

## عنوان مقاله:

The effect of nonlinear resistance training with dill extract on serum adropin levels and its relationship with insulin resistance in type ۲ diabetic patients

## محل انتشار:

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## خلاصه مقاله:

The aim of this study was to investigate the effect of nonlinear resistance training with dill extract on adropine and its relationship with insulin resistance in type ۲ diabetic patients. ۳۲ patients with type ۲ diabetes were divided into four groups: resistance training, supplementation, resistance training + supplementation, and placebo. Interventions were performed for ۱۲ weeks. Consumption of dill included ۳۰۰ mg / kg body weight per day. Nonlinear resistance training, consumption and their combination significantly reduced blood sugar and insulin resistance and significantly increased adropine levels ( $P < ۰.۰۵$ ). These changes were significantly greater in the exercise and dill combination groups. The relationship between adropine changes and insulin resistance was also significant and negative ( $P < ۰.۰۵$ ). Adropine may play a role in reducing insulin resistance following nonlinear resistance training. Consumption can increase the effects of exercise.

## کلمات کلیدی:

Diabetes, Dill, Resistance training, Adropine, Insulin resistance

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1456273>

