//ABOUT YOGA HISTORY

As my folk were telling about importance of Yoga, but we must talk about elephant in the room one will get empowered by knowing history of yoga, cause many researches shows that a human tendency have to attach to something which has history, so it might be very astonishing that evidence shows that history of yoga is actually starts from Indian civilization in 1300 BC , there is also mentioning about yoga in our Upanishads, Mahabharata and most famous Ramayana. Patanjali well knowned came from book named Maharishi Patanjali which gave us sutras in around 147BC for growth of human body and prosperous life.

//Diabetics

To know whether a person is been affected so that they should know following sytoms and signs : vision gets blurry, with following headache, fatigue and slow healing of cuts and itichy skin.

Most of the times they might be just normal issues but there are some symptoms that are not that much common so when it occurs one should definitely visit doctor they are as following prolonged blah blah copy and paste