

## Accepted Manuscript

Title: The effects of yoga exercise on lipid peroxidation and antioxidant status in pregnant women

Authors: Baiq Eka Putri Saudia, Kristiani Murti Kisid, Sri Andarini, Edy Mustofa



PII: S0976-2884(18)30037-7  
DOI: <https://doi.org/10.1016/j.injms.2018.04.007>  
Reference: INJMS 179

To appear in:

Received date: 22-2-2018  
Revised date: 13-4-2018  
Accepted date: 13-4-2018

Please cite this article as: Putri Saudia BE, Murti Kisid K, Andarini S, Mustofa E, The effects of yoga exercise on lipid peroxidation and antioxidant status in pregnant women, *Indian Journal of Medical Specialities* (2018), <https://doi.org/10.1016/j.injms.2018.04.007>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

# The effects of yoga exercise on lipid peroxidation and antioxidant status in pregnant women

Baiq Eka Putri Saudia<sup>1,\*</sup>, Kristiani Murti Kisid<sup>1\*</sup>, Sri Andarini<sup>2</sup>, Edy Mustofa<sup>3</sup>

<sup>1</sup>Midwifery Programme, Health Polytechnical, Ministry of Health, Mataram, West Nusa Tenggara, Indonesia

<sup>2</sup>Public Health Laboratory, Faculty of Medicine, Brawijaya University, Malang, East Java, Indonesia

Email: sriandarini@yahoo.com

<sup>3</sup>Obstetric and Gynaecology Laboratory, Saiful Anwar General Hospital, Faculty of Medicine, Brawijaya University, Malang, East Java, Indonesia

Email: rezdy.tofan.bhaskara@gmail.com

\*: Authors who contribute equally

## Corresponding author:

Kristiani Murti Kisid

Midwifery Programme, Health Polytechnical, Ministry of Health, Mataram, West Nusa Tenggara, Indonesia

Address: Jalan Kesehatan V/10 Pajang, Mataram, West Nusa Tenggara, Indonesia

Email: saudiaputrieka\_bq@yahoo.co.id

## ABSTRACT

*Background:* Yoga is an ancient form of exercise and derives from Indian culture. Numerous studies showed that yoga could control oxidative stress in the body, but the effect on pregnancy is unknown.

*Objective:* The purpose of the present study was to evaluate the effects of yoga exercise on lipid peroxidation and antioxidant status in pregnant women.

*Material and methods:* A total of sixty two pregnant women was divided into two study groups: the control group (without any treatment) and the group of pregnant women who received regular yoga exercises. Analysis of F2-isoprostane and 4-hydroxynonenal (4-HNE) was performed by using the enzyme-linked immunosorbent assay technique. Glutathione peroxidase and total antioxidant capacity were analyzed using a spectrophotometer.

*Results:* F2-isoprostane and 4-hydroxynonenal (4-HNE) levels were significantly lower for the group given regular yoga exercises than that of controls ( $p < 0.05$ ). Glutathione

Download English Version:

<https://daneshyari.com/en/article/8695248>

Download Persian Version:

<https://daneshyari.com/article/8695248>

[Daneshyari.com](https://daneshyari.com)