WORLD DIABETES DAY

TACKLING DIABETES BY SPIRITUALLY REPROGRAMMING THE DNA THROUGH TIME-TESTED VEDAGAMIC TECHNIQUES



14 NOVEMBER 2021





This report was produced by the KAILASA's Department of Health, in collaboration with ShriKailasa Uniting Nations for Affordable and Wholistic Healthcare, ShriKailasa Uniting Nations for Yoga, ShriKailasa Uniting Nations for Mental Health and Development, ShriKailasa Uniting Nations for the Advancement of Palliative Care, KAILASA's Internationa Humanitarian Agency White Om.

This report was prepared on 14 November 2021. Refer to www.kailaasa.org for further updates

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EXECUTIVE SUMMARY

Diabetes is a silent epidemic claiming millions of lives each year. Evidence-based research shows diabetes claims three times more lives than the novel Covid-19 pandemic According to the United Nations, the number of reported diabetes cases has almost quadrupled 1980-2014 with a significant rise of 314 million diabetic patients across the globe. Diabetes accounts for over 48% of all deaths before the age of 70. Approximately 1.5 million deaths directly caused by diabetes were reported in 2019, making diabetes the ninth leading cause of death. Over the last few decades, there has been a significant increase in diabetes cases and prevalence among all age groups.

Until recently, teenagers and children were diagnosed with Type 1 diabetes. Although as per Western Medical care the cause or prevention method of Type 1 diabetes is unknown, it is every child's nightmare to be dependent on the daily administration of insulin for the everyday functioning of the system. However, with the number of obese children on the rise, the cases of Type 2 diabetes are skyrocketing due to nutrition alteration, and increasingly dormant lifestyles caused due to rapid urbanization. The diabetes epidemic has proliferated in parallel with the worldwide rise in obesity. Children with diabetes often face a lifetime of serious complications as they transcend into adulthood.





EXECUTIVE SUMMARY

Today, diabetes is far deeper and intricate than a health emergency, it has the seeds of a major physical and mental crisis that can lead to heart disease, kidney disease, blurred vision, and other fatal health problems with a potential to be blown out of proportion if not attended to immediately. An estimated 700 million individuals are predicted to develop diabetes by 2045.

Diabetes is an economic burden costing a shocking $825 billion every year globally with the United States accounting for over $327 billion in 2017.3 Diabetic individuals incur average medical spending of $16,752 each year. The substantial burden caused by increased absenteeism, reduced productivity, inability to work due to diabetes-related disabilities result in a slowdown of economic growth and human development.

Although Type 1 diabetes cannot be prevented or cured with the current modern knowledge, Type 2 diabetes can be controlled with modern existing mechanisms. However, to keep diabetes at bay, it will require an individual to take lifelong medication. Even with the modern medical knowledge of today, diabetes is still considered to be a chronic fatal disease.

A holistic approach is essential in which the government and society work together to analyze the health impacts of policies related to trade, agriculture, finance, transport, lifestyle choices, education, and urban planning, recognizing that policies in these and other fields can hinder health and prevent diabetes.

Vedic approach to medicine offers preventive methodologies to prevent the occurrence of diabetes in the first place. Vedic diabetes strategies must be reviewed and strengthened, as necessary, as a priority, to enable effective implementation. KAILASA offers this very science of prevention through its Vedic medical initiatives. This report sheds light on the very need to apprehend the root of diabetes for human growth and development through Vedic approaches designed to provide optimum health, wellbeing, and ultimately, enlightenment for all of humanity.



"GOOD HEALTH IS NOT JUST THE ABSENCE OF DISEASE, IT IS THE PRESENCE OF EASE, A SENSE OF WELL-BEING. HEALTH IS A STATE OF PHYSICAL, PSYCHOLOGICAL, EMOTIONAL, AND SPIRITUAL WELL-BEING. THE BODY IS NOT JUST A BIO-MECHANISM, IT IS PURE INTELLIGENCE MEANT T O EXPERIENCE HIGH LEVELS OF SUPER-CONSCIOUS ENERGY"

-THE SPH NITHYANANDA PARAMASHIVAM

Ayurveda is the Upaveda of Atharva Veda. It's also called Panchama Veda (5th Veda). The word Ayurveda is made of two words Ayu and Veda. Ayu means,

शरीरेन्द्रिय सत्वात्मा संयोगो। – चरक संहिता १।४२
śarīrendriya satvātmā saṃyogo || 1.42
The union of Shareera (body), Indriya (sense organs), Satva (mind) and Atma (soul).

Hence, Ayurveda means the knowledge of the union of body, sense organs, mind, and soul. So when people bless saying 'दीर्घायुषी भव।' (dīrghāyuṣī bhava।) it means to let you be in union with all the above factors for a long time!

In Ayurveda, "Prameha" or diabetes is not a disease, but a preventive health indicator. Ayurveda is a natural healing system, which originated in India over 5000 years ago, for maintaining optimal health through adherence to natural rhythms and cycles - A healing gift that has been given to us from the ancient enlightened Vedic culture. In Ayurveda, health is defined as the dynamic state of balance between mind, body, and environment. It is possible for each of us to achieve and maintain a vibrant and joyful state of health by identifying our mind-body type and then creating a lifestyle that sustains and nurtures our unique nature. KAILASA's Department of Health provides free physical, physiological emotional, well-beingthrough various Vedic services to all its citizens as per the Hindu health policy, laid down in the Vedāgamas. KAILASA develops and delivers policies and programs to empower healthcare systems dedicated to strengthening and redefining the ideals of psychological healing, spiritual counseling, by operating with the single unified goal of felicitating every individual to explore their ultimate possibility of enlightenment through a yogic body. KAILASA works with a number of Uniting Nations to tackle diabetes, in collaboration with ShriKailasa Uniting Nations for Healing Chronic Illness, and Development, ShriKailasa Uniting Nations for Alternative and Holistic Medicine, ShriKailasa Uniting Nations for Affordable and Holistic Healthcare and ShriKailasa Uniting Nations for Yoga.





DIABETES CARE AND CURE: INITIATIVES OF KAILASA

KAILASA works to achieve a major increase in awareness about diabetes and its prevention through Ved Agamic principles and guaranteed solutions. KAILASA's spiritual knowledge and resources align to support people more effectively to address Diabetes :

01 **Through Yogic Methodologies**

02 **Through Initiation-Based Technologies**

03 **Through Hindu Lifestyle**

04 **Through Ancient Vedāgamic Rituals**

01
THROUGH YOGIC METHODOLOGIES



NITHYANANDA YOGA

Abdominal obesity, high cholesterol, high blood pressure, high triglycerides, and insulin resistance—are tied to the body's metabolism for a diabetic patient. But the prognosis doesn't have to be dire. According to various research conducted across the world, yoga has been linked to changes in biochemical, electrophysiological, cellular, genetic, neuromuscular, and radiological characteristics. As a result, yoga is becoming more popular as a therapeutically viable treatment for a wide range of diseases. Yoga is a science of health management, not a treatment plan for illnesses. It's a mind-body practise with the ultimate goal of spiritual enlightenment, according to tradition.

As the 1008th incarnation of the Primordial Divinity, Paramaśiva, who revealed the original Shashtanga Yoga from Hindu Dharma Shastras to the world, The SPH Nithyananda Paramahsivam has brought out the best of the one million yogic scriptures available from all the sampradayas of Sanatana Hindu Dharma's Veda-Āgamic tradition and compiled it in the form of Nithyananda YogaSM as per the intention of Paramaśiva to manifest yogic powers (Shaktis).

The revival of the ancient Shashtanga Yoga (12 faceted yoga) through Nithyananda YogaSM is the priceless treasure and a potent spiritual treatise gifted to humanity.





Nithyananda Yoga, a compilation of 800 traditional asanas, is the science that empowers every being to realize one's highest frequency to manifest the state, space, powers, being, superconsciousness, and KAILASA of Paramashiva and permanently make it a lifestyle. Nithyananda YogaSM is offered free of cost to all, as per Paramashiva's economic policy - laid down in the Veda-Āgamas. Nithyananda YogaSM also encompasses Mallakhamba or Shiva Sthambha (an ancient form of yoga performed on a wooden pole or a rope) which are powerful tools to add strength and flexibility into the system increasing metabolism 10 fold.

Yoga is also known to help one be mindful of their food intake, and control binge-eating tendencies. Yoga, pranayama, and Sudarshan kriya have been shown to help with food habits and medication adherence. In persons with diabetes, mindful eating has been shown to aid with nutritional intake, weight loss, and glycemic control. Yoga practice includes cleansing procedures (kriya), postures (asana), controlled breathing (pranayama), meditation, relaxation, chanting mantras, yogic diet, a code of conduct, philosophy, and spirituality. Many yoga practices have been found to be beneficial in the treatment of a wide range of diseases.

Many yoga practices have been found to be beneficial in the management of type 2 diabetes; however, their judicious use is recommended after a careful assessment of a patient's overall health, individual requirements, associated risk factors, and contraindications. By considering the person as a whole, including physical inactivity and poor health behaviors, yoga practices of high or low intensity are prescribed.

Tutorial of Nithyananda YogaSM - https://www.youtube.com/watch?v=tXO4pWY2l_I
Free Nithyananda YogaSM book (PDF format) - https://inner-awakening.lpages.co/nithyananda-yoga-book-thank-you-download/













KAILASA embassies around the world conduct daily Nithyananda Yoga and have Mallakambha sessions, awakening Kundalini in the participants and increasing their flexibility and metabolism, providing preventive care for diabetes

NITHYA KRIYA℠: CURE AND CARE FOR DIABETES

"Nithya Kriya is the gift given to the world by Matsyendranath and Gorakhnath through me. The Nithya Kriya is from my own research and experience with Hata yoga which is from the great masters of the Nath Sampradaya. They created a great Sampradaya by mastering the Prana. This naturally gives health, mental peace, emotional fulfillment and above all, the highest possible consciousness."

- The SPH Nithyananda Paramashiavam







Nithya Kriya is a unique and ancient combination of components of Nithyananda Yoga, that include, asanas, kumbhaka, pranayamas, visualization along with external verbalization (external sound one hears or chants), and internal verbalization (internally hearing of sound or mantra). These kriyas are sourced from the most authentic sacred yogic scriptures of the Vedic tradition, while the specific assembly of these various components has been personally designed by The SPH Nithyananda Paramashivam with the aim of providing preventive care for various physical and mental afflictions by permanently awakening the non-mechanical parts of the brain which possesses untapped potential responsible for many extraordinary faculties and powers enabling one to experience the peak of conscious coherence, joy, and bliss

Nithya Kriyas are a series of healing yogic processes soundly anchored in the sacred yoga scriptures, including the legendary Patanjali Yoga Sutras, as well as the three classic texts that form the base of yoga - Hatha Yoga Pradipika, Gheranda Samhita and Shiva Samhita.

On April 8th, 2012, The SPH Nithyananda Paramashivam revealed,

"This kriya will break even the patterns related to food, not only it cure diabetes, it cures the root of diabetes. The root cause of diabetes is one may not be eating with awareness, the food one eats, and the way one chews, and the thoughts one has during the eating. All these 3 are related, all these are reasons for diabetes, the pattern, the time one eats, or irresponsible eating. All these put together is called a pattern of eating, food pattern. That is responsible for diabetes. Now not only people's diabetes will be healed, the pattern for diabetes also will be destroyed. That is why I am saying this will heal the disease at the root."

Over the years Nithya KriyaSM (care and cure) has made extraordinary progress in recognizing, diagnosing, and treating type 2 diabetes, type 1 diabetes, prediabetes, gestational diabetes through self-administered healing techniques.

(DISCLAIMER: The following techniques are not intended to be a substitute for professional medical diagnosis or treatment. Individuals with any type of medical condition, the elderly, children below 14, women who are pregnant or suspect they may be pregnant are advised to seek professional medical advice before practicing this technique. Viewers who are not on two-way video conferencing are cautioned that they are practicing these techniques at their own risk.)





CARE FOR DIABETES THROUGH NITHYA KRIYA

01 ANILA ASANA

02 UDDEEYAANA BANDHA

03 BHASTRIKAA KUMBHAKA

04 MOORCCHAA KUMBHAKA

05 BHRAAMAREE KUMBHAKA





ĀṆĪĻĀ ĀṢĀṆĀ

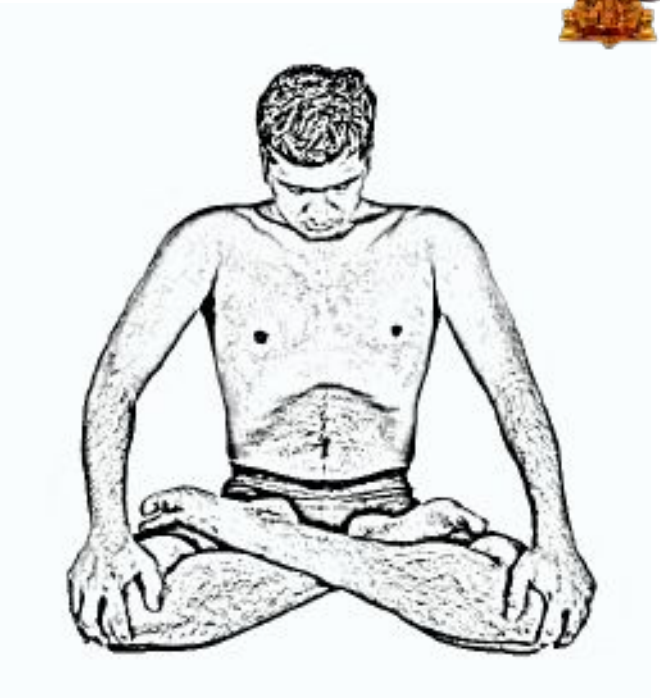
Do-U Haath Bhoomapar Taano
Kahoonee Jaadee Naabhilag Aanai |
Phanaa Do Esai Vidhi Karai
Pishti Hathelyaakee Pari Dharai ||346||
Esai Rahai Karaakai Paani Drishti
Dharai Naasaamadhya Aani |
Yaasau Tapata Mite Tan Keri
Jaitaraam Prakat Kahai Teri ||347||
JOGA PRADEEPIKAA, VERSES 346-347

TECHNIQUE

- Come to a full squat posture
- Place the hands below the feet, palms facing down
- Keep the arms straight, elbows joined together at the navel (Option: If you cannot hold the squat position, you can sit on the ground)
- Fix the gaze at the nose.
- Remain in this pose for 30 seconds
- In Anila Asana, continue the following Nithya Kriya

ŪḌḌĒĀṆĀ BĀṆḌḤĀ

Udare pashchimam taanam
Naabheroordhvam tu kaarayet |
Uddaanam kurute yasmat
Avishraantam mahaasragaha |
Uddeeyaanam tvasau bandhaha
Mrutyu-Maatanga-Kesaree || 3.10 ||
Gerhanda Samhita, Upadesha 3, Verse 10



TRANSLATION

Contract the bowels equitably above and below the navel towards the back, so that the abdominal viscera may touch the back. He who practices the Uddiyana (Flying up), without ceasing, conquers death. The Great Bird (Breath), by this process, is instantly forced up into the Sushumna and flies (moves) constantly therein only.

TECHNIQUE

- Sit on the same asana and keep the spine straight. Head should be up and eyes open
- Take a deep breath in and exhale completely, but do not be forceful
- After exhaling, perform jaalandhara bandha by moving the chin down to the chest and raising the shoulders
- Pull the abdominal muscles inward so that the organs of the abdomen touch the back muscles
- Hold as long as you can
- When you can't hold anymore, Before inhaling, relax the stomach and abdomen, release jaalandhara by raising the head
- Then inhale through the nostrils slowly
- Before repeating another round, breathe normally for a minute or two
- Initially start with 3 times and gradually increase up to 10 times





BHASTRIKA KUMBHAKA

TRANSLATION

As the bellows of the ironsmith constantly dilate and contract, similarly let him slowly draw in the air by both the nostrils and expand the stomach; then exhale slowly (the wind making a sound like bellows) (5.75). Having thus inspired and expired twenty times, let him perform Kumbhaka; then let him expel it by the previous method. Let the wise one perform this Bhastrika(Bellows-like) Kumbhaka thrice; he will never suffer any disease and will be always healthy (5.76 and 5.77)

Bhastraiva lohakaaraanaam
Yathaa-kramena sambhramet |
Tathaa vaayum cha naasaabhyaam
Ubhaabhyaam Chaalayet shanaihi || 5.75 ||
Evam Vimshati-vaaram Cha
Krutvaa Kuryaachcha Kumbhakam |
Tadante Chaalayet Vaayum
Poorvoktam Cha Yathaavidhi || 5.76 ||
Trivaaram Saadhayet Enam
Bhastrikaa-Kumbhakam Sudheehi |
Na Cha Rogo Na Cha Kleshaha
Aarogyam Cha Dine Dine || 5.77 ||
GERHANDA SAMHITA, UPADESHA 5, VERSE 75-77

TECHNIQUE

- Inhale slowly expanding the stomach
- Exhale slowly
- Do this 21 times
- After 21 times, Now inhale slowly
- Hold the breath as long as you can
- When you feel you cant hold quickly expel the air with the sound of bellows. At this moment the stomach should contract to touch the back
- (This is one Bhastrikaa)
- Do this complete sequence three times

MOORCCHAA KUMBHAKA

TECHNIQUE

- Sit in the same asana
- Place the palms of the hands on the knees and close the eyes
- Inhale slowly and deeply through both nostrils
- After inhaling, immediately Do jaalandhara Bandha by putting your chin on the chest and locking the throat
- Hold the breath as long as you can, When you feel you cant hold, immediately Exhale through both nostrils in a very controlled manner in Jaalandhara bandha itself
- Do this 21 times

Puurakaante Gaadhataram
Baddhvaa Jaalandharam Shanaihi |
Rechayen-Moorchchanaa'khyeyam
Mano-moorchcha Sukha-Pradaa ||4.60||
HATHA PRADEEPIKAA, CHAPTER 4, VERSE 60

BHRAMAREE KUMBHAKA

Ardha-raatre Gate Yogee Jantoonaam Shabda-varjite |
Karnau Pidhaaya HastaabhyaamKuryaat Pooraka-Kumbhakam || 5.78 ||
Shrunuyaat Dakshine KarneNaadamantargatam Shubham |
Prathamam Jhinjhimeenaadam Cha Vamsheenaadam Tataha Param ||5.79||
Megha-Jharjhara-Brahmari Ghantakamsyam Tataha Param |
Turee-Bheree-Mrudangaadi-Ninaadaanaka-Dundubhihi ||5.80||
Evam naanaavidho Naado Jaayate Nithyamabhyasaath |
Anaahatasya Shabdasya Tasya Shabdasya Yo Dhvanihi || 5.81 ||
Dhvanerantargatam Jyoti Jyotirantargatam manaha |
Tanmano vilayam Yaati Tad-vishnof Paramam Padam |
Evam Bhraamaree Samshiddhihi Samaadhi-siddhim-aapnuyaath || 5.82 ||
Gheranda Samhita, Upadesha 5, Verses 78-82

TRANSLATION

At the past midnight, in a place where there are no sounds of any animal, &c., to be heard, let the yogi practice puraka and kumbhaka, closing the ears by the hands. He will hear various internal sounds in his right ear. The first sound will be like that of crickets, then that of a lute, then that of thunder, then that of a drum, then that of a beetle, then that of bells, then those of gougs of bell-metal, trumpets, kettles-drums, mridanga, military drums, and dundubhi, etc. Thus various sounds are cognized by the daily practice of this Kumbhaka. Last of all is heard the Anahata sound rising from the heart; of this sound,, there is a resonance, in that resonance,, there is a light. In that Light,, the mind should be immersed. When the mind is absorbed, then it reaches the Highest seat of Vishnu (Parama-pada). My success in this Bhramari Kumbhaka, one gets success in samadhi.

TECHNIQUE

- Close your ears with your hands and close your eyes and hum intensely.
- Do this for 7 minutes
- Eat something immediately within 10-15 minutes



CURE FOR DIABETES THROUGH NITHYA KRIYA

GOMUKHĀSANA



Paadau ca bhoomau samathaapya prsthapaarsve nivesayeth |
Sthirakaayam samaasadya Gomukham Gomukhaakruthihi ||2.16||
Gheranda Samhita, Upadesha 2, Verse 16

TRANSLATION

The right ankle should be placed near the left buttock and the left ankle to be placed near the right buttock. The body should be steady and the mouth should be raised a little and sitting equably. This is called Gomukhasana resembling the cow's face.

TECHNIQUE

- Bend the left knee and place the left foot near the right buttock
- Bend the right knee and place it over the left thigh so that the right foot lies near the left buttock
- Now place the hands on the respective ankle
- Raise your head a little
- Stay on this pose for 30 seconds

In Gomukhāsana, continue the following Nithya Kriya whose techniques mentioned above, Uddeeyaana Bandha, Bhastrikaa Kumbhaka, Moorcchaa Kumbhaka, and Bhraamaree Kumbhaka.

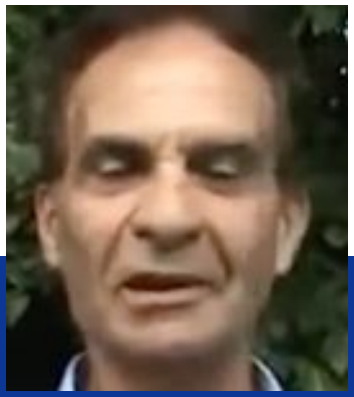
The SPH Nithyananda Paramashivam, explains and demonstrates a cure for Diabetes:
https://www.youtube.com/watch?v=w1i9vlAB7M4
https://m.facebook.com/Nithyakriya108/videos/nithya-kriya-for-diabetes/588785434652448/
https://www.facebook.com/Nithyakriya108/videos/577381625792829/
https://www.youtube.com/watch?v=F4fj6eMWT84



PERUMALA PARAMANATHAN

"Nithyanandam. I am Perumala Paramanathan from Toronto, Canada. I want to share my experience with you. I have had diabetes for the last 16 years. And it has been very high for the last 3 years. Normal blood sugar is between 5 and 6. For me, it is more than 15. So I was worried. When I heard about this diabetes Kriya, I was so happy and I attended a 1-week workshop at Toronto Temple. I am amazed to see my sugar level come down. In the mornings it is always between 5 and 6. And the doctor has reduced my medication to half. Now not only did my sugar level come down, my mind and body improved and I am so thankful to Swami. Thank you, Swami, Thank you! Thank you!"a little and sitting equably. This is called Gomukhasana resembling the cow's face.

LINK TO TESTIMONIAL- HTTPS://YOUTU.BE/PPYTFT-NAN8



RICARDO

63 year old Ricardo reported that he had been suffering from the age of 33 while recently he was introduced to Nithya Kriyas about 4 months ago, by his neighbor, a disciple of The SPH Nithyananda Paramsahivam. Ricardo Boreiki says, "He came to my house and taught me how I had to do it. And before I started the exercise, I checked my sugar level, and it was 350. I did the exercise the way he taught me to do it. When I finished it, I checked my sugar level and it was 85. I have never seen something reduce my sugar level so rapidly. Usually I have to walk around the neighborhood for half to 1 hour. Even then I have to put a lot of insulin to reduce my sugar level. This is extraordinary!"

Ricardo says, "When I went to see the doctor and see how I was doing while using 5 units of insulin and doing the exercise daily in the morning. It was a miracle. My doctor asked 'Only 5 units of insulin?' and I said 'Yes! 5 units!' Doctor said 'Great! Continue with this. Just 5 units each day is fine but check your sugar levels every day.' I am eating everything I normally eat."

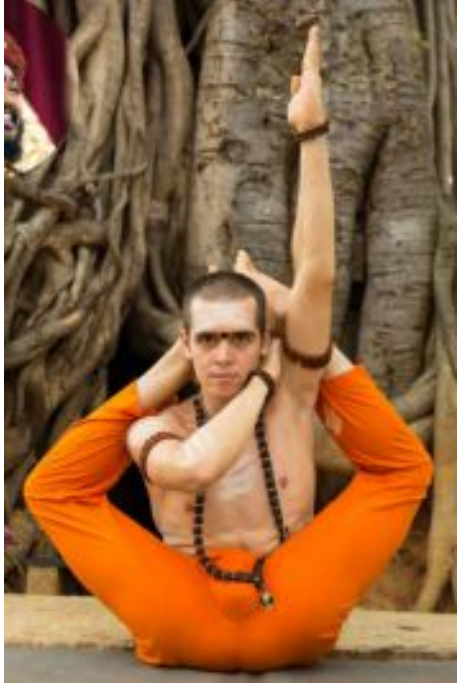
Ricardo also stated that he had a blood sugar level between 300 – 400 and every day he would take 45 units of insulin in morning and about 25 units in the afternoon. Sometimes he had to call the ambulance and be hospitalized with dangerously high or low sugar levels. Now he is feeling so good, he is going back to work at age 63!

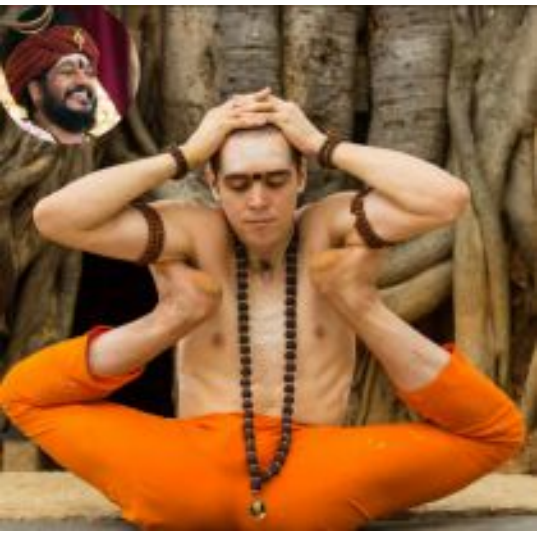


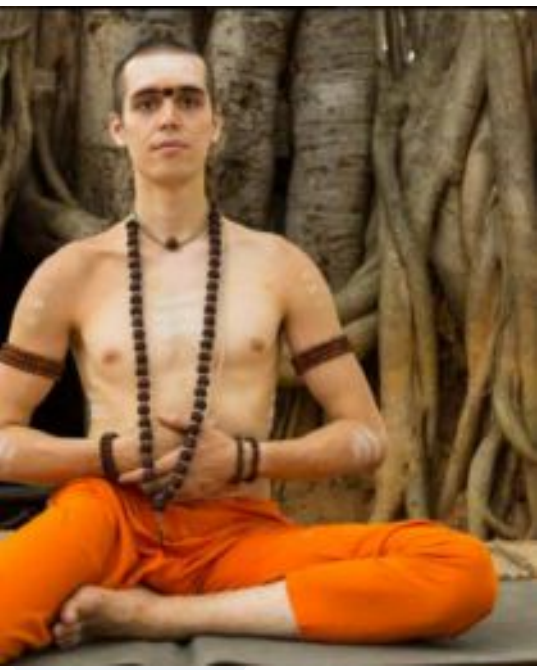


KAILASA HOSTS OVER TWO THOUSAND NITHYA KRIYA CENTERS ACROSS THE WORLD, FEW OF THEM ARE LISTED BELOW:

Yoga Center Ohio	Yoga Center Los Angeles	Pittsburgh Satsang Center
Yoga Center New York	Yoga Center China	Jersey City Satsang Center
Yoga Center Spanish world	Rastatt Satsang Center	Toronto Satsang Center
Yoga Center Singapore	AUSTIN Satsang Center	Tenerife Satsang Center
Yoga Center Australia	Iraq Satsang Center	Trefles Satsang Center
Yoga Center NZ/Fiji	Zoran Center Israel	New Canaan Satsang Center
Yoga Center Europe/UK	Perth KAILASA center	Montclair Satsang Center
Yoga Center San Jose	Brampton Satsang Center	Delaware Satsang Center
Yoga Center Toronto	Malvern Satsang Centre	Vadodara Satsang Center
Yoga Center New York	KAILASA Satsang Center, Almada	GoyÃ ve Satsang Center
Yoga Center Texas	Kailasa Centro Iro Prieto	Praia Grande Satsang Center
Yoga Center Midwest	Kailasa Centro Oro Pietro	Buraimi Satsang Center
Yoga Center Canada	Kailasa Villanueva colombia	KAILASA Satsang Temple
Santos São Paulo Brasil Kalaaisa Centro Iro Prieto	Kailasa vento garopaba brasil	KAILASA Satsang Center-pune
Yoga Center France	Santa Fe Satsang Center	KAILASA Paduka Center - Sydney
Ananda Spurana Program Center ALANGUMBEY	Kailasa Brooklyn Center	Selayang KAILASA Satsang Centre
Ananda Spurana Program Center ALLIVILAGAM	Taiwan New Taipei Center	KAILASA Satsang Center - New Hampshire
Ananda Spurana Program Center SIRKAZHI	Kailasa Centro Guayaquil Ecuador	KAILASA Desert Satsang Center
Ananda Spurana Program Center SIRGAGAPADI	KAILASA Satsang Center - Mission Viejo	Nithyananda Satsang Center Tucson
Ananda Spurana Program Center THALAIVASAL	Kailasa Centro Ciudad De México, México	Seremban Sivakasi Satsang Center
Ananda Spurana Program Center THENI	KAILASA Center Tenerife	Holliston Satsang Center




KAILASA embassies around the world encourage and create the ambiance for authentic Nithya Kriyas for specialized chronic diseases ranging from depression to diabetes



02
THROUGH JNANA
INNER AWAKENING

Today's world has inevitably created many pathways to trigger negative emotions such as anger, frustration, fear, guilt, helplessness, depression, loneliness through many factors specific to that person. The pressure exerted by negative emotions in the body becomes inexhaustible and unending, debilitating the immune system making one vulnerable to chronic diseases.

Diabetes affects around 422 million people globally, the majority of whom live in low- and middle-income countries, and diabetes is directly responsible for 1.5 million fatalities per year. There has been a significant increase in both diabetes cases and prevalence in the last few decades.

As the world's population progresses in number and age, the mortality rate increases reflecting the ravages of complex chronic diseases, particularly diabetes. A person's risk of succumbing to chronic disease is strongly linked to his or her genetics and exposome encounters. The medical field has deciphered the cause for chronic diseases such as diabetes, arthritis, cancer etc exists 90 percent in the external factors such as environmental differences, nutrition transition and sedentary lifestyle and most importantly, shouldered by an individual's actions, life choices and decisions. Since Diabetes and other chronic diseases are a leading cause of death and disability, The SPH Nithyananda Paramshivham's conscientious research in the field of medical science amalgamated with the ancient source scriptures of Hinduism, the Vedāgamas revealed spiritual techniques and methodologies through Inner Awakening programs personally conducted by The SPH Nithyananda Paramashivam to conquer diabetes and also unravel the cause behind its genesis.



Vedic revelations from The SPH Nithyananda Paramashivam disclose the basis of contracting chronic diseases is deeply connected with one's innate power to alter DNA through their emotions. All human emotions are connected in a complex web that directly impacts the symbiosis between DNA and the immune system. Scientific studies show DNA compresses or curls when exposed to emotions like fear, frustration, and anger devitalizing the immune system and when the same DNA is exposed to love and peace, it elongates and relaxes, boosting the immune system. Hence, human emotions have the power to alter one's DNA.

Today's world has inevitably created many pathways to trigger negative emotions such as anger, frustration, fear, guilt, helplessness, depression, loneliness and through many factors specific to that person. The pressure exerted by negative emotions in the body becomes inexhaustible and unending, debilitating the immune system making one vulnerable to chronic diseases.

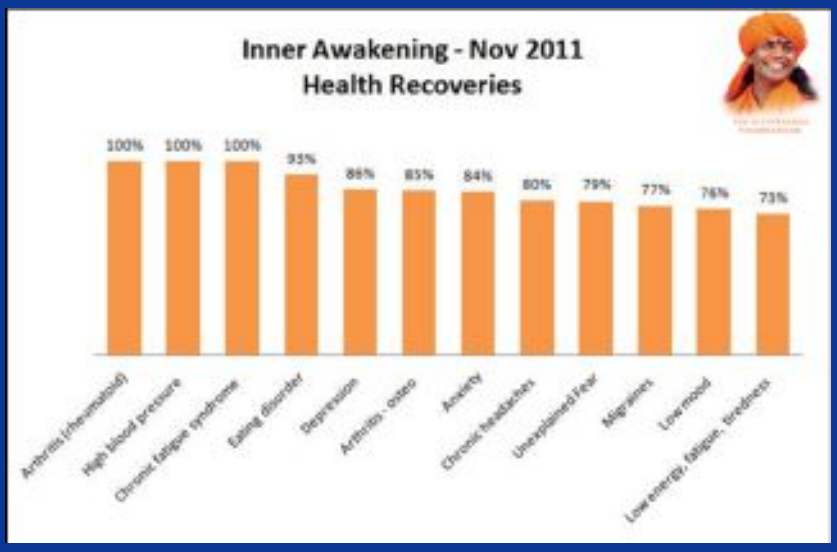
Hence, KAILASA provides time tested Vedāgamic techniques and methodologies to direct the potential of our innate power to alter DNA and strengthen the immune system by replacing unwanted negative emotions with positive and empowering emotions that can help one overcome the "incurable" diabetes through Inner Awakening programs which is a 21-day spiritual transformation program. The program works on all the basic dimensions of an individual life, allowing one to experience deep healing at the physical, mental and emotional levels and the ultimate experience of enlightenment. One gains a state of deep inner peace coupled with tremendous productivity and creativity. Deriving various techniques and processes from the Vedic scriptures and teachings like Patanjali Yoga Sutras, Hatha Yoga, Gheranda Samhita, Inner Awakening offers a powerful awakening of the Kundalini Shakti, one's inner potential, through meditation, spiritual processes, yoga, pranayama, kriyas, and the powerful Paramashivoham process.

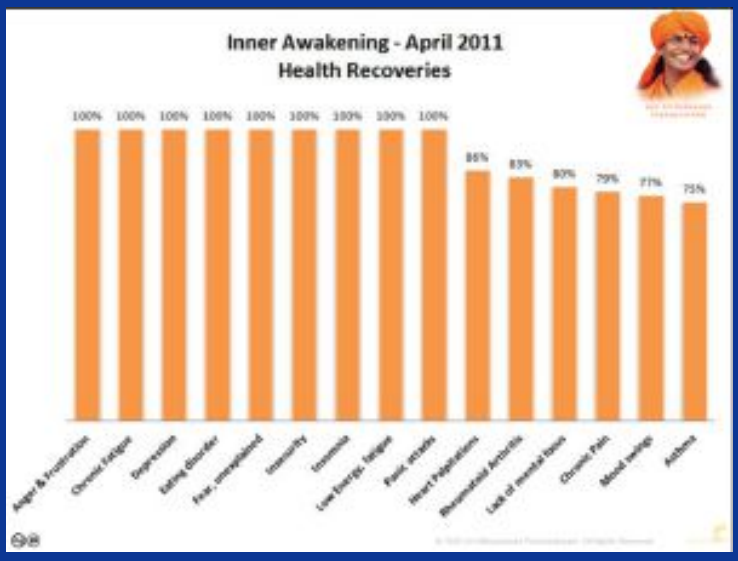
Many adults through Inner Awakening programs conducted by the SPH Nithyananda Paramashivam in different years have experienced medical miracles. Scientific reports show more than 95 percent to a full 100 percent inner awakening participants have recovered from mental, chronic and incurable diseases and :



Participants successfully recovered from over-eating, Chronic Fatigue, Eating Disorder, Insomnia, Low Energy (Fatigue), Panic Attacks, Heart Palpitations, Rheumatoid Arthritis, Lack of Mental Focus, Chronic Pain, and Mood Swings, preventing all symptoms of Diabetes, after attending KAILASA's Inner Awakening, 21 -Day spiritual program in April 2011.

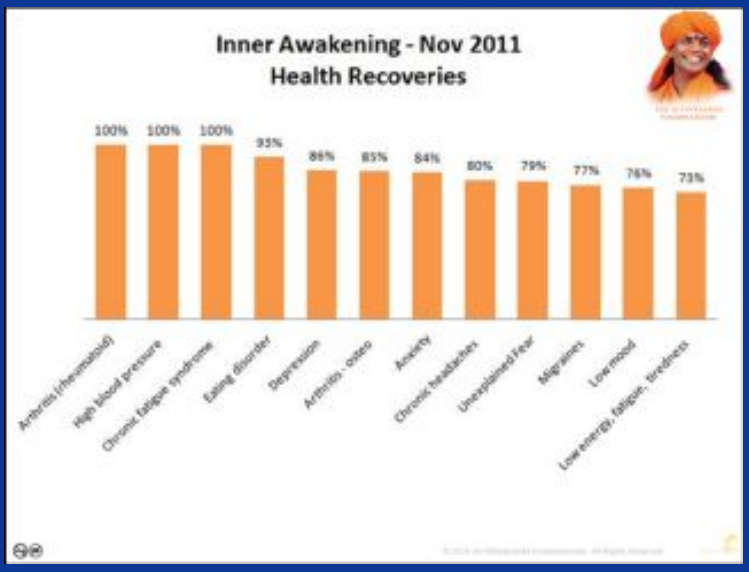
Participants who attended KAILASA's Inner Awakening in November 2011 had 100 percent recovered from Rheumatoid Arthritis, High Blood Pressure, Chronic Fatigue Syndrome and Diabetes (through preventive care).

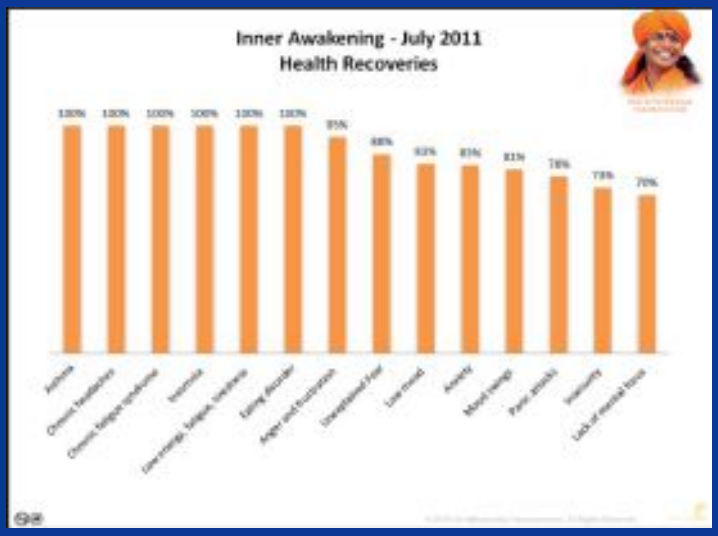




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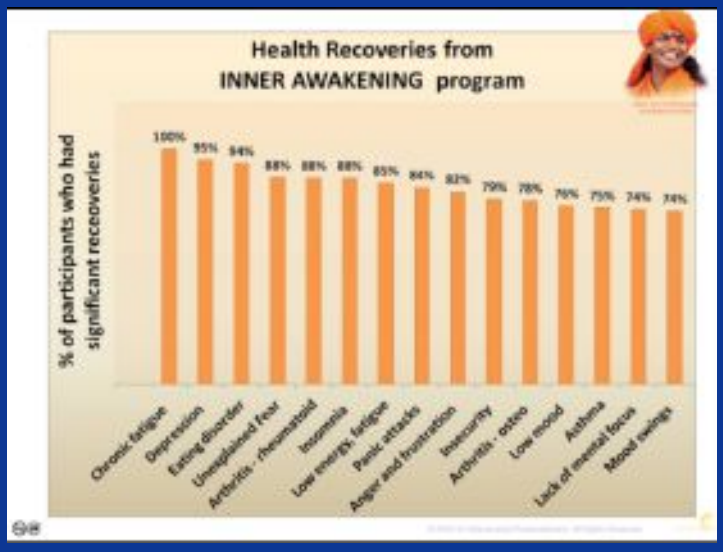
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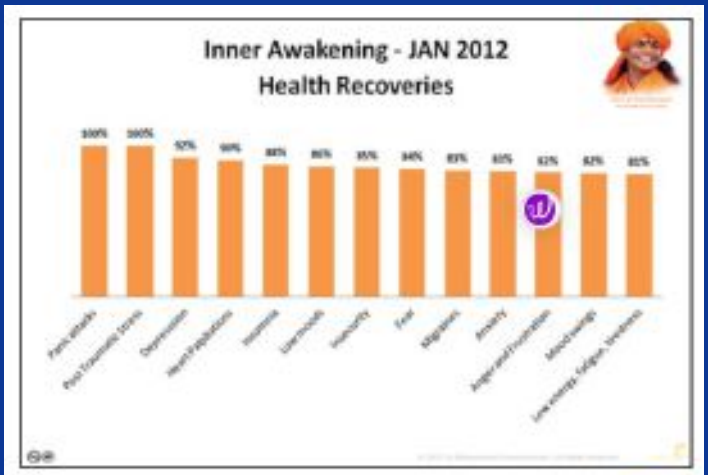


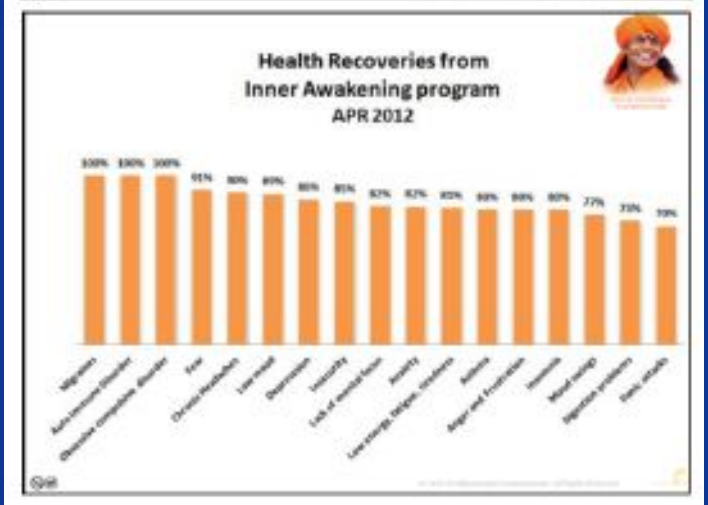


Participants have recovered from Asthma, Chronic Headaches, Chronic Fatigue Syndrome, Insomnia, Tiredness, Anger and Frustration, Unexplained fear, Low Mood, Anxiety, Mood Swings, Panic Attacks, Insecurity, Lack of Mental Focus after attending KAILASA's Inner Awakening July 2011, awakening high metabolism by leading an active lifestyle.

Inner Awakening Participants undergo miraculous healing at the end of the program

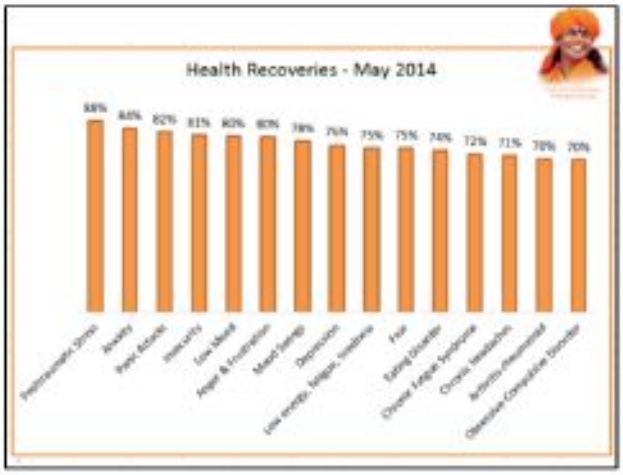






Likewise, many participants successfully were healed from various and serious health issues who attended the January and April 2012 Program.





A relative increase is shown from May 2013 to May 2014. Participants experienced tremendous healing in their mind and body and acquired 1. Better focusing ability 2. Better alertness and attentiveness 3. Better short-term memory 4. Faster multiprocessing 5. Better problem solving and decision-making ability 6. Warm and positive personality traits



ARUN MANOHARAN

In 2011, I developed diabetes or sugar imbalance in the body.While attending the Inner Awakening program, during one of the darshans, I asked Swamiji to heal me. Swamiji healed me and told me that I don't have diabetes and not to worry about it. When I went back and checked my sugar levels, I found that they had returned to normal. From that day, my sugar levels are normal.

Thank you very much Swamiji.



THIAGARAJAN

What are the key takeaways I would say in this level for it has never even one concept that I could compare with the earlier IA levels completely different completely different right first time I felt that I'm listening so in my I can say my age more than 50 years right never listened with in quote unquote right my wife used to say that you are not listening to me you never listen to me no I know what she meant so you know we have been hearing but not listening now I know our authentically how to listen listen to myself as well as to others by listening what is happening right bringing fulfillment in myself as well as with others and getting what I want to do as well as getting what others want to do so is this know you and me and it becomes one it's such an energy that we are able to exhibit I would treasure this .. so authentic listening in my opinion brings completion in me this completion the word confused the hell out of me earlier what is this completion you know never understood this word completion even though because I was not actively listening to the discourses now I am able to practice as well as applying this active listening or authentic listening is a new way of communication right communication need not be just pure words and you are able to communicate better by just listening so see this new really you know you blew my mind definitely in this aspect some of the few things that I wanted to definitely take advantage of this time is the health recovery that I have seen in myself 23 plus years of my diabetes completely gone no medicines nothing.











Participants attending KAILASA's Inner Awakening programs engaged in various activities towards enhancing their mental-physical health and well being





KAILASA'S OTHER HEALTH PROGRAMS FOR HEALING DIABETES

Scientific studies reveal human emotions can reprogram your DNA and shape your immune system. These meditation programs focus on the 'blissful living' by creating the space within oneself to liberate from ingrained and unconscious emotions like guilt, desire, fear, pleasure and pain. When these emotions are removed, the DNA is reprogrammed, and immediately the immune system gets strengthened, preventing one's vulnerability towards diabetes and chronic diseases. Enabling all the diabetic people to experience the higher human emotions that reprogram systems with higher human existence in a higher way of existing with higher reality. The SPH Nithyananda Paramashivam has conducted several health-based programs such as :

AROGYA SPURANA PROGRAM (ASP)

This program focuses on activating and aligning the seven psychoactive energy centers of the body. These chakras are blocked by previous pains, suffering, fears and worries. Ananda Spurana Program's deep cleansing techniques and meditations dissolve mental patterns and restrictive emotions block the energy flow to the chakras, resulting in physical, mental, and psychological ailments. The vital functioning of these chakras is directly proportional to one's physical, mental and emotional health. The Arogya Spurana Program consists of seven transformational meditation techniques siphoned from many ancient traditions from the source scriptures of Hinduism, the Vedāgamas. This program is specifically designed for chakra healing through meditation, aiding and healing one from any chronic diseases such as Diabetes, Arthritis, Cancer etc. These meditation techniques provide tools to reprogram the DNA for the reinforcing of the immune system, effectively restore life energy, eliminate deep-rooted memories, and enhance one's overall health. Arogya Spurana Program and spiritually empowers and enriches one to move from potentiality to actuality, disease to ease, worry to bliss, stress to de-stress and confusion to clarity.







Participants engaged in various ancient techniques during ASP to cleanse their chakras for the aid and prevention of Diabetes and other chronic diseases





DHYANA SPURANA PROGRAM (DSP)

The Dhyana Spurana Program is a 2-day meditation program, designed to help individuals focus, concentrate on their being and reconnect with their true meditative nature. It is a program to eradicate unnecessary thoughts and emotions that greatly impact the physiology and psychology of the body. DSP aims to share this ancient Vedic technique of keeping the mind and body healthy via the cleansing of the mind, body and chakras. This program offers several meditation techniques suited to all types of people conceived. It is a unique program aimed at the flowering of meditation within every individual. It is a program that clears the Unconscious in every individual and puts one on the path of Eternal Bliss or Nithyananda.

All KAILASA's health-based programs provide sure shot solutions and healing for diabetes and any chronic illness with attending the program just once and the results are independent of the number of times an individual has attended the program. The SPH Nithyananda Paramashivam reveals the sacred essential information for the health problems and provides powerful healing through various spiritual techniques and processes for the aid and prevention of Diabetes.

STATISTICS CORNER

A consolidated report of all programs conducted by the SPH Nithyananda Paramashivam since 2011 shows evidence-based results of participants successfully healed and prevented from diabetes and other related health ailments.

- 90% of diabetics (approximately 0.68784 million (0.32 million male) reported a drop in blood Sugar since 2011 (final blood sugar level 97.87mg/dl)
- 90% of people report a significant improvement in some area of health.
- 20% reported an increase in eyesight,
- 30% reduction in back pain.



All the DSP participants experiencing their higher self through practicing ancient methodologies revealed by the SPH to eradicate unwanted emotions and past memories for improved and enhanced health





OTHER PROGRAMS CONDUCTED FOR THE CURE AND CARE OF DIABETES.

Arokaya Surana Program	Nithyanandoham[SM]	Bhakti Spurana
Ananda Ula- blissful tour of Tamilnadu	Adhidaivika Samroha	Shuddhadvaitam
Shakti Spurana Program	Atma Spurana	Trinetra Iccha Prakattana
Teachers' Training Program	Yuva Nithyanandam	Nithya Yoga
Healers' Initiation	Bala Vidhwan	Pancha Tapas Yoga
Quantum Bliss	Bala Kalpataru	Sadashivatva
Nithyananda Spurana Programme	Bala Nithyanandam[SM]	Nithyananda Yogam
Quantum Healing	Bala Nithyanandoham	Dhyana Anubhava
Quantum Spirituality	Ananda Yoga	Kailaash Yatra
Dhyana Shakti	Arogya Sampad (En Health)	MahaSadashivoham[SM]
Nirahara Samyama	Yoga Spurana	Jeevan Mukti Aushada
Sadashivoham[SM]	Pragatataantrika	Aushada Vijnana
Nithya Kriya Yoga	Mahat Smaranaashakthi	Bhissaj Deeksha (Healers' Initiation)
Arogya Spurana	Ananda Jeevan	Sambandhitva
Nithya Arogya Yoga	Nithya Dhyana Yoga	Shaktitva
Pratyakatma Chaitanya Jagrat	Ananda Jeevana Spurana	Seemarahit Jeevan
Nithyanandam[SM]	Bhaara Hani	Paramashivoham
Nithya Dhyana Spuran	Kundalini Spurana (eN-Kriya)	Manthra Chikitsa
Nithyananda Spurana Program	Dhyana Chikitsa	Vidyarambham
Shivoham	Roopantar	Avatar Leela





03
THROUGH HINDU LIFESTYLE

SATTVIK ORGANIC MEALS

"What is in your plate matters because it is going to become you. For being in the state of Paramashiva, what is going to go inside matters. It is also our responsibility to tell the world the importance of organic, vegetarian, Sattvic Paramashiva's food. It's really our responsibility. Human beings, fortunately, have reached a level of breakthrough, a level of intelligence where seven billion of us are able to feed all of us. Now it is time, we take humanity to the next level. Yes, we are able to feed, next question is: what are we feeding?"

- The SPH Nithyananda Paramashivam, 4th July 2017

Modern food such as genetically modified and plastic foods and shelf foods have caused great damage to the body systems of human beings. A string of unknown diseases is the by-product of the body struggling to cope with foreign and harmful substances from the ingested food. Given the body is not naturally structured to digest these components, they remain as toxins that become hard to flush through standard methods. This further gets categorized under undigested food, that proliferates fat and gas and gradually converts into "toxins" in one's body over time.

The gut is also called the "second brain" of our body which is in constant communication with the brain in our head. Toxic gut inevitably programs a major amount of anxiety, fear, guilt, anger in the body. The strong link between gut health and the brain reveals the complex interconnectedness impact on whole-body health. Gut health is associated with a strong immune system, heart health, brain health, improved mood, healthy sleep, and effective digestion, that prevents serious chronic diseases such as diabetes.



Diabetes can be prevented and controlled through a healthy diet and nutrition. Rapid urbanisation, nutrition transformation, and increasingly sedentary lifestyles have fueled the silent diabetes epidemic in parallel with the worldwide obesity crisis.KAILASA ensures people with diabetes and health care providers are aware of beneficial nutrition interventions. KAILASA provides, through a multidisciplinary approach to diabetes care, which includes nutrition meals and ayurvedic medicine along with exercise, blood glucose monitoring. In a quick nutrition transition, a Westernized diet and lifestyle, as well as genetic background, may interact to hasten the onset of diabetes.

The risk is greater with diets high in red meat, processed meat, high-fat dairy products, and sweets. An organic plant-based diet is healthier than a meat-based diet in preventing the risk of diabetes.

KAILASA's Department of Agriculture in collaboration with ShriKailasa Uniting Nations for Organic and Sustainable Agriculture provides pure, organic, satvik, vegetarian meals to the citizens of KAILASA ensuring every individual's food choices are healthy and eliminating the prevalence of diabetes due to the meat-based chemical diet. KAILASA promote traditional, Vedic, sattvic vegetarian food and its role in preventing diabetes through various conclaves, summits, international conferences and other educational initiatives, KAILASA has started initiatives such as: KAILASA's Annadan (food donation) - 24/7 providing organic, vegetarian food to one and all, No Hungry Stomach project - Focuses on providing nutritious, vegetarian food to the underprivileged background to eradicate poverty, and KAILASA's BFoodFree - Revealing ancient Vedagamic technique to raise the body beyond food re-discovering the body's possibilities without having any external input like food or water, these initiatives are solely for the proliferation of healthy and disease free life as per Hinduism.





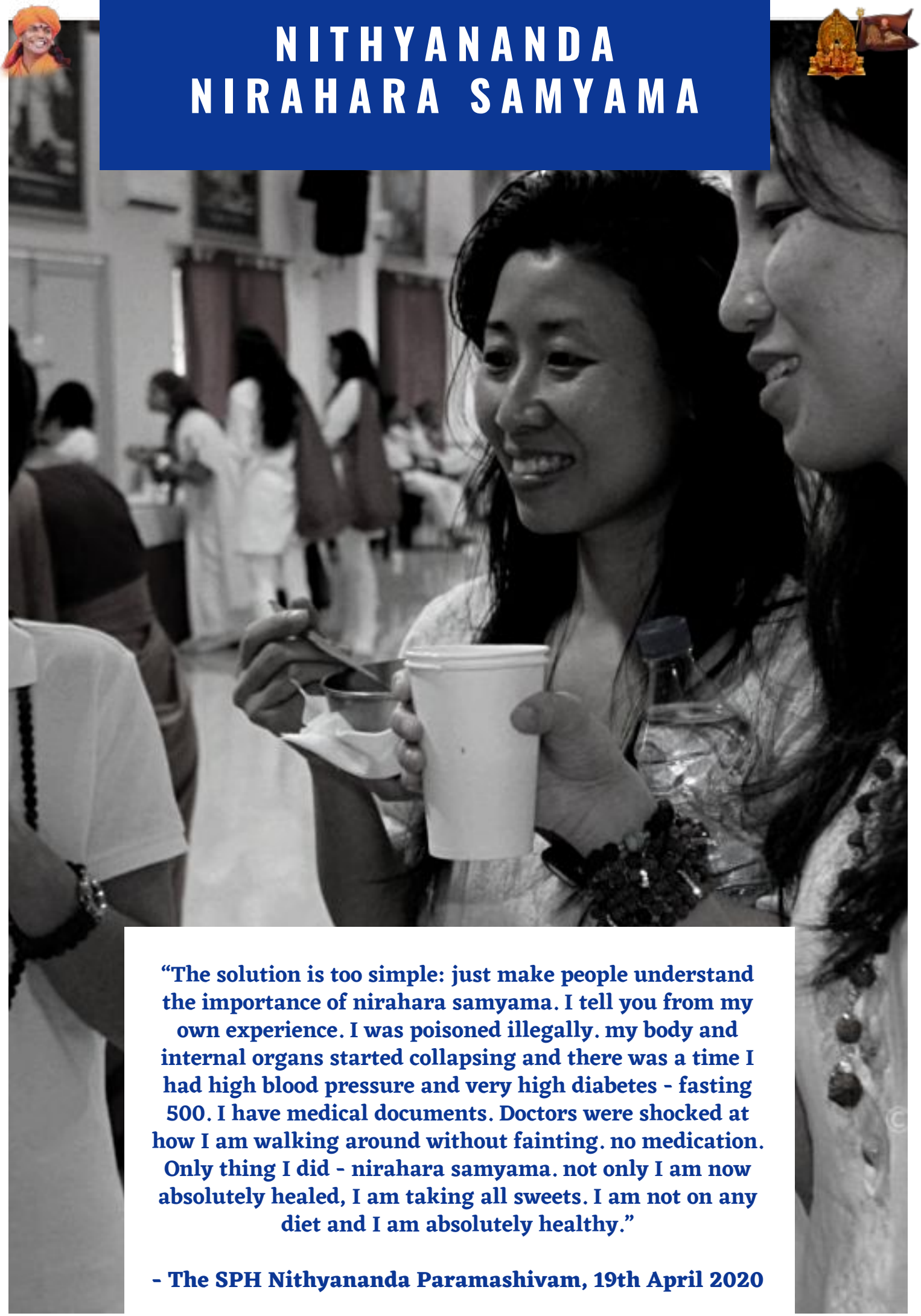






KAILASA embassies around the world provide free, vegetarian, sattvic, organic food for all, providing a natural and rich-organic source of zinc, a mineral with multiple roles in insulin homeostasis, providing a balanced diet to diabetic patients to recover holistically.

NITHYANANDA NIRAHARA SAMYAMA



"The solution is too simple: just make people understand the importance of nirahara samyama. I tell you from my own experience. I was poisoned illegally. my body and internal organs started collapsing and there was a time I had high blood pressure and very high diabetes - fasting 500. I have medical documents. Doctors were shocked at how I am walking around without fainting. no medication. Only thing I did - nirahara samyama. not only I am now absolutely healed, I am taking all sweets. I am not on any diet and I am absolutely healthy."

- The SPH Nithyananda Paramashivam, 19th April 2020



KAILASA's Nithyananda Nirahara Samyama awakens the being's innate intelligence so that one can complete basic emotional patterns such as fear, greed, anger, frustration can be broken and one is liberated.

Paramashiva has given Nirahara one of the very important processes for detoxification. The SPH Nithyananda Paramashivam has organized Nithyananda Nirahara Samyama, an age-old "vratha", with the yogic process and right context to awaken higher consciousness, higher conscious experiences and many powers including memory power by releasing millions of restlessness, agitations, anger and resistance patterns one carries. When one completes with all these patterns, so many extraordinary powers are released. This ancient methodology has a myriad of benefits and empowers people in all dimensions of their life. Nirahara Samyama over the years practiced by thousands globally has proven as the safest and easiest way to break away from food-related patterns and ailments including Obesity, Anorexia, Bulimia, Overeating, Cravings, Diabetes, PCO and Anemia

Objectives of Nithyananda Nirahara Samyama :





ERADICATE OBESITY TO PREVENT DIABETES

Obesity is one of the major causes of Type 2 Diabetes. Humanity is suffering from 2 problems related to food around the world in both developed and developing countries – eating too much and eating unnecessarily. Over-eating has become a modern disease and it is found that more people living in the developed world are more obese than ever before, an estimated 500 million worldwide are obese making 1 out of every 10 obese globally. The Nirahara Samyama makes one lose all the unnecessary fats and achieves the healthy BMI range, therefore preventing the occurrence of diabetes through a healthy, yogic body.

GROWING HEALTHIER FOR A RESILIENT AND DIABETIC-FREE BODY

Growing healthier for a resilient and diabetic-free body - The amazing aspect of this transformation is it is permanent because the body goes through a mutation of muscle memory and bio memory. The brain starts to develop new pathways to accommodate the unfamiliar perspective, the subtle brain grooves proliferate to support the expansion of intelligence. Many people who complete the Nithyananda Nirahara Samyama simply walk out of health problems they had been suffering for ages ranging from arthritis, high cholesterol, diabetes, high blood pressure, imbalance of hemoglobin level, etc as shown in their medical reports. In addition, the Nithyananda Niraharis simply grows younger with a new yogic body, radiant skin and shiny hair, beyond human mind comprehension!

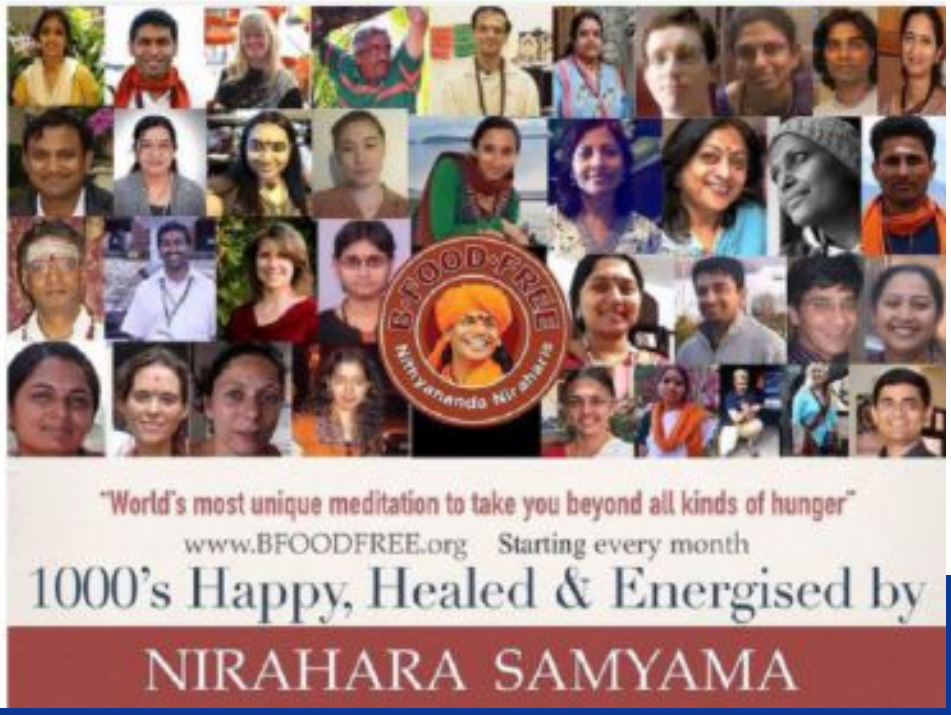
BREAKTHROUGH FROM HUMANS TO SUPERHUMANS BY HEALING DIABETES THROUGH SPIRITUAL PRACTICES -

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Nithyananda Nirahara Samyama is not aimed at saving food or food expenses. It aims at breaking even the basic patterns with which your body and mind are bound. The life of Nirahari breaks the pattern of food, and the first thing that happens is one break all those patterns which torture them. All the psychological patterns, mental patterns one carries and sufferings related to food will break.

KAILASA has offered various time-tested, authentic techniques such as Nithyananda Nirahara Samyama that can detoxify any poison, chemicals, or toxins gone into the system and has ensured that all citizens of KAILASA radiate the Superconsciousness of Paramashiva through the spiritual methodology.



JAYARAMAN THIAGARAJAN
INFORMATION MANAGEMENT LEADER
HOUSTON, USA

am Cured of High Blood Pressure and Diabetes

a) Stopped taking BP and Diabetes Medicines
b) My Blood Pressure dropped from 165/95 to 110/80
c) My Blood Sugar level (Fasting) dropped from 265 to 65 in 3 months
d) Quality of sleep is better
e) Sleep quota reduced from average 7 hours to 5 hours;
f) Energy level is higher than before becoming a Nirahari

Spiritual benefits
a) Feeling great having found the Master
b) Able to do meditation & Yoga postures better

Other Benefits
a) Overall relationship with others have improved
b) All my family members are inspired to do “The Samyama”

Vedāgamic Detox Methodologies

"Almost each one of you carry at least 5 pounds of poison in your body, because of the toxification by constantly watching TV and powerful lights, pesticides in your food and so many other reasons.
– The SPH Nithyananda Paramashivam

As per Ayurveda, the human body has thirteen "Agnis". "Agni" is the term used to describe the process of biological conversion and utilization of energy. Overload of toxins causes the imbalance of Agni leading to the production of Āma (undigested material that remains in the intestinal tract and acts as an antigen/toxin responsible for the cause of autoimmune diseases & production of various diseases). Bhutagni (liver dysfunction), Dhatwagni (disturbed tissue metabolism) and imbalance of Jataragni produce increased amounts of Āma which is the root cause of all diseases.

KAILASA promotes and follows Sanatana Hindu Dharma's time-tested, natural, effective and result bearing Vedāgamic techniques for vigorous detoxification of cleansing the Ama from the stomach and removing ingrained thoughts that generate negative emotions in the body, enabling one to reprogram their DNA through positive and empowered cognitions, preventing them from diabetes or other chronic illnesses. These ancient ayurvedic herbs physiological and psychological levels are:







HARITHAKI



Haritaki is described as the 'Sarva Roga Nivarani' (that which heals all diseases) and the Drink of the Gods. It is said that the Haritaki came to life when a nectar drop fell from the cup of Indra, the King of heaven. Haritaki is considered the best herb for the digestive system. This medicine works subtly on the mind as well, removing all the engraved memories (samskaras) and negative mental patterns. This wonder-medicine also naturally removes the body's toxins and makes one more energetic. Additionally, it eliminates fat residues from the arteries and veins. Among the many health benefits of Haritaki are prevention of all diseases, elimination of waste from the body, and promotion of tissue health.

Several scientific studies recommend the use of haritaki for reducing blood sugar levels and controlling diabetes. Upon consumption of haritaki powder, insulin production is stimulated in the pancreas. In addition to reducing the breakdown of starch into glucose, it also helps to regulate insulin secretion, leading to low blood sugar levels.



NEEM LEAVES

Neem is an age-old panacea for all diseases and is known for its multifarious health benefits for generations. This herb detoxifies the body, heals multiple organs like the liver, stomach, intestines, kidneys, improves eyesight, cures allergies, skin problems and possesses antibacterial, antiviral, antioxidant, and anti-diabetic properties, Neem is also rich in antioxidants, flavonoids, triterpenoid, antiviral compounds, glycosides, etc. which help in managing blood sugar levels, consumption of every day can prevent the occurrence of many diseases including diabetes

CASTOR OIL



The SPH Nithyananda Paramashivam has declared castor oil as "The God in Liquid Form" for its extraordinary properties for detoxifying the stomach. In general, castor oil is said to contribute to varied health benefits for the system, including its power to nurture immunity, prevent diseases, improve cognitive and memory functions and augment general health. In ccc we had pics taht we can use ?



Detoxification brings copious amounts of joy and bliss to the citizens of KAILASA who enjoy the benefits of leading an organic and healthy Hindu lifestyle.





04
THROUGH ANCIENT VEDĀGAMIC RITUALS

SACRED RITUALS

Many Hindu rituals directly work on the chakras in the body and radiate special healing energy that has a positive effect on the body, mind, and soul as per the ancient Hindu scriptures, Vedāgamas. KAILASA's International Humanitarian Agency Saffron Om has employed powerful mass worship (Pujas, Homas and such rituals) – as a means to create profound healing energy for a peaceful mind and healthy body for those suffering with various health issues.

The rituals have powerful benefits like:

Effect on personal health and well-being- enhanced cognitive function, verbal memory, decrease in thoughts per second, steadiness in mind, reduction in mental stress, reduction in depression, epilepsy and anxiety,

KAILASA's Department of Health in collaboration with KAILASA's International Humanitarian Agency Saffron Om has conducted many rare rituals that are specifically to cure chronic diseases such as diabetes. Trained religious peacekeepers of KAILASA have conducted several Mrtyunjaya Homa which is a Vedāgamic fire ritual which helps individuals connect to Bhagavan Mrityunjaya who is known to bestow health and powerful cognitions to overcome death as mentioned in the Rigveda (RV 7.59.12).



त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनात् मृत्योर्मुक्षीय मामृतात् ॥
tryambakaṃ yajāmahe sugandhiṃ puṣṭivardhanam ।
urvārukamiva bandhanāt mṛtyormukṣīya māmṛtāt ॥

Om, We Worship the Tryambaka (the Three-Eyed One), Who is Fragrant (as the Spiritual Essence), Increasing the Nourishment (of our Spiritual Core); From these many Bondages (of Samsara) similar to Cucumbers (tied to their Creepers), May I be Liberated from Death (Attachment to Perishable Things), So that I am not separated from the perception of Immortality (Immortal Essence pervading everywhere).

These fire rituals are conducted using pure organic cow ghee and 108 sacred herbs as prescribed in Vedāgamas are proven measures to detoxify air and aids in healing any diseases that enter the sacred ambiance.











Conducting several health-related homa such as Chandi Homa, Rudra Homa, Ati Rudra Maha Homa (Sacred Vedic fire rituals) 24x7 in KAILASA's Nithyanandeshwara Hindu temples around the globe contributing to more than 20 Million peace minutes over the last 27 years.

BHAVA SAMADHI DARSHAN

The SPH has conducted several Bhava Samadhi Darshan manifesting beings of various cosmic energies and dimensions of Paramashiva, bestowing the auspicious components, powers and the powerfulness of each divine cosmic energy embodied by various Hindu Gods. Witnessing Bhava Samdhi Darshan can enable one to mirror the neurons of the Divine replacing unnecessary emotions and cognitions affecting the body physiologically and psychologically. This ancient ritual of embodying cosmic energies has been revived by the SPH Nithyananda Paramashivam curing and preventing many diseases. The SPH has specifically blessed one and all with the Vaidyeeshawara Bhava Samadhi Darshan who is the Hindu God of Healing. He is known for healing and curing any form of disease through bestowing his blessings. Through this Bhava Samadhi Darshan The SPH provided an effortless solution and spiritual healing to all the diabetic patients to experience the higher divine self.







WAY FORWARD

KAILASA's Department of Health provides free physical, physiological, mental, emotional, and psychological well-being through various Vedic services to all its citizens as per the Hindu health policy, laid down in the Vedāgamas. We develop and deliver policies and programs and advise the Government of KAILASA to empower healthcare systems dedicated to strengthening and redefining the ideals of psychological healing, spiritual counseling, by operating with the single unified goal of felicitating every individual to explore their ultimate possibility of enlightenment through a yogic body.

KAILASA recognizes World Diabetes Day, with unwavering commitment to increase access to vedagmic health care facilities for tackling diabetes and build a future in which people with this particular health condition live fully, without pain and impediments, and ultimately experience a blissful, healthy and a complete life. Therefore, KAILASA's Department of Health, ShriKailasa Uniting Nations for Healing Chronic Illness and ShriKailasa Uniting Nations for Alternative and Wholistic Medicine are more readily reshaped in order to address-attend to the current diabetes crises and stimulate and support effective, ancient time tested measures for the prevention and control of diabetes and its complications.



Appendix

1. Diabetes: Silent Killer

https://aho.org/news/diabetes-silent-pandemic-3-times-more-deadlier-than-covid-19/

2. WHO on Diabetes

https://www.who.int/news-room/fact-sheets/detail/diabetes

3. Statistics

https://www.diabetes.org/resources/statistics/cost-diabetes

4. Harithaki benefits

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