

17th International Conference on

Clinical Nutrition and Fitness

November 21-22, 2019 | Singapore

Influence of yogic practices and vegan diet on selected physiological, biochemical and psychological variables among diabetic affected women

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Diabetes is a growing challenge in India with estimated 8.7% diabetic population in the age group of 20 and 70 years. The rising prevalence of diabetes and other non-communicable diseases is driven by a combination of factors-rapid urbanization, sedentary lifestyles, unhealthy diets, tobacco use, and increasing life expectancy.

Obesity and overweight are the most important risk factors responsible for diabetes. Much of the diabetes burden can be prevented or delayed by behavioral changes favouring a healthy diet and regular physical activity. To achieve a state of health and acceptable level of function, patient with diabetes mellitus need to have adequate knowledge and attitude of self-care activities. They need to clear their doubts related to self-care activities such as vegan diet ,exercise, medication ,self-administration of insulin, foot care and follow up .To lead an independent life, the diabetic individuals should be a controller of his own life.

In this study, yogic practices and vegan diet were given to experimental groups for the period of twelve weeks. The pre-test was taken on the subjects before administering the training. The subjects were involved with their respective training. At the end of the twelfth week training post-test was again done on all the three groups. The scores of physiological, Biochemical and psychological variables were considered as data on the effect of varied training of yogic practices and vegan diet on diabetic women. It was concluded that Fasting blood glucose level, Postprandial blood glucose level, Resting Pulse Rate, Blood pressure, Stress were significantly reduced, and Job Satisfaction were significantly Improved due to the influences of Yogic practices and Vegan Diet than the control group among diabetic women.

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