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(57) Abstract :

[022] The present invention discloses a Specific Isometric Relaxation Training in managing Type 2 Diabetes Mellitus. The present invention proposes a comprehensive method for managing Type 2 diabetes through exercise. It involves identifying a diabetic population based on specific blood glucose thresholds, and further segregating this group into Dynamic Exercise Group (DEG) and Isometric Relaxation Exercise Group (IREG). The IREG performs isometric relaxation exercises like plank holds, sit wall, and isometric push-ups while the DEG engages in brisk walking activities. The method also entails identification of a non-diabetic control group divided into similar exercise subgroups. Parameters such as fasting and postprandial blood sugar, HbA1C, lipid profile, liver function, and oxidative stress indicators are measured at the onset and completion of the exercise schedule. The patented approach amalgamates an exercise regime with a periodic assessment of health parameters to provide an all-encompassing solution for Type 2 diabetes management.

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