

# Yogic management of obesity

Prof(Dr.)kanchan Joshi, Kiran Rawat

(SGRR university)

Msc Yogic science (SGRR university)

Submitted: 15-05-2022

Revised: 20-05-2022

Accepted: 25-05-2022

## ABSTRACT

Nowdays Obesity is most common factor in modern society. Due to our food habit our diet & zero physical work. Obesity is like a fully invitation card for many disease like coronary heart disease. Diabetese mellitus high blood pressure Athersclerosis so it is very important to control in today's time most of the houses are prone to obesity which needs to be stopped. The main reason for obesity is today diet & zero physical work stress emotional factors &poorsleep. I have been reading about yoga for a long time & have been doing yog for same time. I have seen many good changes in my body & I was curious to know have yoga & parnyam affects the tratment of obesity & I am very happy to know that obesity can treat with yoga & parnyam.

**Key words** :obesity, BMI,Yoga.

## INTRODUCTION

Obesity is complicated condition charaterised by an excess of body fat, obesity is more than a cosmetic issue its a medical condition that raise your risk of developing other disease & health issue like heart disease diabetes, high blood pressure & some malignancies.These are a verity of reason why some people struggle to lose weight obesity is usually cause by combination of genetic physiological & enxcremental variable as well as diety physical activity & excessive decision.The comprehensive science of life ayurveda correctly explain the cause of excess fat deposition such as.

Avyayamat

divaswapnat medyanam cha ati bhakshanak Medovahini dushyanti varunyashcha ati sevnat.

This suggests that avyayama lake { physical activity } diveswapana { day time sleep } atimeetabhakshana { excessive fat intake } & ati varuni sevan { Excess alcohol consumption } all contribute to medovaha strotara disease . which are similar to obesity owing to a malfunctioning fat and lipid metabolism .The aetio pathogenesis of obesity is influenced by a number of factors medovaha strotasa disorders which resemble obesity due to deranged fat & lipid metabolism. {

`sthaulya` is another term used in ayurveda that can easily be correlated with obesity}.

Ayurveda Defines Sthaulya As :Meda mansa ati vriddhatvat chal sphik vdara stanah,

Ayothopchayotsaha naro atisthola uchyaale;

Atisthulaya refers to a person with abundant fat and muscular tissue moveable buttocks,abdomen ,and breasts & a slowed metabolism [obese].Obesity is defined as an abnormal buildup of body fat than is 20 % or more above a persons optimal body weight obesity raises your chances of sickness disability & death.

Obesity is assessed by BMI [ body mass index]

BMI is scale that measure a person leanness or corpulense based on their height & weight. It is used to quantity tissue mass it is commonly used a general indicator of whether a persons body weight is appreciates for their height. Specifically the BMI value is used to determines whether a person is under weight,normal weight,over weight or obese based on where the value falls within the range. These BMI level vary by geography and age & are frequently further subdivides into subcategories like severly obese being over weight or under weight can has serious health consequences,so while BMI is not a perfect indicator of a healthy body weight.its a good starting point.

BMS weight ranges

Less than 18.5 =under weight

Between 18.5 – 24.9= healthy weight

Between 25.9 – 29.9 = Over weight

Over 30 =obese

BMI Formula = calculating BMI in the international system of unit [ SI ] & the us customary system [USC ]

USC unit :- BMI = Mass [lbs]

Height [ in ]

S1 metric units :- BMI = mass [ kg ]

Height [ m ]

**RISKS ASSOCIATED WITH BEING OVERWEIGHT** :- Being overweight increases the risk of a number of serious disease and health.

High blood pressure. Higher levels of LDL cholesterol, which is widely considered "bad cholesterol" lower levels of HDL cholesterol, considered to be good cholesterol in moderation, and high levels of triglycerides, types II diabetes, coronary heart disease, stroke, Gallbladder disease, Osteoarthritis, a type of joint disease caused by breakdown of joint cartilage, Sleep apnea and breathing problems, Certain cancers [endometrial, breast, colon, kidney, gallbladder, liver] Low quality of life Mental illnesses such as clinical depression, anxiety and others, Body pains and difficulty with certain physical functions, Generally an increased risk of mortality compared to those with a healthy BMI. Causes Of Obesity : Obesity develops when you consume more calories than you burn via typical everyday activity & exercise despite genetic behaviour metabolic & hormonal factor on body weight these extra calories are stored as fat in your body.

#### **RISK FACTORS :-**

Obesity usually results from a combination of cause & contributing factors :

##### **1. Family Inheritance & Influences**

The amount of body fat you retain & where that fat is distributed may be influenced by the genes you receive from your parents genetics may also influence how efficiently your body transforms food into energy, how your hunger is controlled & how calories are burned during activity.

##### **2. LIFE STYLE CHOICES:-**

- i : Unhealthy eating habits:-
- ii : INACTIVITY :-

##### **3. CERTAIN DISEASE & MEDICATION :-**

Obesity can be linked to medical problems including Prader-Willi syndrome, Cushing syndrome & other in some persons medical issue such as arthritis can also cause a reduction in exercise which can lead to weight gain if you don't adjust with diet or exercise several drugs can cause weight gain, diabetic meds anti-psychotic medications steroids & beta blockers are among these medications.

#### **RISKS ASSOCIATED WITH BEING OVERWEIGHT :-**

Being overweight increases the risk of a number of serious disease and health. High blood pressure. Higher levels of LDL cholesterol, which is widely considered "bad cholesterol" lower levels of HDL cholesterol, considered to be good cholesterol in

moderation, and high levels of triglycerides, types II diabetes, coronary heart disease, stroke, Gallbladder disease, Osteoarthritis, a type of joint disease caused by breakdown of joint cartilage, Sleep apnea and breathing problems, Certain cancers [endometrial, breast, colon, kidney, gallbladder, liver] Low quality of life Mental illnesses such as clinical depression, anxiety and others, Body pains and difficulty with certain physical functions, Generally an increased risk of mortality compared to those with a healthy BMI. Causes Of Obesity : Obesity develops when you consume more calories than you burn via typical everyday activity & exercise despite genetic behaviour metabolic & hormonal factor on body weight these extra calories are stored as fat in your body.

#### **RISK FACTORS :-**

Obesity usually results from a combination of cause & contributing factors :

##### **1. Family Inheritance & Influences**

The amount of body fat you retain & where that fat is distributed may be influenced by the genes you receive from your parents genetics may also influence how efficiently your body transforms food into energy, how your hunger is controlled & how calories are burned during activity.

##### **2. LIFE STYLE CHOICES:-**

- i : Unhealthy eating habits:-
- ii : INACTIVITY :-

##### **3. CERTAIN DISEASE & MEDICATION :-**

Obesity can be linked to medical problems including Prader-Willi syndrome, Cushing syndrome & other in some persons medical issue such as arthritis can also cause a reduction in exercise which can lead to weight gain if you don't adjust with diet or exercise several drugs can cause weight gain, diabetic meds anti-psychotic medications steroids & beta blockers are among these medications. 4. ECONOMIC & SOCIAL ISSUES :- Obesity is linked to social and economic variables obesity is difficult to avoid if there are no safe place to stroll or exercise. Similarly you may not have been taught proper cooking techniques or have limited access to healthier foods further more the individuals with whom you spend time are important.

**5. AGE :-** obesity can strike anyone at any age including children. Hormonal changes & a less active lifestyle however raise your risk of obesity as you get older furthermore as you become older your body's muscular mass decreases lower

muscular mass is associated with a slower metabolism. These modification also reduce calories requirements making it more difficult to lose weight you will acquire weight if you dont consciously regulate what you eat and become more physically active as you get older.

#### 6. Other factors

- i. Pregnancy
- ii. Smoking
- iii. Sleep deprivation
- iv. Stress
- v. Micro biome

### YOGIC MANAGEMENT

#### 1. Asanas

1. Surya Namaskar :- Surya namaskar is a sanskrit word which mean sun solutation or salute to the sun. It is a traditional yogic practice that includes 12 physical postures of forward bending and backward bending. Sun is sole of entire global the simplest god which bestows { us } true health therefore we should worship the solar for fitness and health and lenghty life. Surya namaskar offers energy and power & keep us healthy. The sun movements through 12 rashiz or zodiac symptoms and consequently it has got 12 names. One round of surya namaskar consist of 12 steps or postures designed in such a manner that our muscles group and joints become more potent and flexible. The respiratory is like wise adjusted as per the posture and the motion. Therefore surya namaskar increases blood circulation.

2. Uttanpadasana:- Uttanpadasana is a sanskrit word which made up of combination of three words "Uttan" mean raised "pad" means leg "asana" means pose. This asana stretch the abdominal muscles while applying pressure to lower abdomen so that is improve digestion control bowel habits & it can also help to loose weight.

3. Pawanmuktasana :- it is a wonderful yoga pose for abdominal health beacuse it relieves stomach heaviness improve blood circulation stimulates nerves and removes trapped abdominal gasses and hazardous toxins it ia vital yoga pose for the digestive systems proper functioning mukhta means release and asana means yoga posture pawan means air or gass essentially it is a yoga stance that aids in the release of acces gas it offer numerous advantage including the removal of toxin from the body weight loss constipation relief spinal flexiblity and so on it can also help with impotence of sterility those who have had neck strain or abdominal surgery should avoid

pawanmuktasana.

4 **Matsyasana** :- it is a back bending reclining asana the term comes from the sanskrit words mastya, which means fish and asana which means position, matsya is also the name of a god vishnu who appeared as a giant fish to save the earth from deluge. As matsya vishnu was able to transport wise hindu sages to safety preserving humanity's wisdom this asana is good for boosting energy reducing worry and opening to heart this is the part of ashtanga yoga's primary sequence and frequently used in hatha yoga as a counter pose for sarvangasana or shoulder stand pose the body is said to mimic the shape of a fish in matsya according to legend.

5. **Ardhashalabhasana** :- The word "Ardha" means "half". "Shalabh" literally means "locust". "Asana" means "posture of the body". The body resembles that of locust while in this stance, which is akin to the basic pose, shalabhasana, from which it was created. The main distriction is that technique only involves lifting one leg at a time, which explains the term ardha shalabhasana and the prefix "ardha".

6. **Vajrasana** :- A sitting yoga asana is known as Vajrasana in Sanskrit. This position produces a deep stretch for the quadriceps and tops of the feet, and it is thought to aid digestion. Vajrasana is a transitional or resting pose between asanas, and it is frequently employed as a meditation postures. Vajra ,which means "Hundeerbolt" or "diamond" and asana, which means "seat" or "postures" are two Sanskrit origins. Vajrasana can be sustained for as long as the practitioner is stable and can breath steadily. Thunderbolt position is another name for Vajrasana. it also helps to get rid of flatulence {gas} and acidity. Hence ,it ensures better absorption of nutrients by your body. Vajrasana is beneficial to our digestive system in a variety of ways. It reduces blood flow to our legs and thighs while increasing blood flow to our stomach, resulting in improved bowel motions and relief from constipation. Vajrasana also aids in the elimination of gas and acidity. As a result, your body will absorb nutrients more effectively. Vajrasana is beneficial after meals since it aids digestion. Is another interpretation this pose is named after the Vajra Nadi which arises from Muladhara, the Base Chakra. It controls the body's sexual energy. That is to say ,by managing Vajra ,one may control the body's high potential sexual energy. This pose assists the yogi in

controlling the vajra.

**7. Trikonasana :-** Trikonasana [ triangle pose] is a yoga standing pose that strengthens and lengthens the hamstrings and groin while also opening the shoulders and expanding the hips. “trikona” means “triangle” in Sanskrit ,while “asana” means “positions”.The fundamental stance gets its name from the triangle shape your body forms as you put your bottom hand to the floor while keeping your feet stable.Trikonasana increases mobility and reduces injury risk by unlocking the hip flexors and shoulders.Performs this stance on both sides to benefit the right and left hips equally.Trikonasana activates your core and upper body,potentially increasing your metabolism by simulating your digestive organs.

**8. Naukasana :-** Naukasana is derived from the sanskrit terms “Nauka” which means “boat” and “asana” which means “postures” or “seat.” Naukasana is the name of this asana. This boat stance can help with a variety of bodily ailments. Naukasana primarily benefits the lungs,liver,and pancreas. Naukasana is a yoga pose in which our bodies resemble a boat.It improves blood and oxygen circulation in the abdomen and lowers the back at the same time. Naukasana is beneficial for those who desire to lose weight and strengthen their abs.

**9.Phalakasana :-** plank pose [ phalakasana], as the name suggests, the body is held in a way that looks like a plank, thin and long. In plank pose a lot of emphasis is on the muscles at the core and the shoulders. This pose essentially works for someone who wants to take the arms and shoulders strength to the next level in order to do more difficult arm balancing yoga poses.Plank pose is considered a base pose as plank pose variations can be derived from this pose.Plank pose helps boost energy in the body and hence can be included in flow yoga sequences.

**10. Chaturanga Dandasana :-** Chaturanga Dandasana is a famous yoga pose,also known as an asana,that is frequently seen in sun salutations and vinyasa yoga courses.“Chaturanga Dandasana “ means “four-limbed staff position” in Sanskrit.Low plank is another name for it, and chaturanga is a common abbreviation. Because it takes a lot of muscle activation and strength ,chaturanga dandasana is good for your entire body.

**11. Dhanurasana :-** “Dhanurasana or bow posture, is named for the bowlike curvature that the body

adopts while performing this asana.“Dhanu “ refers to a bow, whereas `asana` refers to a posture or position. A well-strung bow is an asset to a fighter, and a well-stretched body helps you maintain flexibility while maintaining good posture. As you progress effortlessly into Dhanurasana, you will explore that determination and consistency within yourself.”

**12.Paschimottasana:-**Hatha yoga pradeepika mentions paschimottasana as a classic yoga pose. The Sanskrit name paschimottasana is made up of three words “paschima” which means west or rear of the body, “uttana” which means an intense stretch and “asana” which means position. It also known as the ‘seated forward bend or intense dorsal stretch’ in English.Paschimottasana stretches the back muscles fully,allowing the practitioner to achieve an extremely flexible physique,because most people back muscles are tight.

**13. Setu Bandha Sarvangasana :-** Setu Bandha sarvangasana is a basic backbend pose the phrase comes from the sanskrit setu which means “bridge,” bandha, which means “lock,” sarva, which means “all,” anga, which means “limb,” and asana, which means “position. This backbend asana is beneficial not only to the body but also to the mind. The muladhara [root], visuddha [throat], and anahata {heart} chakras are also stimulated by bridge posture. The root chakra is supposed to aid in staying connected while the throat chakra aids in communication.

#### 4. Pranayama

**1. Bhedana Pranayama :-** It is a very effective and most important pranayama which is mentioned in hathayoga pradeepika. The meaning of surya is sun and the meaning of the bhedana is piercing. In yoga right nadi [ right nostril] is called surya nadi or pingala and left nadi [ left nostril] is named as chandra nadi or ida nadi. Yoga propounds that in our body the place of sun is close to the navel and also the moon within the skull where as the moon contains a cooling result and the sun creates heating impact in this process we use right nostril to breathe in and left nostril for breathe out.

**2. Bhastrika Pranayama :-** It is one of the conscious breathing technique of yoga bhastrika is sanskrit term meaning “bellows.” This technique promotes physical and mental health it gives energy and power it raises metabolic function and burn fat faster.

**3. Bhramari Pranayama** :- it is the action of making alite hummings sound while practicing pranayama our yogic breathing. Bhramari is sanskrit word derived from “bhramar” which meaning humming balck “bee.” This pranayama considered to be beneficial for thyroid and sinus problem due to affect of buzzing sounds vibration.

**4. Anulomvilom Pranayama** :- It is – specific type of pranayama controled the breathing in yoga involve holding one nostril closed while inhaling then holding the other nostril closed while exhaling the process is then reversed and repeated its a form of alternate nostril breathing it have many physical and psychological benifits anulomvilom pranayama is also known as nadishodhana the names comes from the sanskrit anu meaning “with” vi meaning “against” or “contrary” and “loma” meaning “hair” anuloma therefore meaning “with the hair” or “with the grain” and viloma means “against the natural course.” Pranayama comes from to sanskrit words prana meaning “life force energy” and yama meaning “control” and refer to breathe exercise.

**Conclusion**-obesity is caused by socioeconomic factor, nutrition issue & unhealthy life style according to study, biological and lifestyle factor several review of literature. Yoga's effect on obesity and health was investigated, obesity related disorders such as cardiovascular diseases anxiety metabolic syndrome diabetes and cancer these reviews have made a significant contribution to the development of a substantial corpus of knowledge about yoga's positive health benifits yoga is supposed to have a important role in the improvement of physical and mental health treatment of a variety of illnesses including mental health so a typical yoga and parnyam practice of 30 to 60 minutes each day is beneficial to one's health and well being. Reduction of weight and BMI.

#### REFERENCE:

- [1]. American Heart Association Yoga and Pranayama help overweight teens lose weight (2006). 46th annual conference, poenix, CDC, 2-5.
- [2]. Bidwell, A., Yazel, B., Davin, D., Fairchild, T. J., Kanaley, J. A (2012). Yoga training improves quality of life in women with asthma. *The Journal of Complementary and Alternative Medicine*, 18.
- [3]. Dhananjai, S., Sadashiv, S. T., Dutt, K., & Kumar, R. (2013). Reducing psychological distress and obesity through Yoga practice. *International journal of yoga*, 6(1), 66.
- [4]. Sarang, P., Telles, S (2006). Effects of two yoga based relaxation techniques on heart rate variability (HRV). *International Journal of Stress Management*, 13, 460–475.
- [5]. Shinde1, N., Shinde, K., Khatri, S. M., Hande, A. (2013). Comparative Study of Yoga and Aerobic Exercises in Obesity and its Effect on Pulmonary Function. *Journal of Diabetes and Metabolism*,4.
- [6]. C. Ramesh, Singh M. and Kumar B.(2011). Effect of kapalabhati on weight loss and waist size. *A quarterly Journal on devoted to Scientific and Philosophic- literary Research in yoga*, Vol.XLII No4
- [7]. Sunder, M., and Bhanupriya, T (2008). Therapeutic effects of yoga on cases of obesity in women. *Indian Journal of yoga exercise and sport science and phy.edu*, 2, 9-13.
- [8]. Udupa, K. N (1986). Stress disorders their management by yoga-Yoga for health. *Mangalore University*, 7-13.
- [9]. Vishal and Madhu (1988). A study of the Effect of Yogic Practices on Certain Physiological Parameters. *Proceedings of 11 National Conference of Sports Psychology Association of India. N.I.S. Scientific Journal* 11, 2, 57-61.