

Effect of Fenugreek Seed with Aerobic Exercise Training on Insulin Resistance in Women with Type 2 Diabetes

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Abstract : Aim: Considering the hypoglycemic and lipid-lowering effect of the fenugreek seed and aerobic exercise training, this study was conducted to evaluate the effect of fenugreek and aerobic exercise training on insulin resistance in women with type 2 diabetes. Methodology: 32 patients with type II diabetes were selected and randomly divided into four groups: control, fenugreek, training and fenugreek - training. Fenugreek groups used 10 grams of fenugreek seeds daily for eight weeks on two occasions before noon and evening meal. Training of groups is also performed a regular program of aerobic exercise 65-55% of maximum heart rate (4 days per week). Two days before and after the training period, blood samples were taken from their brachial veins in a fasting state (12 hours prior to the test) in a sitting position. The data was analyzed using t-independent and ANOVA at a significance level of $\alpha < 0.05$. Results: Intra-group changes in all experimental groups showed that significant decrease insulin resistance, and the difference between groups showed significant difference between the groups of fenugreek - training than other groups there. Conclusions: According to the research findings to fenugreek combined with aerobic exercise more beneficial effect on the inhibition of insulin resistance in women with diabetes are recommended to them.

Keywords : fenugreek, training, insulin resistance, diabetes

Conference Title : ICGEPHO 2018 : International Conference on Green Exercise and Physical Health Outcomes

Conference Location : Paris, France

Conference Dates : September 20-21, 2018