

Yoga benefits patients with metabolic syndrome

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Credit: Anna Langova/public domain

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.

More information: Rashmi Supriya et al, Yoga training modulates adipokines in adults with high-normal blood pressure and metabolic syndrome, *Scandinavian Journal of Medicine & Science in Sports* (2017). [DOI: 10.1111/sms.13029](https://doi.org/10.1111/sms.13029)

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