

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jun 2026

### Efficacy of 12 weeks yoga in controlling blood glucose, insulin, leptin, lipid profile in women with Diabetes type II

#### Protocol summary

##### Summary

This study aimed to determine the effects of 12-week yoga intervention on risk factors (glucose, insulin, leptin, lipid profile (HDL-c, LDL-c, TG, TC) in women with type II diabetes. These trials on the 26 subjects with Diabetes type II Referred to Center clinic health Network of 3 months was performed. patients were in age range 30-60 years and without any disease except diabetes. Patients in both intentional and voluntary experimental group (N = 15) and controls (N = 11) were divided. program consists of 75 minutes of daily exercise group practiced yoga three times a week and lasted for 12 sessions. in addition to diet and psychological aspects subjects were also monitored. the blood samples were measured 24 hours before and after the training period.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2012090210708N1**

Registration date: **2012-10-05, 1391/07/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-10-05, 1391/07/14

##### Registrant information

##### Name

Najmeh Habibi

##### Name of organization / entity

University esfahan

##### Country

Iran (Islamic Republic of)

##### Phone

+98 38 1334 2537

##### Email address

habibi.najmeh281@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Isfahan University, Faculty of Physical Education

##### Expected recruitment start date

2008-10-12, 1387/07/21

##### Expected recruitment end date

2010-08-14, 1389/05/23

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Efficacy of 12 weeks yoga in controlling blood glucose, insulin, leptin, lipid profile in women with Diabetes type II

##### Public title

The effect of 12 weeks of yoga practice on metabolic factors in women with diabetes type 2

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: having diabetes based on medical evidence; without any disease except Diabetes type II; lack of physical activity except yoga; female; aged between 30-60 years Exclusion criteria; no diagnosed with diabetes; having other diseases; havi;ng any exercise; women above 60 years and below 30 years

##### Age

From **30 years** old to **60 years** old

##### Gender

Female

##### Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 26

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of the University Esfahan

##### Street address

University of Esfahan, Square azadi, Esfahan

##### City

Esfahan

##### Postal code

#### Approval date

2008-08-15, 1387/05/25

#### Ethics committee reference number

1348/90/وا

## Health conditions studied

### 1

#### Description of health condition studied

diabetes

#### ICD-10 code

E11

#### ICD-10 code description

Diabetes

## Primary outcomes

### 1

#### Description

Glucose

#### Timepoint

befor and after cycle

#### Method of measurement

Using enzymatic methods - colorimetry using the enzyme glucose - oxidase test kit company and biochemistry Tvanaayzr device (Bio chemistry Auto Analyser) and Iranian-made version of the Classic α - Measuring Equipment Company

### 2

#### Description

Insulin

#### Timepoint

Before and after cycle

#### Method of measurement

Using a sandwich ELISA

### 3

#### Description

leptin

#### Timepoint

Befor and after cycle

#### Method of measurement

Using a sandwich ELISA

### 4

#### Description

Leptin

#### Timepoint

Befor an after cycle

#### Method of measurement

Using a sandwich ELISA

### 5

#### Description

Cholesterol

#### Timepoint

Before and after cycle

#### Method of measurement

The enzymatic cholesterol kit

### 6

#### Description

Triglycerides

#### Timepoint

Before and after cycle

#### Method of measurement

Using Kite triglycerides and by autoanalyzer

### 7

#### Description

High-density lipoprotein

#### Timepoint

Before and after cycle

#### Method of measurement

Autoanalyzer using HDL Kit

### 8

#### Description

Low-density lipoprotein

#### Timepoint

Befoer and after cycle

#### Method of measurement

Autoanalyzer using LDL Kits

## Secondary outcomes

1

### Description

The side effects of exercise

### Timepoint

After exercise

### Method of measurement

After exercise

## Intervention groups

1

### Description

Intervention group: Participate in yoga exercise three sessions per week for 12 weeks, each session lasting 75 minutes

### Category

Diagnosis

2

### Description

Control group: not participating in yoga and not having any other physical activity.

### Category

Diagnosis

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Iranian health clinic

#### Full name of responsible person

#### Street address

#### City

Esfahan

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

University esfahan

#### Full name of responsible person

Dr. sayyed mohammad marandi

#### Street address

University Esfahan, Azadi Square, Esfahan

#### City

Esfahan

### Grant name

### Grant code / Reference number

### Is the source of funding the same sponsor organization/entity?

Yes

### Title of funding source

University esfahan

### Proportion provided by this source

100

### Public or private sector

empty

### Domestic or foreign origin

empty

### Category of foreign source of funding

empty

### Country of origin

### Type of organization providing the funding

empty

## Person responsible for general inquiries

### Contact

#### Name of organization / entity

Esfahan university

#### Full name of responsible person

Sayyed mohammad marandi

#### Position

Associate Professor of Physiology Sports

#### Other areas of specialty/work

#### Street address

University esfahan, Azadi Square, Esfahan

#### City

Esfahan

#### Postal code

#### Phone

+98 31 1793 2271

#### Fax

#### Email

- s.m.marandi@spr.ui.ac.ir

#### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Esfahan University

#### Full name of responsible person

Sayyed mohammad marandi

#### Position

Associate Professor of Physiology Sports

#### Other areas of specialty/work

#### Street address

University esfahan, Azadi Square, esfahan

#### City

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#### Phone

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#### Fax

#### Email

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#### Web page address

## Person responsible for updating data

### Contact

#### Name of organization / entity

**Full name of responsible person**

Najmeh habibi

**Position**

Masters

**Other areas of specialty/work****Street address**

NO.37, Alley 17, Southern Pasdaran Street,  
Shahrekord

**City**

Shahrekord

**Postal code**

8814836399

**Phone**

+98 38 1334 2537

**Fax****Email**

Habibi.najmeh281@yahoo.com

**Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*