

## **ABSTRACT**

### **Aim:**

The aim of this study is to observe the effect of IAYT on HbA1c in TYPE 2 diabetes and prediabetes patients and its prevalence in an urban area of Karnataka.

### **Settings and Design:**

This is a one arm Pre-Post Design comprised of 19 diabetes and pre-diabetes patients (Male-10, Female-9). Participant's age are ranged from 35 to 60 years. Subjects are taken from JIGANI, Anekal, Bangalore, Karnataka, India.

### **Methods and Material:**

Yoga practice is given to the pre-diabetic and diabetic participants who agreed to participate in the study for 3 months, 6 days in a week for 1 hour. Yoga module consists of asana, pranayama meditation and relaxation technique. The yoga practice module which is placed in Appendix has been prepared by AYUSH MANTRALAYAM, INDIA.

### **Results:**

Glycated hemoglobin (HbA1c) showed a significant reduction ( $p < 0.05$ ) from  $7.89 \pm 2.01$  to  $7.51 \pm 1.88$ . The effect size is 0.1 with 4.8% changes.

### **Conclusions:**

The current study showed a statistically significant reduction in glycated hemoglobin (HbA1c) after the yoga intervention in persons with Diabetes and Pre-Diabetes. Yoga module developed by AYUSH MANTRALAYA helps to reduce or control HbA1c in Diabetic and Pre-Diabetic people by practicing for one hour daily on weekdays 3 months.