



The effect of 8 weekes of resistance training and baneh supplementation on malondialdehyde levels of women type 2 diabetes

Poster Presentation

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Abstract

Introduction: Type 2 diabetes (T2DM) is a global health problem and is one of the leading causes of death in 95% of diabetes cases. Evidence suggests that oxidative stress plays an important role in the pathogenesis of chronic diseases such as DM. This study was performed to evaluate the effect of 8 weeks of resistance training and Baneh supplementation on malondialdehyde levels of women with type 2 diabetes.

Methods: The method of this research was quasi-experimental. The statistical population of this study was 40 women with type 2 diabetes who were randomly divided into 4 groups (supplement, exercise, exercise + supplement, control). The duration of the study was eight weeks (3 sessions per week). In this study, the subjects in the training group performed only resistance training, the supplementary group used only supplementation, the training + supplement group performed resistance training and took supplementation at the same time. The characteristics of the subjects were summarized using descriptive statistics. The normality of data distribution was investigated using the Shapirovilk test, and then research hypotheses were tested using statistical methods of analysis of covariance and paired t-test. Statistical calculations were performed using SPSS software version 23 at a significance level of 0.05.

Results: The results of the present study showed that performing 8 weeks of resistance training with coriander supplementation has a significant effect on malondialdehyde levels. (P = 0.001).

Conclusion: Regular aerobic exercise and resistance training have positive effects on patients with T2DM and thus improve blood sugar control and reduce diabetic complications such as cardiovascular problems. On the other hand, using approved herbal supplements helped to improve and improve the health status of diabetic patients along with exercise.

Keywords

Training; Baneh; type 2 diabetes; MDA

Reference:

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