

# Supplementary Materials: Efficacy of a validated Yoga Protocol on Dyslipidemia in Diabetes Patients: NMB-2017 India Trial

Raghuram Nagarathna, Rahul Tyagi, Gurkeerat Kaur, Vetri Vendan, Ishwara N. Acharya, Akshay Anand, Amit Singh and Hongasandra R. Nagendra

**Table S1.** Effect of yoga intervention on lipid profile in different ranges of HbA1c in urban and rural subjects.

Variables Lipids	(Pre)	(Post)	<i>t</i> value	<i>p</i> value	(Pre)	(Post)	<i>t</i> value	<i>p</i> value	
	Mean ± SD	Mean ± SD			Mean ± SD	Mean ± SD			
Rural HbA1c 6.5–8, Cholesterol > 200					Urban HbA1c 6.5–8, Cholesterol > 200				
Total Cholesterol	226.01 ± 23.93	198.47 ± 37.08	7.019	<0.001	230.87 ± 28.83	204.40 ± 44.20	8.393	<0.001	
Triglycerides	222.78 ± 99.65	194.67 ± 94.32	2.607	0.011	194.16 ± 84.71	185.82 ± 113.15	1.061	0.290	
HDL	50.48 ± 15.34	47.06 ± 11.07	2.343	0.022	51.99 ± 7.65	49.09 ± 11.48	2.165	0.032	
LDL	130.85 ± 30.38	111.59 ± 37.66	5.144	<0.001	142.00 ± 30.63	119.96 ± 39.08	7.832	<0.001	
VLDL	39.90 ± 17.15	36.46 ± 17.33	1.503	0.137	36.78 ± 14.68	33.51 ± 14.20	2.719	0.007	
Rural HbA1c 8.1–9, Cholesterol > 200					Urban HbA1c 8.1–9, Cholesterol > 200				
Cholesterol	227.37 ± 24.72	195.94 ± 33.96	4.378	<0.001	234.89 ± 29.96	204.48 ± 34.24	5.549	<0.001	
Triglycerides	226.50 ± 169.71	219.12 ± 121.31	0.333	0.742	238.43 ± 157.94	201.75 ± 109.34	2.141	0.037	
HDL	49.77 ± 12.10	46.43 ± 11.06	1.331	0.192	51.62 ± 21.04	47.76 ± 11.10	1.427	0.159	
LDL	135.97 ± 30.28	108.56 ± 32.45	4.353	<0.001	140.76 ± 22.61	117.92 ± 29.04	4.873	<0.001	
VLDL	33.29 ± 13.37	34.27 ± 15.13	-0.361	0.721	40.44 ± 16.04	37.22 ± 16.53	1.312	0.196	
Rural HbA1c 9.1–10, Cholesterol > 200					Urban HbA1c 9.1–10, Cholesterol > 200				
Cholesterol	235.24 ± 24.18	199.97 ± 45.31	4.736	<0.001	233.63 ± 24.91	190.96 ± 47.24	5.819	<0.001	
Triglycerides	294.13 ± 167.05	218.09 ± 160.49	2.110	0.043	227.04 ± 110.35	202.44 ± 108.02	1.322	0.192	
HDL	45.34 ± 10.14	43.00 ± 9.76	1.265	0.215	49.55 ± 12.82	47.55 ± 10.60	1.143	0.258	
LDL	135.66 ± 24.27	114.28 ± 27.54	3.974	<0.001	140.24 ± 22.38	106.88 ± 40.64	5.757	<0.001	
VLDL	43.34 ± 14.26	34.69 ± 16.73	2.261	0.034	41.06 ± 16.60	35.94 ± 17.07	1.735	0.090	
Rural HbA1c > 10, Cholesterol > 200					Urban HbA1c > 10, Cholesterol > 200				
Cholesterol	243.85 ± 40.56	202.29 ± 52.70	5.502	<0.001	249.90 ± 37.25	210.48 ± 50.86	6.770	<0.001	
Triglycerides	282.78 ± 172.00	213.10 ± 125.63	2.882	0.006	281.20 ± 178.78	233.95 ± 148.89	2.453	0.016	
HDL	48.84 ± 11.11	48.77 ± 11.25	0.042	0.966	49.56 ± 13.75	46.00 ± 10.95	2.402	0.019	
LDL	142.14 ± 33.15	112.00 ± 44.23	4.837	<0.001	146.83 ± 32.03	120.69 ± 40.24	5.211	<0.001	
VLDL	42.23 ± 14.42	35.28 ± 14.94	2.821	0.007	44.61 ± 15.58	39.59 ± 18.81	1.843	0.070	