

More taking to Badminton as healthy option

[J Abbas Mulla](#), TNN Jul 10, 2013,

HUBLI: People may not know it, but the most effective way of strengthening the immune system is through physical exercises that increases their breathing and induces them to perspire. One of these exercises is Badminton. People suffering from [diabetes](#) and hypertension are switching over to shuttle Badminton to keep healthy.

The Badminton courts in recreational Clubs and Educational Institutions are seeing a rush. Doctors advise diabetics and people with hyper tension to play shuttle Badminton to control these ailments. This is because this sport can decrease the production of sugar by the liver and thus decrease fasting blood sugar. It can also decrease [high blood pressure](#), thereby reducing the burden to one's heart.

Dr Pramod Hiremath, Dialectologist, said there is an increase in diabetic cases these days and most of the patients are in the 40 to 50 age group. Physical exercise is required to control diabetes. Many people don't go to gym while some may find regular jogging or walking a bore.

"To keep them active, we usually suggest to diabetic patients to play some games like Badminton, which is as effective as other exercises to control diabetes. Krishnamurthy Uchilla, a 50-year-old diabetic patient, said: "Playing shuttle Badminton helps me to control my sugar levels. This game keeps me active and fit. There have been no fluctuations in my sugar levels ever since I have started playing it," he said.

Manjunath Pethkar, Badminton Coach, said that nowadays most people who approach him are diabetics, those having hyper tension and those with body ache due to their sedentary lifestyle. We give them some tips on how to play it. Today, most of them no longer have hyper tension as their sugar levels are under control, he said.

Ramanath Pai, 60, said he was advised to go for a brisk walk to control his diabetes. "I did not want to invite trouble by getting injured while walking briskly, so I opted for shuttle Badminton. Today, my diabetes is not only under control but I don't have joint pains," he said.
