Original Paper

Effect of 12 weeks of yoga practice on glucose, insulin and triglycerides serum level in women with diabetes type II

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Abstract

Background and Objective: Diabetes mellitus is one of the most common serious metabolic disorders. This study was done to determine the effect of 12-week yoga intervention on glucose, insulin and triglyceride serum levels in women with type II diabetes mellitus.

Materials and Methods: In this clinical trial, 26 women with Type II diabetes were divided into interventional (n=16) and control groups (n=10). Program of yoga exercise including: 75 minutes daily, three sessions in a week, and for 12 weeks. The level of glucose, insulin, leptin, HDL-C, LDL-C, triglyceride, total cholesterol were measured prior and post - training period.

Results: The levels of glucose, insulin and triglycerides in the interventional group significantly reduced compared to control group following the training period ($P<0.05$). The level of leptin, HDL-C, LDL-C, total cholesterol was not significantly altered in intervention group in compare to controls.

Conclusion: 12 weeks of yoga exercises can improve blood glucose, insulin and triglyceride in women with type II diabetes.

Keywords: Diabetes, Yoga, Insulin, Triglyceride, Glucose

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