

Yoga may reduce risk of developing Type 2 diabetes by 40%, says report presented to Health Minister: Dr. Jitendra Singh

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Union Minister for Science & Technology, Dr. Jitendra Singh, himself a noted diabetologist, highlighted the potential of yoga in preventive healthcare after a new report, 'Yoga and Prevention of Type 2 Diabetes', was presented to the Union Minister for Health and Family Welfare, Shri J.P. Nadda. The study, as per the authors of the report, suggests that the regular practice of yoga may reduce the risk of developing Type 2 diabetes by as much as 40% in individuals predisposed to the condition.

The report, supported by evidence-based documentation, has been prepared by the Research Society for the Study of Diabetes in India (RSSDI), under the leadership of its past President Dr. S.V. Madhu, who currently heads the Department of Endocrinology at the University College of Medical Sciences, Delhi. It aims to explore the role of yoga in the *prevention*—rather than just the management—of Type 2 diabetes.

Speaking after the report was presented, Dr. Jitendra Singh said, "This is one of the first such efforts that seeks to scientifically document the prevention of the occurrence of Type 2 diabetes with yoga. As per the authors of the report, there is as much as a 40% reduction in developing of Type 2 diabetes among potential individuals who practice yoga regularly."

The study also specified certain Yoga Aasans found useful for this.

He pointed out that most earlier studies had focused on individuals already living with diabetes, examining how yoga could reduce their dependence on medication or insulin. In contrast, this study concentrates exclusively on individuals at risk of developing the disease, such as those with a family history of diabetes, and whether the onset can be prevented altogether.

Dr. Jitendra Singh also informed that the study has been carried out under the aegis of RSSDI, one of India's largest and most recognized bodies of diabetes researchers and practitioners. "The report has been submitted for further scrutiny. As per the authors, it is based on non-clinical observations," he added.

He further noted that similar research is also underway under the purview of the Department of Biotechnology, where studies are being conducted on how traditional wellness interventions like yoga can contribute to preventive and therapeutic health outcomes.

Terming the report a reaffirmation of India's wellness heritage grounded in modern science, Dr. Jitendra Singh said, "This study reflects how ancient practices like yoga, when rigorously examined through scientific methods, can offer real-world health solutions. It's a step towards strengthening preventive healthcare and building a healthier India."



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