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Jurnal Kedokteran Brawijaya contains articles from research focused on basic medicine, clinical medicine, epidemiology, and preventive medicine (social medicine).

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- This journal was first published in 1984 under the name Majalah Kedokteran Brawijaya (Brawijaya Medical Magazine) with support from Faculty of Medicine, Universitas Brawijaya, which later changed its name to Jurnal Kedokteran Brawijaya.
- The Psychology Journal has originally been published in print since 1996 and began available online in 2010.
- Jurnal Kedokteran Brawijaya was initially published periodically in April, August, and December, but starting in 2010 until now, Jurnal Kedokteran Brawijaya is published in February and August.
- Based on the Decree of Director General on Strengthening Research and Development of the Ministry of Research, Technology, and Higher Education Republic of Indonesia No. 040/P/2014 regarding the Accreditation Result of the Second Period of Electronic Scientific Periodical Issues dated February 14, 2014, Jurnal Kedokteran Brawijaya of Faculty of Medicine, Universitas Brawijaya was declared as a B accredited national journal. the Decree of Director General on Strengthening Research and Development of the Ministry of Research, Technology, and Higher Education Republic of Indonesia 23/E/KPT/2019, August 8, 2019.

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Pengaruh Latihan Hatha Yoga terhadap Kadar Nitric Oxide pada Penderita Diabetes Melitus Tipe 2


Erna Setiawati, **Suhartono Suhartono**, **Endang Ambarwati**


 Jurnal Kedokteran Brawijaya, Vol 29, No. 3 (2017), pp.228-233

Abstract

Angka kesakitan dan kematian akibat diabetes melitus di Indonesia cenderung berfluktuasi setiap tahunnya. Tujuan penelitian untuk mengetahui pengaruh latihan Hatha Yoga terhadap peningkatan kadar Nitric Oxide (NO) pada penderita diabetes melitus tipe 2. Metode penelitian adalah experimental dengan pre-post with control group design. Sebanyak 34 subjek diabetes melitus tipe 2 yang berusia antara 45-75 tahun dibagi menjadi 2 kelompok secara acak. Kelompok I mendapatkan latihan Hatha Yoga dan kelompok II tidak mendapat latihan Hatha Yoga. Subjek pada kelompok I melakukan 18 kali latihan dengan frekuensi tiga kali seminggu selama enam minggu dengan durasi 45 menit setiap sesi. Hasil menunjukkan tidak terdapat perbedaan bermakna kadar NO setelah intervensi antara kedua kelompok ($p=0,856$). Terdapat perbedaan bermakna pada perubahan glukosa darah puasa ($p=0,000$) dan glukosa darah 2 jam post prandial ($p=0,010$) antara kedua kelompok, dengan perubahan pada kelompok intervensi lebih baik daripada kelompok kontrol. Latihan Hatha Yoga terbukti dapat memberikan perbaikan perubahan kadar glukosa darah puasa dan glukosa darah 2 jam post prandial namun dampak pada kadar NO belum terbukti. Kata Kunci: Diabetes melitus tipe 2, Hatha Yoga, glukosa darah 2 jam post prandial, glukosa darah puasa, Nitric Oxide

Keywords

Diabetes melitus tipe 2; Hatha Yoga; glukosa darah 2 jam post prandial; glukosa darah puasa; Nitric Oxide

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