

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

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Sayyed mohammad marandi

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Najmeh habibi

Position

Masters

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

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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