

## What is Hormone Yoga Therapy

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### Introduction

Hormone Yoga Therapy is a complementary natural therapy to reactivate glands and help in the treatment of women with low or unbalanced hormones. To start I created hormone Yoga therapy Hormonal-Yoga-Therapy for women in perimenopause, where I had very good results (254% increase in estrogen level in 4 months and the corresponding decrease of the symptoms).

Then, knowing the increasing number of diabetes cases all around the world, I decided to create Hormone Yoga Therapy for Diabetes.

I accepted in my groups type 1 and 2 and amazingly I could reactivate also the pancreas of Type 1.

The amount of insulin necessary is controlled individually by the diabetic himself and after practicing hormone yoga exercises the intake of insulin necessary decreased gradually and eliminated peaks of glucose in the blood.

Later, observing the results the women got with Hormone Yogatherapy, many men asked me to create exercises for them also. So I created Hormone Yoga Anti-Stress and for Andropause. Hormone Yoga Therapy is based on physiology – I studied physiology to find out all glands I had to activate. Then, using my 30 years knowledge of yoga therapy, I choose yoga asanas and pranayamas to reactivate them. But it was necessary to do these exercises dynamically to get the results I needed. This was the way I worked to create Hormone Yoga therapy. It works in four different areas: physiologic area (activating the glands and the metabolism in general), physical body, energetic body and psychological especially in the anti-stress part.

Hormone Yoga already presented very good results increasing the estradiol and progesterone level in perimenopausal women, eliminating stress, increasing hormone level in menopause (research.)

a) For Diabetes it will work this way:

Reactivating insulin production by the pancreas.

Activating and balancing the glands in general.

Balancing the immune system.

Balancing the neuro-vegetative system.

Stimulating circulation.

b) Decreased glycemy and at the same time having a better circulation turns healing quicker.

Helping to loose weight when necessary.

Increasing flexibility, strength and work capacity.

Increasing vitality and well being.

Balancing the emotional and avoiding stress.

c) I give special attention to because for its function:

It is through the circulation our body receives hormones and T cells of immunity.

With a good circulation our brain and senses work better and diabetics wounds can heal faster. (Case reports in my book Hormone Yoga Therapy for Diabetes). Some yoga therapy inverted exercises permits the hearth to rest a little, our senses are activated and activating the circulation of the legs, we can prevent varicose veins. I consider improving circulation one of the most important areas to improve. Many ask me “How does all that work? Which are the techniques you use?”

In Hormone Yoga the techniques I use are:

a) Dynamic Asanas

b) Special Pranayamas to Stimulate Different Glands And Circulation.

c) Tibethan Energy Techniques.

d) Bandhas, Mudras, Mantras and Kryias

e) Therapeutic Yoga-Nidra.

We've been using these techniques in Hormone Yoga Therapy for Menopause with very good results (research). In Hormone Yoga Therapy for Diabetes the techniques are the same, but the exercises are a little different, as they are meant to activate different glands – hypophysis, thyroid, pancreas, liver, kidneys and adrenals. I'll give you a quick explanation about these techniques:

Asanas – Are static or dynamic body positions we do with our body.

In Diabetes yoga-therapy, the asanas are always done with a very strong pranayama (specific yoga breathing to activate the glands).

Pranayamas – The word Pranayama means control of breathing, but in yoga, breathing has special functions, mainly to absorb, move and distribute the life energy, that energy is the fuel that maintains us alive, doing movements, thinking, talking, healing our body, etc. Changing the pranayama rhythm, length, amplitude and other characteristics we get different results.

In Hormone Yoga Therapy, pranayama is used to massage different organs and glands, in order to activate them and also to absorb energy.

Tibetan energy technique – To reinforce the result of this massage, I adopted a Tibetan technique of energy to increase the vital energy and send it to the organs activated in the exercises.

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Bandhas and mudras – are yoga techniques to control the energy flow and give it the direction we want.

Mantras – are used in my technique to stimulate the chakras and consequently activate the corresponding glands.

Kryias – are exercises to purify our organism.

Therapeutic yoga nidra – Is a relaxation with visualization, which has a psycho-somatic therapeutic effect, increasing strongly the circulation (very necessary to heal wounds in diabetics and as a preventive for varicose veins).

Using all these techniques, we get very good results reactivating the pancreas and decreasing glycemic level for diabetics, as we got for women increasing hormone level and eliminating the symptoms.

Results we get practicing the hormone exercises for diabetes:

- Reactivation of the pancreas, thyroid, hypophysis and other organs to produce the insulin necessary and decrease sugar level in the blood.
- With psychologic orientation and specific anti- stress exercises we help eliminate stress to keep the good results we got with the hormone exercises.
- Prevention, or at least decrease the intensity of some consequences of diabetes, as bad circulation, slow healing, problems in kidneys function, decreased strength, low vitality, libido, impotence, etc.

Diabetes mellitus is one of the oldest diseases known to humankind. It was mentioned in Egyptian papyrus scrolls (1.500 BC). The symptoms are too much thirst and need to pass urine frequently, tiredness, irritability and loss of weight.

Scientifically, Diabetes Mellitus is described as hyperglycaemia – a metabolic disorder of the carbohydrates which cause excessive thirst and necessity to pass urine frequently. Because of low insulin, the sugar is not oxidised to produce energy.

This lack of insulin can be total or just partial.

But what is insulin? It's a hormone produced by the BETA CELLS.

In the Langerhans islets of the pancreas. They have the function of releasing insulin.

If there is not enough insulin to use sugar as energy, it goes to the blood stream (hyperglycaemia) and later it appears in the urine.

In a healthy metabolism, insulin interacts with other elements to store the nutrients as glycogen or fat, which will make the molecular synthesis to restore the molecules related to the cellular structure of many body tissues and to supply energy to the brain, red blood cells, etc. In case of decreased glycogen, the metabolism will use fats as an alternative source of energy, unbalancing the metabolism and causing weight loss.

Now let me talk briefly about the main glands related to diabetes and their function:

Hypophysis – Releases hormones related to the production of insulin.

Growth hormone – they stimulate the islets of Langerhans.

Thyreotrophin – activates the thyroid.

Corticotrophin (ACTH) – It is produced and stored in the hypophysis to liberate great quantity in moments of stress.

Thyroid – A very important hormone produced by the thyroid is thyroxin. Its function is to stimulate many other endocrine glands as the pancreas to produce insulin. The thyroid has many functions and it also acts on the adrenal cortex and gonads (ovaries and testicles).

Pancreas – In the pancreas there are two most important kinds of cells:

Beta cells, to stimulate insulin production. They react to the presence of glucose in the blood stream.

Alpha cells, also found in the islets of Langerhans, produce glucagon, which has an opposed function to insulin – balancing the glycemic level if there is a hypoglycaemic crisis.

Liver – It stores glucose and helps regulating the glycaemy, maintaining it in normal levels between the meals.

One of the causes for Diabetes is the autoimmune disease. The thymus is an organ located behind the sternum, in front of the heart. During infancy the thymus controls the development of lymphoid tissue and immune response to bacteria, virus and foreign proteins. The lymphoid cells enter the blood circulation and later they go to the lymphatic system, spleen, marrow and other tissues which produce antibodies.

The thymus has also the function of preventing the production of antibodies against the tissues of the own body.

In autoimmune diabetes, this mechanism goes wrong and even if the pancreas is producing insulin as usual, the antibodies destroy it before it can be used by the organism; otherwise, the antibodies can attack the islets of Langerhans, in some cases destroying them completely.

In these two cases the wrong autoimmune response causes diabetes.

There are several types of diabetes:

a) TYPE I also called IDDM – is insulin-dependent, also known as juvenile onset diabetes. This type is less common than type II. In this type, the pancreas is not producing insulin (or producing very little, not enough). The cause is unknown, but usually supposed to be genetic.

b) TYPE II also known as NIDDM – it is non insulin - dependent, sometimes described as maturity onset diabetes. In this type of diabetes, the pancreas releases some insulin, but not enough for the necessities of the organism; or, for some reason, the body puts resistance to it and the insulin cannot be used by the organism.

Frequently it is associated to obesity, high cholesterol and triglycerides, hypertension, etc.

50% of diabetics is NIDDM and usually caused by obesity, wrong diet and lack of exercises.

In the beginning it can be controlled with diet and exercises.

30% is treated with diet and hypoglycaemic drugs; 20% is treated with diet, insulin and exercises.

These are the better known types of diabetes.

c) Diabetes insipidus - this is another malfunction of the sugar metabolism: there is always thirst and great quantity of urine. This happens because of deficiency of vasopressin, produced by the pituitary. Vasopressin controls the reabsorption of water by the kidneys.

This type of diabetes is not very harmful and is treated prescribing this hormone (vasopressin).

d) Gestational diabetes – Happens in 4% of pregnant women. It happens because of the increase of pregnancy hormones, leading to increased glycose level. Gestational diabetes usually disappears 2 or 3 months after birth.

e) Autoimmune diabetes – As we said before, autoimmune diabetes is caused by a malfunction of the immunity system, which attacks the pancreas or the insulin already produced by it.

There is not just one cause for diabetes, but it is generally accepted that both main types (I and II) are deeply rooted in genetic predisposition.

Lately some researches discovered 9 genes related to diabetes, but nothing has been definitely proved. There were two mutations in genes that could explain the larger incidence of diabetes in some areas (genetic pool).

But, genetic predisposition means just a possibility and not that diabetes will certainly develop. A trigger is needed to spark that predisposition

➤ Type I – For IDDM the triggers are as follows.

Infection by virus.

Environment toxins.

Stress - H.Y. Therapy can help.

Emotional shock - H.Y. Therapy helps balancing the emotional reaction.

Researches discovered that in some areas there is a great number of diabetes I.

Why does it happen?

Could be wrong diet, or life style (lack of exercises).

There are other clues: certain areas (as in Finland or Samoa) type I is very common. Why? One explanation is that certain areas form a genetic pool, with ethnic characteristics (genes) leading to the development of diabetes. (based on researches made in England and United States)

➤ Type II - for NIDDM the triggers are different:

Obesity and lack of exercises. Being fat (metabolic syndrome) encourages insulin resistance.

Also in this case too H.Y. Therapy can help.

Old age.

Wrong diet causing frequent peaks of sugar level in the blood, causing an unbalancing in the pancreas.

Low weight at birth.

Stress - H.Y. Therapy will help.

There are also people with Impaired Glucose Tolerance - IGT. But this is not really a trigger; it is a symptom to make you alert. HYT can help reactivating and balancing the pancreas.

So there are many external triggers for developing diabetes, but many of them can be avoided.

I am sure hormone-yoga-therapy can help diabetics, but medical assistance is very important because the diabetic needs:

Follow up of the diabetic health conditions in general

Evaluation of the glycemic level.

And prescribe medication and diet.

Hormone Yoga Therapy will also help preventing the consequences of diabetes:

Hardening of arteries - which has many consequences as diabetic.

Etinopathy (sight problems) and it may bring heart disease because low insulin usually is followed by the increase of all lipidic components of the blood, such as triglycerids, cholesterol, etc. HYT

Weakness - HYT can help increasing vitality and strength.

Neuropathy, Hypertension (which is a alert signal) HYT balances it,

Epidermis and mucosa, kidneys,

Hypertention, obesity, diabetic coma,

Impotence,

Diabetic eye.

Vascular problems - neuropathy and diabetic foot. Macro and microvascular damage is common in diabetics, especially in the sensorial fibres of the feet, causing insensibility, which leads to ulceration and difficult healing, because of bad circulation.

Patients with diabetic foot need orientation and medical care. HYT may help increasing foot circulation and decreasing the glycemy level at the same time.

Ideal treatment – The ideal kind of treatment is a “solidary treatment” by a medical staff of specialists of different areas (diabetologist, nephrologist, specialised nurse, nutrition, etc.) These professionals, should be in constant communication about any changes that may happen.

## Results

Yoga – Therapy is based on the knowledge of yoga to treat health problems – it will work in four aspects: physic, physiologic, psychological and energetic areas.

A characteristic of Yoga Therapy is that the results come very quickly:

In some hours the glycemy decreases and in four months of practice, the daily variation of the glycemy come to a lower level, as you can see in Case Reports in my book.

As we said in before, Hormone Yoga Therapy for Diabetes will help diabetics this way:

Reactivating insulin production by the pancreas.

Activating and balancing the glandular function.

Balancing the immunological system.

Balancing the neuro-vegetative system.

Increasing circulation.

Helping to loose weight when necessary.

Increasing flexibility, strength and work capacity.

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Increasing vitality and well being.  
Balancing the emotional, creating conditions to manage stress and emotional shock.  
Teaching yoga techniques for hypertension.  
Stimulating the kidneys.  
And working preventively on eye problems  
Decreasing the Glycemic level and at the same time getting a better circulation, healing of diabetic wounds is quicker (Case Reports) in Hormone Yoga therapy for diabetes.  
Observing the results my diabetic students get, our conclusion is that Hormone Yoga Therapy is a complementary therapy that certainly will help diabetics decrease the glycemic level and prevent the consequences in several areas.

Now let's talk some words about Hormone Yoga Therapy for men:  
14 years ago I created Hormone yoga Anti-Stress and Andropause.  
The results were very positive:  
Increasing Testosterone level,  
Eliminating most symptoms of low testosterone:  
DE difficult erection,  
Premature ejaculation,  
Infertility (improving the quality of sperm),  
Increasing libido,  
Increasing vitality and self confidence.  
Increasing beard and body hairs signs of good level of testosterone,