

ABSTRACT

Background: Diabetes mellitus is a group of metabolic disorders characterized by hyperglycemia resulting from defects in insulin secretions, insulin action, or both. There are reports as regards to the influence of group of asana on blood glucose levels. However, to the best of our knowledge there are no studies evaluated the effects of single asana i.e. Ardha Matsyendrasana on blood glucose levels in type 2 diabetes mellitus (T2DM). Thus, the present study was conducted to evaluate the effect of Ardha Matsyendrasana on random blood glucose (RBG) levels in patients with T2DM.

Methods: A total of 100 subject with T2DM were included in the study. All the subjects were asked to undergo a single session (15 minutes) of control session (CS) (rest in sitting pose) and yoga session (YS) on day-1 and day-2 respectively. Baseline and post-test assessments of RBG levels were measured just before and immediately after each intervention. Statistical analysis was performed using statistical package for the social sciences, version 16. P value <0.05 was considered as significant.

Results: There is a significant reduction in RBG levels in the YS compared with the CS.

Conclusion: The Results of the present study demonstrated that the practice of Ardha Matsyendrasana is effective in reducing the blood glucose levels in patients with T2DM.

Keywords: Ardha Matsyendrasana; Blood Glucose Level; Diabetes; Yoga.