



सत्यमेव जयते
Ministry of Ayush
Government of India



Central Ayurveda Research Institute

Govt. of India, Ministry of AYUSH,
Central Council for Research in Ayurvedic Sciences

Centre of Excellence in Madhumeha

Easy Yoga Capsule in Diabetes



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Easy Yoga Capsule in Diabetes

Yoga is beneficial in prevention and management of Diabetes. An easy to practice Yoga Capsule has been scientifically validated by CARI, Bengaluru under the centre of excellence scheme awarded by the Ministry of Ayush.



Preparation – 1 min



Neck Movements – 5 min



Tadasana 10–30s



Trikonasana 10–30s

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Ardhachakrasana 10-30s



Padmahastasana 10-30s



Paschimotanasana 10-30



Vakrasana 10-30s



Mandukasana-1 (10-30s)



Uttana Mandukasana (10-30s)

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Bhujangasana 10–30s



Makarasana 10–30s



**Nadishodana Pranayama
5 rounds – 1 minute**



**Bhramari Pranayama
5 rounds – 1 minute**



Dhyana – 2 minutes

Disclaimer : This information is for general awareness and not be considered as treatment.