

## **Marvelous Wonders of “8 Shaped Walking” An Ancient Yogic Regimen for Type II Diabetes Mellitus**

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### **Abstract**

*When you imagine infinite space, you consider doing something bigger than big, of an infinite cosmos full of possibilities, and of the reality that infinity may produce strangely sweet and sour outcomes. “Infinity walking” is an efficient and comprehensive strategy for fostering unified recovery and self development. The purpose of this study was to see how shape 8 walking affected the ability to live a long life with Diabetes Mellitus, which is a lifelong disease with high medical costs and myths. Simple walking exercise as a remedy for boosting general abilities and changing their attitudes toward lifespan outgrowth. The present study emphasizes the fact that patients could live longer with lifelong diabetes by the help of simple exercise and lack of awareness. Infinity walking thus promotes a riskless remedy and alternative medicine of Diabetes. Daily walking in 8 will make you feel better and become more creative and joyful.*

**Key words:** *Inanity walking, Diabetes Mellitus, changing attitudes, simple exercise.*

### **Introduction**

Siddha walk is a strategy of walking in a sequence of 8 or infinite, in a defined way and at a fixed frequency, while maintaining the clear mindset. Many people are reviving this practice of spiritual and philosophical ideals in order to transmit the message of happiness, wellness, and serenity to all. Among the walking exercise, “8 shaped walk” is the supreme of all. It can be practiced for 10-15 min daily with miraculous benefits to provide relief to patients suffering from chronic ailments. Infinity walk is a permanent License for good health.

Siddha walking has the ability to improve not only your overall fitness but also your moral and psychological development. It is a dynamic system based on empirical principles that has the ability to radically alter the human body and mind. The shape of 8 or eternity plays a

significant and profound function in Siddha walking. Apart from displaying how one act or selection you make today naturally leads to the next list of options or tasks you end up performing, it depicts connectivity and how we transcend from one activity to another.

### **Historical Preview Of Infinity Walk**

The Siddha walk is based on Agastya Nadi's Holy Scripture. Maharishi Agastya, according to him, was one of the learned sages who adopted this technique, researched its benefits, and left the practice's inheritance for humanity. The Siddha walk, also known as The Eight Walk or The Infinity Walk, was created, conceptualized, and largely accepted during that time. Bhagwan Vyas, Bhagwan Vashisht, Bhagwan Vishwamitra, Valmiki, Bhagwan Parshuram, Bhagwan Markandeya, and Maharishi Agastya are among the ancient Himalayan academics who have accepted it. They all finished widely disseminating its practices, all with the same goal of improving humanity's well being and social advancement.

### **Functional Health Benefits of “8 Shaped Walk”**

Walking, in general, produces the best outcomes for your health and provides an energizing start to the day. However, the '8' shaped walking pattern is more stronger and produces better results than the typical one.

- Your entire body is activated.
- The waist, as well as the hips and abdomen, are all actively twisted. Walking in this way for 30 to 40 minutes yields positive physical consequences.
- It keeps you from getting headaches and keeps you from gaining weight. It is also recommended for PCOS (Polycystic Ovarian Syndrome) sufferers, as it helps to lower belly fat and cholesterol.
- This walking style lowers blood sugar levels and alleviates eye troubles. It helps the person's eye mobility and cures short-sightedness. Migraine, vision issues, blood pressure, diabetes, Thyroid, Knee aches, and Rheumatic Arthritis are all treated with it.
- With 8 Shaped walking the stuffy nose is gone, and you may breathe freely from both nostrils.
- Meanwhile, we can feel the cough in our lungs and nasal cavities dissipate. Your asthma is reversed when the phlegm is spit out or incorporated into the body.
- Phlegm in the lungs is discharged as five kilograms of oxygen is inhaled due to full respiration. The body is energized by consuming five kilogram's of oxygen.
- It helps you calm your mind and relieves stress after a long day at work.
- It comes as a respite to people who do not have the time to walk long distances.

### **Diabetes: A Metabolic Disorder**

Diabetes mellitus (DM), sometimes known as diabetes, is a set of physiologic illnesses characterized by elevated blood sugar levels for a longer length of time. Incontinence, increased thirst, and increased hunger are all signs of elevated blood sugar. Diabetes, if left untreated, can lead to a slew of concerns. When a person has diabetes mellitus his or her pancreas stops producing insulin, which prevents glycogen from being converted in tissues and instead remains in the blood. Diabetic ketoacidosis, nonketotic hyper smolar coma, and death are all possible acute repercussions. Heart disease, stroke, chronic renal failure, foot ulcers, and eye damage are all real long hazards. Diabetes is caused by either a lack of insulin production by the pancreas or a lack of insulin response by the body's cells.

Insulin injections are expected to handle Type I diabetes. Type II diabetes can be controlled even without the use of insulin. Low blood sugar can be triggered by insulin and some oral pills. In those with type II diabetes, weight loss surgery can be an excellent remedy. Prevention of Type II Diabetes also involves Normal body weight, engaging in physical exercise, and consuming a healthful diet. Higher levels of physical activity (more than 90 minutes per day) reduce the risk of diabetes by 28%.

### **Managing diabetes**

The goal of management is to keep blood sugar levels as close to normal as possible without triggering hypoglycaemia. A good diet, exercise, weight loss, and the use of proper medications are typically enough to achieve this.

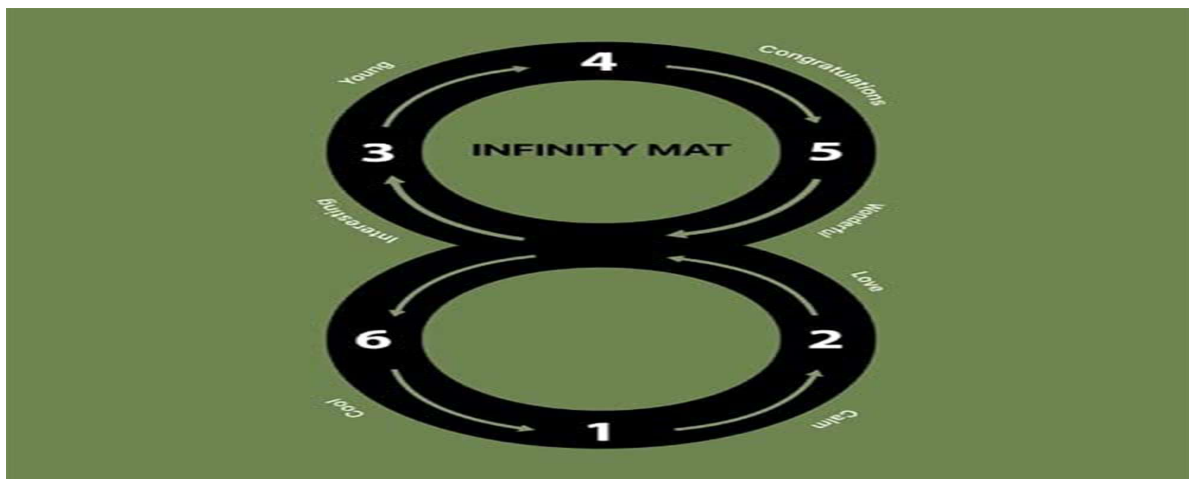
### **Walking: Step By Step Approach To Better Blood Sugar**

Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of Type II diabetes. Walking is recommended for Type II diabetes. People with Type II diabetes engage in moderate to intense aerobic exercise, such as running or bicycling. Most patients with Type II diabetes, on the other hand, are less prone to participate in such high-impact activity due to their reduced physical stamina and emotional disturbances during the workout.

Furthermore, while there is a strong amount of evidence that walking interventions can be very actually achieved in patients with Type II diabetes contradictory results have been shown in regard to their beneficial impact on health consequences, such as glycaemia control, weight loss, blood pressure and lipoprotein profiles, raising doubts about whether walking is the best remedy for diabetes. Among the walking exercises, the best is the “8 shape walking” method. It is the supreme power to rule out diabetes. Infinity walking for concentrated and long-term health advantages, it can be used with specialized Pranayama and respiratory rhythms. We must walk in both a circumferential and counter clockwise direction.



- On the floor, draw an Eight ("8") shaped design with a width of 6-8 feet and a length of 12-16 feet from north to south.
- Begin at the "1" position in the diagram and work your way through the "8" pattern.
- Begin at the beginning ("1") and work your way through the sequence of 2, 3, 4, 5, and 1 before returning to 1.
- When you return to the starting position ("1"), one complete round is usually counted. When walking, pay attention to your breathing and go with the flow - don't walk too quickly or haphazardly.



**Infinity walking mat**

### **8 Walking And Diabetes Control- A Reversal Journey**

People believe that diabetes is a fatal condition that is costly and persistent once it develops they will die in a short period of time. People with diabetes are frequently alluded to hospitals, clinics, or any other medical facility for ayurveda, sidda, naturopathy, unani, and allopathic treatment. People take care of their health with the help of drugs, capsules, injections, and other treatments until their wallets run dry. Patients lose confidence after losing their money, and their longevity shortens as a consequence. As a result, they pay scant attention to their health concerns, which is frequent among diabetics, rather than seeking other sources such as easy movement, walking, and other activities provided by caregivers, colleagues, and relatives. "8" shape walking is recommended for diabetes security and safety, as well as coping skills. This is regarded as a risk-free diabetic treatment and complementary therapy. The foregoing are some of the advantages of infinity walking. Infinity walk lowers blood glucose levels at its optimum. So an infinity walk is recommended for long term treatment of Diabetes. This Treatment is cheap and is highly affordable by people.

### ***Practice Infinity Walk-A Possible Remedy For Diabetes***

- On an empty stomach, do this in the morning or evening.
- The hours of 5 to 6 a.m. and 6 p.m. are ideal.
- Start walking clockwise from south to north for 15 minutes, then anticlockwise for 15 minutes. A daily routine of 30 minutes is sufficient, · It's best to walk barefoot (without shoes) and focus on the 8 shape while doing so. The body gets invigorated and awakens chakras and all internal organs for successful functionality when you walk in a South–North direction, i.e. towards and against the earth's magnetic field. All of your anatomical structures, including your legs, ankles, knees, abdomen, hips, hands, shoulders, neck, and head, move in a circular motion when you walk in an 8-shaped pattern.<sup>6</sup>
- There will be pressure exerted at various areas in your foot as a result of the contact with the ground, which activates all internal systems organs.

### **Conclusion**

It would be of great interest to assess the effects of infinity walk as well as different intensities and modalities on Diabetes. 8 shaped walking is more effective in improving blood glucose levels than normal walking style in patients with Type II Diabetes. So Practice ‘8 shape walk’ and live long with diabetes at no expense. So what you are waiting for starts today and stays healthy and pleasant.

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