

## REVIEW LITERATUR

### PENGARUH YOGA TERHADAP PERUBAHAN KADAR GULA DARAH PADA PENDERITA DIABETES MELITUS TIPE 2

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#### ABSTRAK

**Latar belakang:** Diabetes Mellitus tipe 2 adalah gangguan metabolik yang ditandai dengan peningkatan kadar gula darah akibat penurunan sekresi insulin oleh sel beta pankreas dan atau resistensi insulin. Pengelolaan Diabetes Mellitus dapat dilakukan melalui empat pilar utama pelaksanaan Diabetes Mellitus, salah satunya melakukan aktifitas fisik seperti yoga. **Tujuan :** untuk mengetahui pengaruh yoga terhadap perubahan kadar gula darah pada penderita Diabetes Mellitus tipe 2. **Metodologi :** jenis penelitian ini adalah literature review. Penelusuran dilakukan menggunakan data base ilmiah melalui *Pubmed, Google Scholar, Science Direct, dan Portal Garuda*. **Hasil :** berdasarkan hasil telaah sepuluh jurnal yang didapat, yoga yang diberikan memiliki pengaruh terhadap perubahan kadar gula darah penderita Diabetes Mellitus tipe 2. **Kesimpulan :** yoga yang dilakukan penderita Diabetes Mellitus tipe 2 memberikan pengaruh pada penurunan kadar gula darah dengan frekuensi 3-5 kali seminggu dan durasi 60 menit.

Kata kunci : senam yoga, perubahan kadar gula darah, dan Diabetes Mellitus tipe 2

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## **LITERATUR REVIEW**

### **THE EFFECT OF YOGA ON BLOOD GLUCOSE LEVELS IN PATIENT WITH TYPE 2 DIABETES MELLITUS**

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#### **ABSTRACT**

*Background : type 2 Diabetes Mellitus is metabolic disorder characterized by an increase in blood sugar levels due to decreased insulin secretion by pancreatic beta cents and or insulin resistance. Diabeteles Mellitus management can be done through for main pillars of Diabetes Mellitus implementation, on of which is doing physical activities sucs as yoga. Objecktives : to determine the effect of yoga on blood glucose levels in patients with type 2 Diabets Mellitus. Methodology : this type of research is literature review. The search wa carried out using a scientific data base through Pubmed, Google Scholar, Science Direct, and Portal Garuda. Result : based on the results of a review of ten research journals, yoga that given has an efeect on blood glucose levels in patient with type 2 Diabetes Melitus. conclusion : yoga performed by patient with type 2 Diabetes Melitus has an effect on reducing blood glucose levels with frequency of 3-5 times a week and duration 60 minutes.*

*Keywords : yoga exercise, changes in blood sugar levels, type 2 Diabetes Mellitus*

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