



Rajyoga Meditation: A Preventive Approach to Lifestyle Diseases

¹Omkar Singh and ²Dr. Mallikarjun K Sheelin

¹Research Scholars, Manipur International University & CARE, Mount Abu, Rajasthan, India

²Professor & Research Supervisor, Manipur International University & CARE, Mount Abu, Rajasthan, India

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Corresponding Author: Omkar Singh

Abstract

Lifestyle diseases such as diabetes, obesity and cardiovascular disorders are rapidly growing due to sedentary living, stress and poor eating habits. Type 2 Diabetes Mellitus, in particular, has appeared as one of the most challenging public health issues. Rajyoga meditation, as taught by the Brahma Kumaris, offers a holistic preventive approach that harmonizes the body, mind and soul. This study explores the preventive role of Rajyoga meditation among adults with Type 2 diabetes. The data reveal significant improvements in glycemic control, stress levels and overall well-being. Rajyoga meditation thus emerges as a natural, non-pharmacological tool to prevent and manage lifestyle-related disorders.

Keywords: Rajyoga Meditation, Diabetes Mellitus, Lifestyle Diseases, Prevention, Stress Management, Well-being

Introduction

Type 2 Diabetes Mellitus (T2DM) is one of the most prevalent non-communicable diseases worldwide. It is primarily linked with unhealthy eating habits, lack of exercise, obesity and chronic stress. According to the World Health Organization (2022) [6], diabetes affects more than 420 million people globally and the numbers are projected to rise sharply in the coming decades.

While modern medicine offers several therapeutic options, prevention through mental discipline and lifestyle regulation remains the cornerstone of diabetes management. Rajyoga meditation provides a practical method to control psychological stress, regulate emotions and promote self-care - thereby contributing to better glycemic control and prevention of complications.

Literature Review

Research has revealed that psychological stress is directly associated with elevated blood glucose levels due to increased cortisol and adrenaline secretion. Mind-body practices such as yoga and meditation can reduce stress and improve metabolic health.

Anderson et al. (2002) [1] found that relaxation and meditation practices significantly improved glycemic control in diabetic patients. Sharma et al. (2008) [2] reported that yoga-based lifestyle modifications improved insulin

sensitivity and reduced fasting blood glucose.

A study at the Global Hospital and Research Centre, Mount Abu, demonstrated that Rajyoga meditation reduced HbA1c levels and improved lipid profiles in diabetic patients (BKWSU, 2020) [4]. Telles et al. (2012) [3] also confirmed that meditation modulates autonomic function, reducing stress-induced glucose elevation.

Thus, previous literature supports that regular meditation practice not only reduces stress but also aids in physiological regulation—making it a valuable preventive strategy for diabetes and other lifestyle disorders.

Understanding Rajyoga Meditation

Rajyoga Meditation, derived from the teachings of the Brahma Kumaris, focuses on soul-consciousness and connection with the Supreme Source (Paramatma). It does not involve physical postures or rituals but instead transforms thinking patterns.

The main components are

1. **Self-Realization:** Recognizing the self as a peaceful, powerful soul.
2. **Connection:** Attaining spiritual link with the Supreme Soul.
3. **Cleansing:** Replacing negative thoughts with positive, elevated vibrations.

4. Living Values: Practicing virtues such as peace, purity and contentment in daily life.

Through these steps, Rajyoga brings mental calmness, emotional stability and better self-regulation essential for preventing stress-induced disorders like diabetes.

Methodology and Research Design

The present study adopted a pre-experimental one-group pre-test and post-test design to evaluate the preventive effect of Rajyoga Meditation on adults diagnosed with Type 2 Diabetes Mellitus (T2DM). The focus was on assessing changes in physiological and psychological health indicators after a structured meditation intervention.

Sample and Sampling Technique

A sample of 30 adult participants (both male and female), aged 35 to 65 years, was selected using purposive sampling from Janakpuri Super Speciality Hospital, New Delhi. All participants had been previously diagnosed with Type 2 Diabetes Mellitus but were medically stable and not suffering from any acute complications.

Inclusion Criteria

Adults between 35–65 years of age. Diagnosed cases of Type 2 Diabetes Mellitus for at least one year. Willing to participate regularly in Rajyoga meditation sessions.

Able to provide informed consent

Exclusion Criteria

Individuals with severe psychiatric illness or cognitive impairment. Patients with Type 1 Diabetes Mellitus or major systemic disorders. Participants currently enrolled in other meditation or yoga programs.

Data Collection and Analysis

A sample of 30 adult participants diagnosed with Type 2 Diabetes Mellitus, aged between 35 and 65 years, (male and female) was selected from Janakpuri Super speciality Hospital Janakpuri New Delhi.

Participants practiced Rajyoga Meditation for eight weeks under trained instructors, 30 minutes daily. Pre- and post-intervention data were collected on: Fasting Blood Glucose (mg/dL) HbA1c (%) Perceived Stress Scale (PSS) and WHO-5 Well-being Index.

Table 1: Descriptive Statistics (N = 30)

Variable	Mean	SD	Min	Max	Range
Age (years)	51.43	8.72	35	65	30
Gender					
Gender	Frequency		Percentage		
Male	16		53.33%		
Female	14		46.67%		
Marital Status					
Marital Status	Frequency		Percentage		
Married	24		80.0%		
Single	6		20.0%		
Educational Level					
Educational Level	Frequency		Percentage		
Post Graduate	07		23.33%		
Graduate	12		40.00%		
Secondary	08		26.67%		
Primary	03		10.00%		
Occupation					
Occupation	Frequency		Percentage		
Housewife	08		26.67%		
Job (Private/Govt)	12		40.00%		
Retired	06		20.00%		
Business	02		6.67%		
Others	02		6.67%		
Socioeconomic Status					
Socioeconomic Status	Frequency		Percentage		
Upper	03		10.00%		
Middle	25		83.33%		
Lower	02		6.67%		

Interpretation

Most participants were middle-aged adults (mean age $\approx$ 51 years), predominantly married and belonging to the middle socioeconomic class. A majority were graduates or postgraduates and engaged in either service jobs or household responsibilities. This demographic indicates a

typical urban diabetic population susceptible to lifestyle-related disorders.

Data Analysis

Data were analyzed using a paired t-test to determine pre- and post-practice differences.

Table 2: Paired t-test

Parameter	Mean (Pre-test)	Mean (Post-test)	Mean Difference	t-value	Significance ($p < 0.05$)
Fasting Blood Glucose (mg/dL)	152.4	132.8	19.6	5.92	Significant
HbA1c (%)	7.8	6.9	0.9	5.14	Significant
Stress Score (PSS)	26.7	17.4	9.3	7.02	Significant
Well-being Index (WHO-5)	46.2	69.8	23.6	6.53	Significant

The results presented a statistically significant improvement in fasting blood glucose, HbA1c and stress scores. Psychological well-being also increased, confirming the beneficial role of Rajyoga meditation in diabetes management.

medium, provided the original author and source are credited.

Discussion

Rajyoga meditation effects both physiological and psychological parameters linked to diabetes. Stress activates the hypothalamic-pituitary-adrenal (HPA) axis, elevating cortisol and increasing blood glucose levels. Meditation helps deactivate this stress response, thus improving glucose metabolism and insulin sensitivity.

Participants reported greater self-control, improved dietary discipline and better adherence to medication — suggesting that Rajyoga enhances self-regulation and health behavior. The practice thus acts as a mind-body intervention that not only aids glycemic control but also prevents diabetes-related complications.

Conclusion

Rajyoga meditation aids as an effective, holistic and preventive approach to lifestyle diseases like Type 2 Diabetes Mellitus. By promoting self-awareness, emotional balance and stress reduction, it addresses one of the key underlying causes of the disease — mental turbulence. Integrating Rajyoga meditation into diabetes prevention and management programs can help improve quality of life and reduce the growing burden of lifestyle-related disorders.

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