

# Hypoglycemic effect of sitting breathing meditation exercise on type 2 diabetes at Wat Khae Nok Prim

Thursday, 12 June 2008

## Two Meditation Sessions Reduce Postprandial Glucose in People with Diabetes

Fifty-five subjects with Type 2 Diabetes derive significant benefit (glucose, blood pressure) from 2 sessions of simple sitting-breathing meditation.. Researchers from the Division of Preventive and Social Medicine at Pranangklae General Hospital in Nonthaburi, Thailand evaluated the hypoglycemic effect of a Sitting-Breathing Meditation protocol ("Somporn Kantaradusdi-Triamchaisri Technique 1" or "SKT1") on Type 2 diabetic patients.

This quasi experiment study was performed on fifty-five type 2 diabetic patients (11 male, 39 female) with a mean age of 63.1 years at Wat Khae Nok primary health center from April to May of 2007 for a two-week period of 3 sessions.

At the first visit, patients were educated about diabetes self-care after breakfast. At the second and third visit, the participants were trained to practice SKT1 as an intervention after breakfast.

Post prandial plasma glucose and blood pressure before and after the intervention were recorded. Descriptive statistics and paired t-tests were used to analyze the study data. The study revealed that SKT1 significantly reduced levels of postprandial plasma glucose by 19.26 +/- 30.99 mg/dl, ( $p < 0.001$ ) in the second visit, and 17.64 +/- 25.48 mg/dl, ( $p < 0.001$ ) in third week visit. Additionally, systolic blood pressure in the second visit was significantly decreased by 6.49 +/- 11.77 mmHg, ( $p < 0.001$ ). Diastolic blood pressure in the third visit was also significantly decreased by 3.04 +/- 9.79 mmHg, ( $p < 0.05$ ).

The researchers conclude that SKT1 practice in type 2 diabetic patients had a strong post prandial hypoglycemic effect and a slight reduction to systolic and diastolic blood pressure.

*Citation: Chaiopanont S. Hypoglycemic effect of sitting breathing meditation exercise on type 2 diabetes at Wat Khae Nok Primary Health Center in Nonthaburi province. Journal of the Medical Association of Thailand. 2008 Jan; 91 (1): pages 93-8. drs.pc@hotmail.com*