Study of Impact of Physical Activities on Lipid Profile of Diabetics

Sanjay Kumar Pandey[1]* Akhilesh Kumar[2]

[1] Assistant Professor, Simtech College, Patna

[2] Associate Professor of Zoology, A. N. College, Patna

Abstract* – *Diabetics is a risk and the association between cardiovascular disease. The risk of coronary heart attack may be decreased by lowering serum cholesterol. Currently, the primary cure is therapy but medication has its drawbacks. Not only does activity have a beneficial influence on people with dyslipidemia, it may even boost the profile of the lipid. The aim of this analysis is to include details on all transitory lipid results, such as low-density lipoprotein cholesterol, high-density lipoprotein cholesterol, triglycerides and new lipids and lipoproteins, such as non-high-density lipoprotein cholesterol and postprandial lipoprotein. Mechanisms of lipid and lipoprotein aerobic exercise are also briefly defined.

Keywords: Physical Activities, Lipid Profile, Lipoprotein, Diabetics;

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INTRODUCTION

The implementation and preservation of physical exercise is important for the control of blood glucose and general wellbeing in diabetes and prediabetes individuals. Recommendations and recommendations are subject to varying features and states of health. This Statement includes a clinical examination and evidence-based suggestion on physical activity and exercise in people with type 1 diabetes, type 2 diabetes, gestational diabetes mellitus and prediabetes.

Physical exercise involves any action that raises energy use, whereas physical activity is organized and coordinated. Exercise increases regulation of blood glucose in Type 2 diabetes, reducing cardiovascular risk factors, leading to weight reduction and improving health. Daily exercise can prevent or delay the development of type 2 diabetes. Regular activity also has important health advantages for people with type 1 diabetes (e.g. enhanced physical fitness, power of muscle and immunity to insulin, etc.). The problems in controlling blood glucose differ with the diagnosis of diabetes, exercise diagnosis and the presence of complications associated with diabetes. Therefore, the physical activity and fitness guidelines can be adjusted to suit individual needs.

TYPES OF EXERCISE AND PHYSICAL ACTIVITY

Aerobic activity requires the constant and repetitive contraction of large muscle groups. Aerobic energy-producing mechanisms are the primary outlet for behaviors such as driving, cycling, jogging and swimming. Training resistance involves drills for free weights, equipment for weight, body weight or adjustable resistance bands. Flexibility exercises increase the range of joint motion. Equilibrium activities help to stop dropping. Activities such as tai chi and meditation incorporate flexibility, coordination and resistance.

BENEFITS OF EXERCISE AND PHYSICAL ACTIVITY

Aerobic Exercise Benefits

Aerobic formation enhances mass, resistance to insulin, oxidative enzymes, blood vessel enforcement and reactivity, pulmonary function, immune function and cardiac performance. Low to large volumes of physical exercise was correlated with considerably lower incidence of coronary and total death with both type 1 and type 2 diabetes. Aerobic activity raises cardiorespiratory health in type 1 diabetes, reduces insulin tolerance and enhances lipid and endothelial function. Daily exercise decreases A1C, triglycerides, blood pressure and insulin tolerance in people with type

2 diabetes. Alternatively, the HIIT supports rapid enhancement in adults with type 2 diabetes of skeletal muscle oxidation power, insulin sensitivity and glycemic regulation, and it can be carried out without degradation of glycemic control in type 1 diabetes.

Resistance Exercise Benefits

Diabetes is an independent contributing factor for low muscle mass and rapid muscle strength and functional condition decrease. For all adults, health advantages include increases in muscle mass, body structure, strength, athletic fitness, mental health, bone mineral density, insulin sensitivity, blood pressure, lipid profiles and cardiovascular health. The impact of glycemic management exercise in type 1 diabetes is unknown. Resistance exercises, though, will further minimize the likelihood of exercise-induced diabetes hypoglycemia. When resistance and aerobic exercise are done with one exercise, resistance first results in lower hypoglycemia than in aerobic exercise. Resistance exercise advantages for people with type 2 diabetes include glycemic regulation gains, insulin resistance, fat density, blood pressure, power and lean body mass.

Benefits of Other Types of Physical Activity

For older adults with diabetes, stability and balance exercises are likely to be significant. There is also reduced joint mobility which results partly in the development of advanced glycemic end products that accumulate during normal ageing and intensify with hyperglycemia. The extending of the glycemic regulation improves the range of motion across joints and durability. Balance preparation can mitigate complications, particularly though peripheral neuropathy is present, by optimizing balance and gait. Work-in-group (resistance and balance training, tai chi classes) can minimize falls by 28% – 29%. Although yoga may facilitate better glycemic regulation, lipid levels and body structure in adults with type 2 diabetes, the advantages of alternative training are less known. Tai chi training in adults with diabetes and neuropathy will strengthen glycemic regulation, equilibrium, neuropathic signs and some aspects of life quality, but there is no high quality research for this training

OBJECTIVES OF THE STUDY

1. To study about the low-density lipoprotein in comparison of control group.

1. This study look for the high density lipoprotein in comparison of control group.

2. The study was to observe the combined effects of aerobic exercise and yogic practices on lipoprotein status of diabetes.

REVIEW OF LITERATURE

Subhash Manikappa Chimkode, Sendil D. Kumaran, V.V. Kanhere, and Ragunatha Shivanna(2015), A research on the impact of yoga in patients with type 2 diabetes mellitus on blood glucose levels was performed. The findings of this research revealed that yoga lowers blood glucose in T2DM patients efficiently.

Tarek Ammar (2015) Research has been performed on the effects of aerobic activity in overweight postmenopausal women on blood pressure and lipids. He observed that morning workouts were more successful than afternoon workouts in excessively hypertensive postmenopausal women in lowering blood pressure and lipids.

Akram Monazamnezhad, Abdolhamid Habibi, Saeidshakeriyan, Nastaran Majdinasab and Akbar Ghalvand (2015), The findings demonstrated the beneficial impact of routine training in aerobic dance on the improvements in lipid profile and body structure in women with multiple sclerosis, on the parameters in lipid profile, in women with recurrent multiple sclerosis.

David A. Donley, et al., (2014) A research on aerobic activity decreases arterial rigidity in metabolic syndrome. They proposed that preparation in subjects with metabolic syndrome decreases core arterial rigidity relative to the control group.

Neetu Mishra (2014) Conducted a review about how long-term glycemic regulation diabetes type2 is responsible for the role of physical activity and dietary alteration of lipid profile and lipid peroxidation, they proposed that activity and dietary regulation are helpful to diabetes control.

Marandi SM, Abadi NG, Esfarjani F, Mojtahedi H, Ghasemi G, (2013) A research was performed on body shape, aerobic strength results and blood lipid profile for obese / overweight women. Their results indicate that both light and moderate aerobics boost the structure and profile of lipid serum in overweight and obese women.

Mohammad Ali Sardar, Seyyed Mahmud Hejazi, Ramineh Abedini., (2012), A research on the impact of an 8-week aerobic exercise regimen on serum leptin and cardiovascular risk factors for obese men with type 2 diabetes has been published. In their analysis the aerobic exercise culminated in a substantial decrease in the percentage of fat and substantial development of the HDL-c stage.

RESEARCH METHODOLOGY

Sampling

To achieve the goal of the research, 40 type II patients with diabetes from Gnaguru Yoga India were randomly selected as participants. The age of the persons chosen varied from 35 to 45 years. The 40 subjects chosen were split into three study classes and a control group. For the intent of the research, the experimental groups -1, for aerobic exercise (n-I0, AE) were allocated to the experimental group-2, for yogic practice (N=10, YP) were assigned; and for the experimental group-3, for combined aerobic exercise preparation and yogic practice (N-10, COM-T).

Data collection

A systematic and objective analysis of the methods utilized in the testing setting is a methodology for testing. This includes the process used to obtain decision-making knowledge and evidence. This article contained the secondary source of information. Data from journals , books, blogs and other sources are collected.

COMPARISON OF LOW DENSITY LIPOPROTIEN IN THE EXPERIMENTAL AND CONTROL GROUP

Data were obtained from experimental groups and control group on scores of low-density lipoproteins. Table 1 displays the pre-test, post-test and adapted post-test study.

Table 1: Analysis of covariance in Low density lipoprotein

Test	G1 AE	G2 YP	G3 COM-T	G4 CG	SV	SS	Df	MS	'F' Ratio
Pre Test									
Mean	125.10	125.20	125.40	125.40	Between	0.67	3	0.22	0.01
S.D.	3.24	3.94	4.03	4.57	Within	631.30	36	17.54	
Post Test									
Mean	118.20	121.80	114.20	126.00	Between	761.10	3	253.70	12.46*
S.D.	3.37	4.40	4.51	4.71	Within	732.80	36	20.36	
Adjusted Post Test									
Mean	118.37	121.87	114.08	125.88	Between	757.74	3	252.58	67.51*
					Within	130.95	35	3.74	

Results on low density lipoprotein

Pre - Test: The mean and standard deviation from GI, G2, G3 and 04 pre-test lipoprotein values were 125.10 ± 3.24, 125.20 ± 3.94, 125.40 ± 4.03 and 125,40 ± 4.57 respectively. Therefore, the pre-test mean of physical activity, yogic practice and mixed practice and yogic preparation and control category for low-density lipoprotein before the start of the therapies was observed to be negligible at the level of trust of 0.05 for the degrees of freedom 3 and 36. For example, the pre-test F value of 0.01 was below the F table value of 3.26. This study therefore indicates that the assigning of subjects to four classes is efficient.

Post - Test: Post-test low density lipoprotein measurements for GI, G2, G3 and G4 have an average and standard deviation from 118.20 ± 3.37, 121.80 ± 4.40, 114.20 ± 4.51 and 126.00 ± 4.71 respectively. The F-value received during the evaluation was 12.46 higher than the F-value of 3.26. The findings indicate that the operations Aerobic Exercise, Yogic activity and mixed aerobic activity and yogic practice of Low Density lipoprotein resulted in substantially different changes across treatment classes. Thus, the average Post-test value of LDL indicates substantial trust at 0.05 levels for freedom degrees 3 and 36.

Adjusted Post -Test: The average value for GI, G2, G3 and G4 for modified posttests is 118.37, 121.87, 114.08 and 125.88, respectively. The modified post-test F value obtained was 67.51 higher than the necessary F value of 3.27. Thus, for degrees of freedom 3 and 55, the modified post-test-media value of low-density lipoprotein is important at 0.05 confidence. The observed F value on the modified post-test mean of low-density lipoprotein training groups resulted in dramatically different changes.

The post-hoc test was used to evaluate the intervention programme used in the present analysis as the basis of the mean meaning of the modified mean. The effects of this are seen in Table 1 (A)

Table 1 (A): post-hoc test on low density lipoprotein

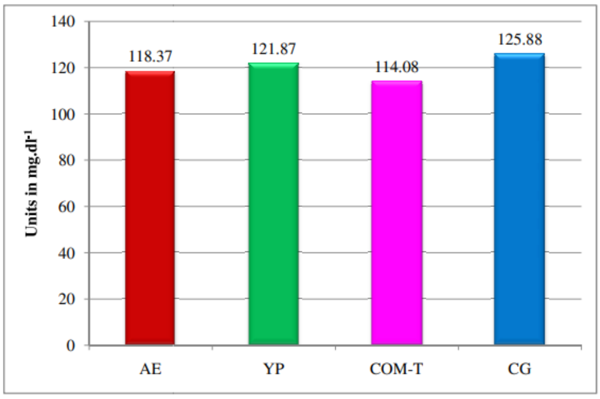
G1 AE	G2 YP	G3 COM-T	G4 CG	Mean Differences	Confidence Interval Value
118.37	121.87	-	-	3.50*	2.50
118.37	-	114.08	-	4.29*	2.50
118.37	-	-	125.88	7.51*	2.50
-	121.87	114.08	-	7.80*	2.50
-	121.87	-	125.88	4.00*	2.50
-	-	114.08	125.88	11.80*	2.50

Results of post-hoc test on low density lipoprotein

The above comparisons indicate a substantial decrease in lipoprotein low-density ratios, as the average values for both comparisons were 3.50, 4.29, 7.51, 7.80, 4.00 and 11.80 higher than the confidential interval value of 2.50 received. All of the aforementioned comparisons is therefore relevant at 0.05 stages. The findings clearly demonstrate that the integrated training in aerobic exercise and yogic activity decreased lipoprotein even more than independent aerobic and yogic activity in low density. In comparison, the aerobic activity decreased the degree of lipoprotein of low density above yogic activities. The smaller drop in yogic activities on low-density lipoprotein was observed.

The changed post-test implies the discrepancy between the testing and control classes. Figure 1 graphically depicted.

Figure 1 The adjusted post test mean values of experimental and control groups on low density lipoprotein



AE-Aerobic Exercise

YP-Yogic Practice

COM-T-Combined Training of Aerobic Exercise and Yogic Practice

CG-Control Group

COMPARISON OF HIGH DENSITY LIPOPROTIEN IN THE EXPERIMENTAL AND CONTROL GROUP

Data were obtained from study groups and control groups for scores of high-density lipoproteins. This is the pre-test. post-test. post-test. Table 2 offers modified post-test results.

Table 2: Comparison of High Density Lipoprotein And Control Group

Test	G1 AE	G2 YP	G3 COM-T	G4 CG	SV	SS	Df	MS	'F' Ratio
Pre Test									
Mean	33.10	33.30	33.90	33.40	Between	3.47	3	1.16	0.18
S.D.	1.70	2.10	3.05	2.58	Within	232.30	36	6.45	
Post Test									
Mean	38.50	35.90	40.40	33.00	Between	310.10	3	103.37	15.26*
S.D.	1.96	2.55	3.01	2.24	Within	243.80	36	6.77	
Adjusted Post Test									
Mean	38.81	36.02	39.95	33.02	Between	287.07	3	95.69	86.22*
					Within	38.84	35	1.11	

Results on high density lipoprotein

Pie – Test: The mean default for the lipoprotein pre-test scores of 01, 02, 03 and G4 was 33.10 ± 1.70, 33.30 ± 2.10, 33.90 ± 3.05 and 33,40 ± 258. The pre-test F value was less than the table F value of 3.26. Thus, the aerobic average value of the pre-test. Yogic exercise and mixed high-control cardiovascular activity and yogic exercise.

Until starting the respective treatments density lipoprotein was observed to be negligible for degrees of freedom 3 and 36 at a level of 0.05 trust. This study thus supports the effective allocation of subjects for four classes.

Post - Test: The mean and standard deviation of GI, G2, G3 and G4 lipoprotein scores after testing is 38.50 * 1.96. The corresponding 35.90 t 2.55, 40.40 * 3.01 and 33.00 * 2.24. The F value of the post-test was 15.26 higher than the necessary F-value of 3.26. Thus, the after-test mean value in the case of high-density lipoprotein is important at 0.05 levels of conviction in the degree of freedom 3 and 36. Yogic practice and mixed aerobic activity and high-density lipoprotein yogic activity contributed to substantially different changes across the therapy groups.

Adjusted Post -Test: The mean value of the modified post – GI lipoprotein scores of high-density examinations. G2. G2. G3 and G4 are 38.81 and 36.02 respectively. 39.95 respectively 33.02. The modified F-value of 86.22 was better than the required F-value of 3.27. Therefore, the modified post-test mean value of high-density lipoprotein is important for freedom grades 3 and 55 at 0,05 trust mark. The F value found for the modified post-test mean in high density lipoprotein training groups resulted in dramatically different changes.

In order to figure out the intervention programme was the source of the value of the modified medium used in this analysis, the post hoc test was evaluated. The effects of this are seen in Table 2(A)

Table-2 (A): post-hoc test on High density lipoprotein

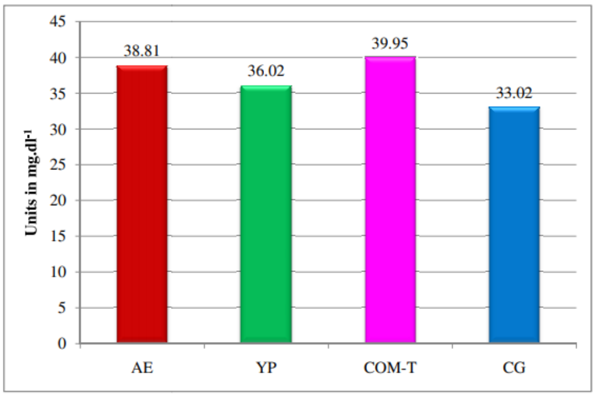
G1 AE	G2 YP	G3 COM-T	G4 CG	Mean Differences	Confidence Interval Value
38.81	36.02	-	-	2.79*	1.36
38.81	-	39.95	-	1.15	1.36
38.81	-	-	33.02	5.78*	1.36
-	36.02	39.95	-	3.94*	1.36
-	36.02	-	33.02	2.99*	1.36
-	-	39.95	33.02	6.93*	1.36

Results of post-hoc test on high density Lipoprotein

The above comparisons indicate that the high-density lipoprotein amount has substantially risen. Since the mean differences reached across all comparisons except for group I and group 3 compression are 2.79, 5.78. 3.94, 2012. The 2nd of September. And 6.93 greater than the 1.36 secret interval. Hence, the aforementioned comparisons were important at 0.05 values. Additionally, the contrast between the total gap between groups 1 and 3 1.15 was smaller than the confidential amount. The findings explicitly indicate that the mixed workout and isolated aerobic activity have a similar influence on the amount of high-density lipoprotein. The smaller effects on high-density lipoprotein were also observed in isolated yogic activity.

The modified post-test mean gap in the significance of experimental and control groups as seen in figure 2.

Figure 2: The adjusted posttest mean values of experimental and control groups on high density lipoprotein



The mechanisms of the effects of aerobic exercise on lipids

While the role of lipid modifications caused by exercise is uncertain, exercise itself will enhance the intake of blood lipids to minimize lipid levels. Increased lipoprotein lipase (LPL) activity – lipoprotein lipase responsible for chylomicron and VLDL TAG hydrolysis in granules may be correlated with mechanisms. Much of the catalytically active LPL is present in the vessel wall, removed from the surface of the endothelium and released into the blood after heparin injection. The observed LPL is therefore always the post-heparin LPL. Ferguson et al. stated that heavy or sustained episodes of aerobic exercise could dramatically boost the function of LPL plasma, thus encouraging TG hydrolysis-mediated LPLs. However, with some studies suggesting that the pre-heparin LPL concentration suggests the degree of systemic LPL activity, Tanaka et al. turned the target for pre-heparin LPL and observed that pre-heparin LPL concentrations in men with overweight improved over 12 weeks of jogging exercise. Exercise-induced LPL shifts were postponed, such as the LPL mRNA peak at 4 hours after exercise. LPL activation elevation may also last 24 hours after a 1-hour workout in people with low intensity exercise.

In addition to the conventional mechanisms mentioned above, many other studies have shown mechanisms to change the lipid profile in other respects. Increased expression of ATP-binding A-1 (ABCA1) transporter in macrophages has a strong influence on RCT, HDL-C plasma formation and atherosclerosis defense. Studies have so far concentrated on the effect of physical activity on ABCA1 blood. Study showed that the expression of the ABCA1 gene before and during exercise was substantially different. Ghanbari-Niaki et al. have observed the expression of ABCA1 mRNA improves independent of exercise intensity. Thus, they believed that aerobic activity would improve ABCA1 's expression to minimize cardiovascular risk. In a new report, the researchers checked this theory. Human CETP mice (CETP-TG) were used to research the impact of aerobic exercise on RCT. Randomly allocated to control and practice classes were male CETP-TG mice. Six weeks later, the amount of ABCA1 protein in the liver of the workout participant rose 100 percent.

The Liver X receptor (LXR) is one of the transcription factors of the superfamily of nuclear receptors that play a key role in the metabolism of liver cholesterol. A research recorded a substantial rise in LXR expression in human beings as a consequence of low intensity exercise. Study found that the expression of LXRα in exercised rats was greatly increased by 2.8 times as the control group. LXR has been shown to be active in controlling ABCA1 expression. Thus, exercise can boost the RCT process by inducing higher LXR and ABCA1, which results in higher plasma HDL-C levels.

In recent years, PCSK9 has been a high point in cardiovascular science because it is a potential biomarker for LDL clearance and a new focus for CVD therapy. Exercise can decrease LDL-C plasma levels and PCSK9 plays an important role in regulating the LDL receptor. The investigators have also considered that exercises by modulating PCSK9 are likely to influence LDL-C. After 3 months of training, Kamani et al. observed that the average PCSK9 and LDL-C mean levels in volunteers have decreased dramatically and suggested that routine experience is correlated separately with a decline in PCSK9 levels over time. Rideout et al. used the concept of C57BL/6 mice, feeding them with a fat diet, and letting them exercise aerobically. After eight weeks, amounts of PCSK9 mRNA and sterol regulatory protein binding element 2 (SREBP2) have been dramatically improved in mice that are 1.9 and 1.8 times as high-fat diet and exercise exercises, respectively. In comparison, both plasma PCSK9 and cholesterol in mice with both high-fat diet and exercise, have been decreased by 14 percent, whereas only those with high-fat diet have no improvement. Therefore, one approach to further increase lipoprotein levels by aerobic activity may be by PCSK9 or SREBP2. Additional mechanistic studies are needed to correlate lipid reduction caused by exercise with reduced PCSK9 behavior directly.

CONCLUSION

Following research, the following results were drawn: The independent aerobic exercise dramatically altered the status of lipid profiles, including blood glucose, blood sugar, triglyceride, total cholesterol, low-density and high-density diabetes lipoprotein better than the control group. The independent yogic activity has substantially altered the lipid profile status of diabetes, including blood glucose, blood rate, triglyceride, overall cholesterol, low density, and high-density lipoprotein. The combination workout has significantly altered the lipid profile of blood glucose, blood sugar, triglyceride, overall cholesterol, low density and high-density diabetes lipoprotein more than the control community. Combined activity dramatically decreased amounts of blood glucose, blood sugar, triglyceride, overall cholesterol and low lipoprotein densities and improved lipoprotein density better than isolated yogic and aerobic exercise.

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Corresponding Author

Sanjay Kumar Pandey*

Assistant Professor, Simtech College, Patna