



## Effect of a period of selected cyclic yoga exercises on some lipid profiles of type 2 diabetic middle-aged women in Kermanshah

Oral Presentation

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### Abstract

**Introduction:** Irregular sum of lipids in the blood is one of the significant complications of type 2 diabetes mellitus (T2DM) and cardiovascular disease (Omodanisi, 2020). So that unusual sum of lipids and their associated outcomes have been reported to grow mortality amid T2DM patients (Anto, 2019). but, dyslipidemia can be cured when identified early. It can also be improved by exercises such as yoga (Tells, 2014). Cyclic yoga is one of the new methods of yoga in the world that considers specific therapeutic effects. However, there is a lack of information on the effect of cyclic yoga on some lipid profiles of T2DM. Therefore, the purpose of this study is the effect of a period of selected cyclic yoga exercises on some lipid profiles of TD2M middle-aged women in Kermanshah.

**Methods:** In this quasi-experimental applied research, 42 TD2M middle-aged women (40-60) were purposefully enrolled and attended 50-90 minutes of cyclic yoga sessions three times a week. The study participants were divided into an experimental group and a control group. Blood test variables were measured twice at the beginning of the project and after 12 weeks of exercise. All the participants have HDH less than 50 mg/dl, LDL greater than 185/4 mg/dl, TG greater than 150 mg/dl, and CHO greater than 256/8 mg/dl. Blood factors were measured using an alpha-classic at plus and the calorimetry method and biosystem kits made in Italy. One-way ANOVA was used for group comparison, and paired t-test was used for in-group comparison. **Results:** A statistically significant reduction was observed only in the experimental group in CHO and LDL variables ( $p= 0/002$ ), ( $p= 0/003$ ). Then, there was no significant change in TG and HDL in the control group ( $p= 0/066$ ), ( $p= 0/909$ ).

**Conclusion:** In conclusion, the results of this research show that cyclic yoga improves CHO and LDL in T2DM middle-aged women.

### Keywords

Cyclic Yoga; Lipid Profiles; T2dm

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