

ABSTRACT

Introduction

Type 2 diabetes is a major health problem in many countries including India. Most of the studies have reported the effect of yoga on improving Quality of Life (QoL) in diabetic patients. This study investigated the impact of Yoga module prepared by AYUSH MANTRALAYAM on lipid profile in diabetic and pre diabetic patient.

Methods

This One Arm Pre Post study includes 33 participants of diabetic and pre diabetic in which male (n=18) female (n=15) which took part in yoga intervention for three months. Yoga Program included 1 Hour practice consisting of Breathing Exercises, Loosening practices, Suryanamaskara, Asanas and Pranayama. Biochemical parameters such as Cholesterol, triglycerides, High density lipoprotein (HDL), Low density Lipoprotein(LDL) were determined at beginning and at the end of three months.

Result

Results showed that mean value of Cholesterol reduced from 175.24 ± 56.70 to 168.15 ± 50.43 , Triglycerides reduced from 178.15 ± 137.62 to 160.66 ± 113.73 , LDL reduced from 96.33 ± 51.02 to 94.39 ± 44.93 . However the reductions in Cholesterol, Triglycerides and LDL are not statistically significant. High density lipoprotein's mean value decreased from 44.45 ± 6.54 to 43.45 ± 12.39 .

Conclusion

From the statistical analysis of the results obtained in the present study we may say that three months of practice of yoga improves the Lipid levels however a higher sample size can conform a statistically significant improvement in Lipid profile.