Yoga Benefits Patients with Metabolic Syndrome

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In a recent *Scandinavian Journal of Medicine & Science in Sports* study, one year of yoga training decreased pro-inflammatory adipokines and increased an anti-inflammatory adipokine in adults with metabolic syndrome and high-normal blood pressure.

Adipokines are signaling proteins released by fat tissue.

The findings support the notion that yoga exercise might serve as an effective lifestyle intervention to reduce chronic inflammation and manage aspects of metabolic syndrome.

“These findings help to reveal the response of adipokines to long-term yoga exercise, which underpins the importance of regular exercise to human health,” said senior author Dr. Parco Siu, of The University of Hong Kong.

Additional Information


About Journal

*The Scandinavian Journal of Medicine & Science in Sports* is a multidisciplinary journal published 12 times per year under the auspices of the Scandinavian Foundation of Medicine and Science in Sports.

It aims to publish high quality and impactful articles in the fields of orthopaedics, rehabilitation and sports medicine, exercise physiology and biochemistry, biomechanics and motor control, health and disease relating to sport, exercise and physical activity, as well as on the social and behavioural aspects of sport and exercise.

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