 2 DIABETES

Bhavani Swaminathan¹, Dr.E V Swaminathan², Dr.Sushma Vijayan³

¹Research Scholar, Sigfa Solutions, Yoga Samskrutham University, Florida, USA

²Research Guide, Sigfa Solutions, Yoga Samskrutham University, Florida, USA

³Research Supervisor, Sigfa Solutions, Yoga Samskrutham University, Florida, USA

ABSTRACT

Aims – To evaluate the efficacy Psychoneurobic spa on adults suffering from Type 2 diabetes mellitus.

Methods – 40 (both men and women) attended the online program across PAN India. They were introduced to psychoneurobic spa & Satwik Diet that would work on the reversal of their Type 2 diabetes.

Results – Blood reports showed significant changes thereby leading to healthy and happy life.

Conclusions – The training of psychoneurobic spa helped the diabetics in overall wellbeing.

Keywords – Type 2 diabetes, Healthy lifestyle, Stress, Blood glucose, PsychoNeurobics, meditation

1. Introduction

PsychoNeurobics

Aerobics is the exercise of pumping air into lungs, neurobics is the exercises of creating bio electrical impulses in neuro cells/ neuro transmitters by various motor or mental activities. Similarly Psycho Neurobics is the exercises of transferring spiritual energy in neuro cell by connecting psyche (mind) to the supreme source of spiritual energy (God).

PsychoNeurobics is the wonderful methodology to guide your mind in order to utilize your mind power for creative work, to heal your body and to keep your body and mind healthy. Practicing Neurobics daily makes our respiratory actions, sound vibrations and visualization of different colours of light makes Neurobics highly effective to ensure a cure from various diseases.

In all these activities, our Psyche (Mind) is involved. All other forms of exercises may involve mechanical or physical activities but here visualization of colour shower from almighty God is most essential phenomenon. Visualization of colour showers helps more than 80%. Without mind involvement psycho neurobic exercises are incomplete. Hence blending hand gestures and regulated deep breathing exercises with mental exercises of receiving spiritual energy or current of God through visualization of different colours showers coming from God and transferring into neuro cells of body and feeling it is called **Psycho Neurobics**.

2. Satwik Diet

Satwik food are those foods that are fresh, wholesome (unprocessed, unrefined), juicy (water-rich), freshly cooked and lightly seasoned are Satwik in nature. Satwik food is living food straight from Nature, with no or minimal human interference. Examples of Satwik food are:

- a) **All Fresh Fruits** – Melons, oranges, papaya, apple, pear, berries, grapes, etc.
- b) **All Vegetables** – Bottle gourd, ridge-gourd, bell peppers, carrots, spinach, coriander, all leafy greens, etc.
- c) **Whole Fats**: Coconut, soaked nuts & seeds.
- d) **Whole Grains**: Whole wheat (with choker), brown rice.

Effects of Satwik Food

Satwik food is healing food. It is easy to digest, so when we eat it, our body has to spend less time digesting and can spend more time healing. By switching to a Satwik diet and lifestyle, one can fully cure any chronic disease, without any medications.

3. Diabetes Milletus

Diabetes mellitus (DM) is a chronic multisystem disorder with biochemical consequences and serious complications that affect many organs. There are complex interactions between genetic, epigenetic, environmental and behavioural factors that contribute to the development of diabetes. Non-pharmacological and pharmacological interventions have been used for diabetic management. Over the past few years, research has started to focus on the use of novel adjuvant drugs as antioxidants and anti-inflammatory drugs for better management, as it was revealed that both oxidative stress and inflammation play a critical role in the disease pathogenesis. Metformin is a widely used oral antidiabetic agent for the management of type 2 diabetes. Its primary mode of action appears to be through improvement of insulin sensitivity and suppression of hepatic gluconeogenesis and glycogenolysis. Moreover, it affects glucose transport system, increases glucose utilization and delays its absorption from the intestine. It also shows beneficial effects on diabetes, as weight reduction and improvements in lipid profile, inflammation and endothelial function. L-cysteine is a semi-essential sulphur containing amino acid. One important function of L-cysteine is that it is a precursor of glutathione, which is pivotal for the detoxification of cellular oxidative stress. Dietary intake of cysteine-rich proteins lowers the oxidative stress and insulin resistance. It improves glycaemic control, shows an anti-inflammatory effect and implies a protective effect on pancreatic β -cells.

4. Review of Literature

Dr.Chandrashekhar Tiwari, ISSN NO: 2279-543X: International Journal of Scientific Research and Review, Diabetes became the country's fastest growing disease burden over 16 years to 2016. With an estimated 72 million cases in 2017, a figure expected to almost double to 134 million by 2025. This presents a serious public health challenge to a country facing a future of high population growth and a government attempting to provide free health insurance to half a billion people. To half a billion people. to half a billion people.

According to the official WHO data, India tops the list of countries with the highest number of diabetics; China, America, Indonesia, Japan, Pakistan, Russia, Brazil, Italy and Bangladesh follow. In the year 2000, the total number of diabetics in India stood at 31.7 million and is expected to rise by more than 100% in the year 2030 to account to a whopping 79.4 million. Diabetes Mellitus is a condition wherein a person is either incapable of producing insulin or the body is not able to utilize the insulin present in the body. While many consider diabetes as an ailment with genetic predisposition, today it has become one of the leading lifestyle ailments. Diabetes is characterized by prolonged elevated blood sugar levels which further expose a person to risk of developing a range of health issues including cardiovascular diseases.

Mellisa.D.Alfert and Rachel W Wattick, Vegetarian diets are inversely associated with risk of developing diabetes independent of the positive association of meat consumption with diabetes development. Vegetarian diets range from vegan (no animal products), lacto-ovo-vegetarian (no animal meat, but consumes milk and eggs), pesco-vegetarian (consumes fish), and semi-vegetarian (occasional meat consumption). There has been an observed difference in the extent of preventative and therapeutic effects of these different types of diets. The most important aspect of any of these types of diets is emphasizing whole grains, fruits and vegetables, legumes, and nuts and reducing saturated and trans fats.

Deepchand Dhankar, Dr.Ravi Kumariya, Yogesh Pralhad Chopde, Self-healing refers to the method of recovery (generally from mental disturbances, trauma, etc.), motivated by and directed by the affected person, guided often just by instinct. Such a procedure encounters mixed fortunes used done in a systematic manner. The important requirement is the self-motivation or mental strength to carry out the healing process. The importance of self-healing lies in its power to be customized to the unique experience and demands of the person. The procedure could be helpful and accelerated with introspection methods like Meditation. Psychological interventions may also be used to promote good brain health to be able to stop psychological disorders. , memory development, improving concentration, mental health emotional health self-empowerment anxiety, hypertension, blood control, blood sugar control, stress management improving mind-body-soul balancing chakras.

5. Objectives of the Study

- To study the effectiveness of the practice of PsychoNeurobics spa in reducing the blood sugar level of people suffering from type 2 diabetes.
- To study the effectiveness of Satwik Diet in reducing the blood sugar level of people suffering from type 2 diabetes.

6. Hypotheses

1. **Null Hypothesis:** There is no correlation between PsychoNeurobics spa and reversal of type 2 diabetes.
2. **Alternative Hypothesis:** There is a significant relation between PsychoNeurobics spa and reversal of type 2 diabetes.
3. **Null Hypothesis:** There is no correlation between Satwik diet and reversal of type 2 diabetes.
4. **Alternative Hypothesis:** There is a significant relation between Satwik diet and reversal of type 2 diabetes.

7. Methodology

Step 1 – The proposal was submitted to Ethical committee approval. It was approved by Yoga Samskrutham University & Sigfa Solutions.

Step 2 – Due to COVID situation complete lockdown was declared, especially Mumbai was following strict rules. Therefore, it was decided to conduct the workshop via online. The process of orientation was started via zoom meetings.

Step 3 – Selection of 40 willing participants (male & female) to attend the online program

Step 4 – Duration was 3 months

Step 4 – Technique of PsychoNeurobics spa was to be introduced.

Step 5 – PsychoNeurobics Spa was monitored both times in the morning as well as evening

Step 6 – Customized Satwik diet chart was given to the participants

Step 7 – Diet was monitored

Step 8 - Daily diabetes tracker was given to them for quantification

Step 6 – Medical and behavioural parameters were recorded

Step 7 – Results were tabulated and analysed.

Step 8 – Guided Neurobic Spa was conducted in the following format:

- a. **Empowering Neurobic:** Visualization of Red colour with Prithvi Mudra, repeating in mind, “I am a powerful soul with full of empowering energy. I am merged with God, the Almighty and Supreme Energy.”
- b. **Purifying Neurobic:** Visualization of Orange colour with Apan Mudra, repeating in mind, “I am a pure soul with full of pure spiritual energy. I am merged with God, in the ocean of pure energy.”
- c. **Joyful Neurobic:** Visualization of Yellow colour with Agni Mudra, repeating in mind, “I am a joyful soul with full of joy and happiness. I am merged with God, in the ocean of joy and happiness.”
- d. **Loveful Neurobic:** Visualization of Green colour with Apan Vayu Mudra, repeating in mind, “I am a lovely soul with full of lovely energy. I am merged with God, the ocean of love.”
- e. **Peaceful Neurobic:** Visualization of Sky Blue colour with Vayu Mudra, repeating in mind, “I am a lovely soul with full of peaceful energy. I am merged with God, the ocean of peace.”
- f. **Enlightening Neurobic:** Visualization of Navy Blue colour with Prana Mudra, repeating in mind, “I am a knowledgeable soul with full of wisdom. My mind is enlightened with true knowledge and wisdom because I am merged with God, the Ocean of knowledge”.
- g. **Blissful Neurobic:** Visualization of Violet colour with Gyan Mudra, repeating in mind, “I am a blissful soul with full of blissful energy. I am merged with God, the Ocean of Bliss”.

8. Database and Instruments for Data Collection

The study was performed on 40 adults in the age group of 55-70 years. The blood glucose test was conducted before the beginning of PsychoNeurobics practice. The intervention was for 3 months. Participants attended PsychoNeurobics spa every morning and evening for 25 minutes. Each of the neurobic was performed for 3 minutes. Satwik diet chart was given. This intervention was started on 20th May, 3 months duration. The respondents practiced PsychoNeurobics spa both morning and evening for 25 minutes. Along with the practice they were also introduced to pure vegetarian low carbohydrate, Satwik diet. Participants stucked to this 3 Dimensional healthy life style for non – stop 3 months. Based on these parameters the respondents were evaluated after 3 months. Result was found out on the basis of Questionnaires, blood test reports, feedback forms, charts, personal interaction with them

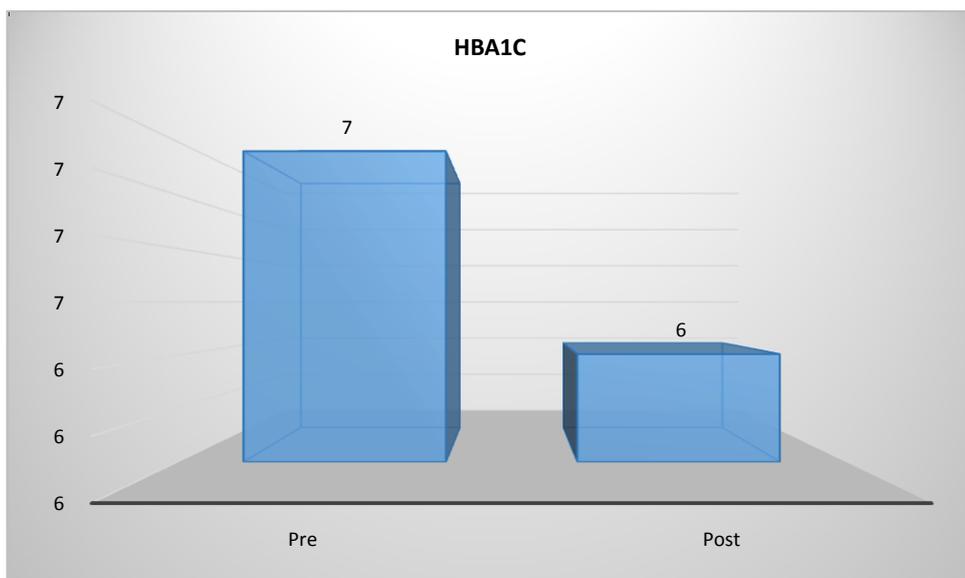
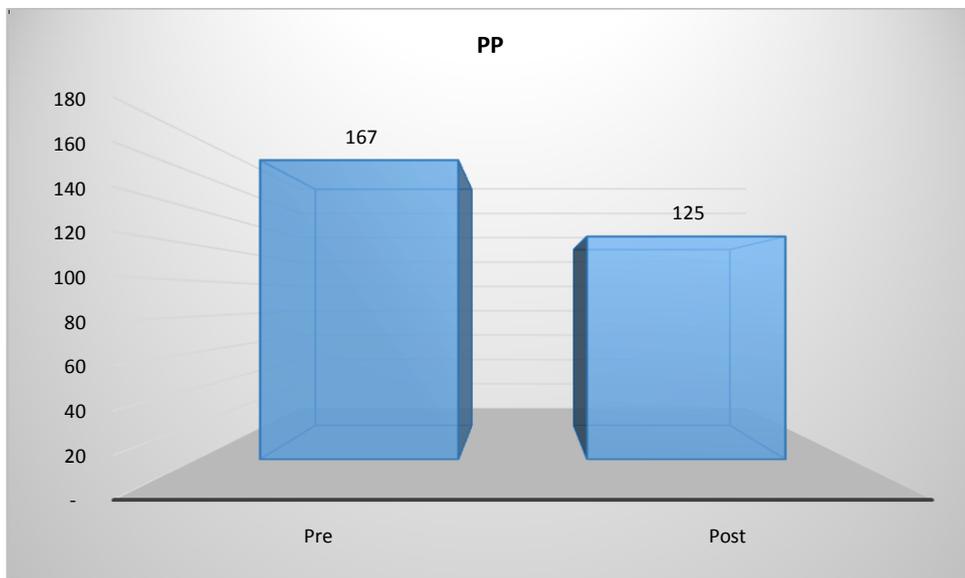
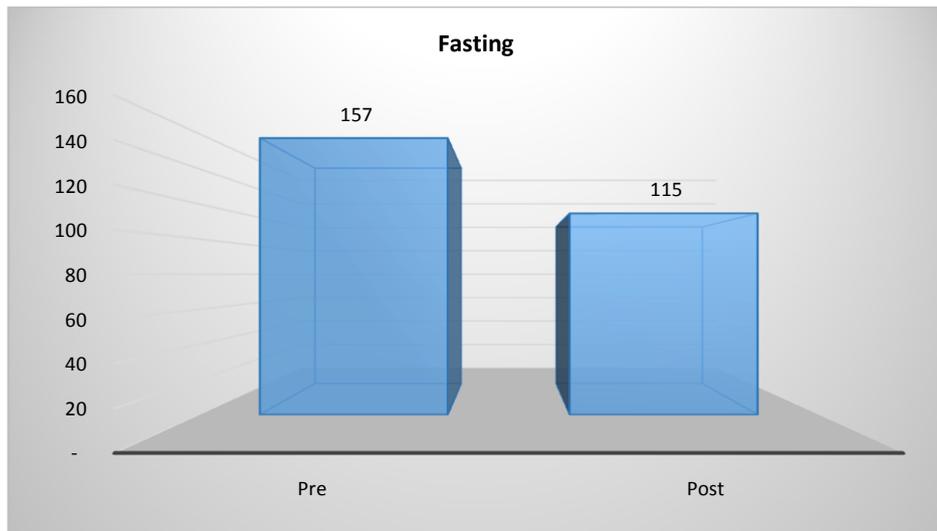
9. Observations& Results

DISTRIBUTION OF DATA BASED ON BLOOD REPORTS

Three parameters were taken into consideration, that is, fasting, post prandial and HBA1C count. Based on these parameters the respondents were evaluated after 3 months. Result was found out on the basis of Questionnaires, blood test reports, feedback forms, charts, personal interaction with them.

FIGURE 1: DISTRIBUTION OF DATA BASED ON BLOOD REPORTS

Tests	Average Report		
	Pre Program	Post Program	Decrease
PP	167	125	43
Fasting	157	115	43
HBA1C	7	6	1



Above figures represent the data collected based on the participant's blood reports before and after 3 months of practicing PsychoNeurobics and having Satwik diet.

1. Fasting blood sugar reading
2. Post Prandial
3. HBA1C

10. Test of Significance

Chi Square Test was done to test the significance of hypothesis. Test of significance is a formal procedure for comparing observed data with a claim (also called as hypothesis), the truth which is being assessed.

CHI SQUARE TEST RESULT SHOWING CORELATION BETWEEN

1. Psychoneurobics And Reduction In Blood Glucose Level
2. Satwik Diet And Reduction In Blood Glucose Level

Based on the sincerity of the participants, they were divided into 2 categories, that is, A & B category. It was observed that 23 participants were very sincere. They were given scores on a rating scale of 0-10. Following is the table showing results based on the scores of the participants.

3. Criteria	A- Best results achieved by subjects who performed PsychoNeurobics sincerely	B – Results could not be achieved by subjects who did not perform PsychoNeurobics sincerely	
Attendance PNE (0-10)	10	4	
Regularity in consumption of Satwik Food (0-10)	9	2	
Total	19	6	27 (Total)

CORRELATION BETWEEN PSYCHONEUROBICS & REDUCTION IN DIABETES

For Category A, the correlation is 5.61 & for B category the correlation is 1.14. This means that those who performed PNP with full sincerity (A Category) have seen best results i.e. their Diabetes count reduced significantly. But those who barely completed PsychoNeurobics did not see any results (Category B)

CORRELATION BETWEEN SATWIK DIET & REDUCTION IN DIABETES

For Category A the correlation is 4.04 & for b category the correlation is 0.0072. This means that those who followed Satwik diet with full sincerity (A Category) have seen best results i.e. their Diabetes count reduced significantly. But those who were not serious about their diet did not see any results (Category B).

11. RESULT

This clearly indicates that the null hypotheses is rejected and the alternate hypotheses is accepted.

12. Conclusion

The study findings suggest that it is possible to manage and reverse Type 2 Diabetes by the practice of PsychoNeurobics exercise. Neurobic spa and pure vegetarian Satwik diet when combined together appears to be safe and leads to an improved outcome. This mechanism decreases the complications like neuropathy, nephropathy & retinopathy. One of the enrolled participant had the risk of retinopathy as his blood glucose level exceeded 350. He had to get his cataract surgery done, but doctor suggested not to go for surgery as it would lead to many more complications and the chances of losing eye sight was more. It was observed that within 1 month's sincere efforts the participant's blood sugar level came to normal and the cataract surgery was successful. It is possible to manage stress through PsychoNeurobics and Satwik diet can turn the sadness inside and into happiness

forever. In 1970s there were only 3 medicines for diabetes. But now there are 100s of medicines which still is not able to manage the condition. Hence this complimentary therapy would help people to manage and reverse diabetes as well.

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