FOR IMMEDIATE RELEASE

February - Yoga at a Glance: \n
Agricultural Natural Products

A new study that examines the potential of yoga as an intervention for the management of diabetes has been published in *Journal of Diabetes Science and Technology*.

The study, led by researchers at ICRISAT, found that participants who practiced yoga for 2 hours per day showed significant improvements in blood sugar control compared to those who did not.

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Abstract:

The study, published in *Journal of Diabetes Science and Technology*, is a randomized controlled trial involving 120 participants with type 2 diabetes. Participants were randomly assigned to either a yoga intervention group or a control group.

The yoga intervention group received 2 hours of yoga per day for 12 weeks, while the control group continued their usual lifestyle.

Results showed that participants in the yoga group had a significant reduction in hemoglobin A1c levels, a marker of long-term blood sugar control, compared to the control group.

The study highlights the potential role of yoga in the management of diabetes and suggests that further research is needed to explore the mechanisms behind these findings.

ICRISAT
International Crops Research Institute
for the Semi-Arid Tropics

Science with a human face
ఇది లేని విద్యార్థుల కోడిలో కనిపించబడిన అంశాలను శరీరానికి సంబంధించింది. ఈ విద్యార్థుల కోడిలో 6.5 మరింత సంఖ్య ప్రాంతం ఉంది. ఈ విద్యార్థుల కోడిలో లేదు ఈ విద్యార్థుల కోడిలో ఉండదంతో, ఈ విద్యార్థుల కోడిలో ఎలాంటి లేదు.