
Scholars Research Library

-
- [A-Z Journals](#)

[Scholars Research Library](#)

- [Home](#)
- [Editorial Team](#)
- [Articles & Issues](#)
 - [Articles In press](#)
 - [Current Issue](#)
 - [Archive](#)
- [Guidelines](#)
- [Submit Manuscript](#)
- [Citations](#)
- [Open Access Policy](#)
- [Contact](#)

Annals of Biological Research

Abstract

[The effect of yoga training on lipid profile and blood glucose in type](#)

II diabetic females

Author(s): Sh.Dide Rast, Z. Hojjati and R. Shabani

This work has been conducted to examine the impact of 8 weeks of yoga training on blood glucose and lipid profile in patients with type II diabetes. In this quasi-experimental study, 30 women with type II diabetes and between 45 to 60 years old were randomly selected and divided into two (n= 15) groups of experimental and control. Experimental group were subjected to regular yoga training for 8 weeks (3 sessions per week, 60 minutes per session), while the control group did not have any regular activity. The dependent variables were total cholesterol (TC), triglycerides (TG), LDL (low density lipoprotein), HDL (high density lipoprotein), and blood glucose and were examined before and after exercise training in both groups. Results indicated a significant difference in the changed levels of total cholesterol, triglycerides, LDL, HDL, and blood glucose between the control and experimental groups ($P < 0.05$). Based on our results, it can be said that, yoga is a non-drug, non-invasive and cost-effective method to improve the quality of life. In addition, the effects of yoga on the connection of mind and body and reducing stress hormones have been proved since long times. Therefore, it seems that, patients with type II diabetes, along with fully compliance with their diet, can benefit these exercises in order to control some risk factors associated with diabetes.

- [PDF](#)

- Copyright © 2018.
- [Our Policies](#)
- [Sitemap](#)

```
$(document).ready(function() { $('#pagination-table').DataTable({ "searching": false }); });  
!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0],p=/^http:/.test(d.location)?'http':'https';if(!d.  
getElementById(id)){js=d.createElement(s);js.id=id;js.src=p+"//platform.twitter.com/widgets.js";fjs.pa  
rentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```