



# Prevention of obesity through yoga practices

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Today, undoubtedly obesity has become a universal problem for medical science in many countries of the world. Millions of men and women, regardless of their age, are having so much weight on their body as much as they should not be. It reduces the efficiency of body parts and also affects their activities. The most severe aspect of obesity is that it reduces air, produces atherosclerosis. Apart from this, many diseases such as diabetes, osteoarthritis, gout, Hernia, varicose vein, bronchitis, skin disease, metastasis, arteriosclerosis, hypertension, angina pectoris and cardiac failure are considered related to obesity.

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At present, there is a need for yoga again to stop the growing obesity in people's lives. As you all know, Yoga has been a very precious gift given to man by nature since ancient times, which keeps humans together with nature throughout life. It is also very beneficial in reconciliation between the body and the brain! We can not calculate the benefits of Yoga because it controls not only obesity but also control many other diseases. Nowadays, many types of medicines are being eaten to reduce obesity, their side effects can also be reduced through yoga. To keep life healthy and energetic, yoga is a sophisticated medication that keeps the mind healthy and the body fit. The body can be kept healthy by yoga. If a yoga practice is started every day with a firm determination, then all the fat people can lose weight and come to the normal level, but the problem is that these people need a lot of inspiration and will! This purpose can be fulfilled by Yoga practice!

Before knowing anything about obesity, you should know what is obesity - let's know about it -

## ***1. According to naturopathy-***

Obesity is the specific state of the body when there is a high amount of fat collection in fat (adipose) tissues! Normally this condition occurs when the intake of food is more than the physical requirements!

## ***2. According to medical science ..***

Excess of fat is obesity, according to height and age, excess of 20 pounds in average weight can be called obesity! The word obesity can only be used for fat, can not be related to bones and muscles.

## ***3. According to Ayurveda .....***



The person who receives lots of fat in the buttocks, stomach and chest and these organs makes a very fast movement when person moves and according to the growth of the body, which does not have force and enthusiasm, Are considered fat!

4 Obesity is the situation when excessive bodily fat is accumulated to a higher extent on the body. It affects the health of ordinary people.

### **Causes of obesity**

In today's fast life, there are many moments that break at our pace, in the same way, there are many reasons around us that cause obesity but the question arises, what are the causes of obesity.. In today's era, older people are also suffered from obesity , it is not happening unnecessary and suddenly, there are many concrete reasons behind this!

1. According to ayurveda , Consumption of high – fat diet , lack of physical labour , sleep in the day, much more happiness, lack of mental strength, fertile effects,unbalanced behavior and mental stress are main causes obesity.
2. The main reason for obesity is consumption of food in excessive quantity i.e., more calorie intake than body needs. The problem is not only to eat a lot of food but also to take a wrong type of diet! body weight increases by consuming high amounts of fat, spices, sugary foods, sweets and sophisticated foods.
3. Probably , the psychological cause of obesity is lack of self respect and problem of self identity . Due to it depression arises and in order to make his/her body powerful ,he/she start consuming excessive food .
4. About 2% of the people suffered from obesity due to the thyroid and pituitary glands disorders which leads to the decrease in metabolic rate and if people do not consume less calorie food ,their weight increases .
5. The cause of obesity is also mental stress, the reason for the annoyance of this tension can be a problem of unconscious mind!
6. Cause of obesity is also poor standard of life ,laziness in life,avoiding hard work ,lack of base in body , more sleep, deterioration of digestion .
7. By drinking alcohol, the person get unconscious about the consumption of food .
8. Working full day by sitting can also be cause of obesity .
9. Water is not less than nectar if you drink less water that can cause other diseases also rather than obesity .
10. Increasing weight during pregnancy is a normal reaction .
11. medicines also increase weight.
12. Research has been done as a common man eats his food in 15 to 20 minutes but in front of the TV, the same man eats food in 30 to 45 minutes, he does not know how much he eats and excessive eating of food is also the cause of obesity .



13. The obese person has lack in the secretion of glands . The endocrine glands stop functioning properly, which also leads to the discharge of hormones as well as mental and emotional imbalance.
14. Obesity is a serious threat to health because with excessive fat, there is also affect on heart, kidney , liver , thighs, knees and ankle joints etc. , which ultimately decreases the life span!

In a way, obesity should be called the constipation of the whole body. Fatty women's wombs are filled with fat, and such women are often suffer from infertility . The obese people also consider obesity a burden on life and live a life similar to that of dead person .

They feel the lack of excitement and pride in their lives. Mind gets disabled, memory power is destroyed. Such people start to steal from good and hard work, when obese people get sick, it becomes difficult to get rid of them.

### **Yogic Treatment**

1. **Asana** Asana is a necessity for reducing the obstacles in the flow of energy in the obese people and it increases their pranic strength . it is necessary to bring the concentration of the mind and balance the endocrine glands. The obese people should practice more without getting tired . To lose weight, it is not necessary to exert sweat by hard work because it is not the right way to become thin. In the obese people, both physical and mental strengths are less and therefore they will be tired after hard-working exercise. To permanently reduce weight, overhauling of the body and mind is essential. The best practice in Asanas - Pavan Muktasan, Vajrasana and Shaktibandha group and Surya Namaskar After following .these simple asanas we can also practice some difficult asanas like Veerabhadrasana, Trikonasana , Dhanurasana, Ardhchakrasana Padahastasana, Ardhchandrasan, Halasana , Bhujagasana Setuband Yogasana , Chakrasana , sarvangasana , matsyasana , Ardhsalabasana , Ushtrasana Ardhmatsyenderasana etc. Because it strengthens nerves of endocrine glands and the spinal cord.
2. **Pranayama** - Bhramari and Nadi shodan prayanama is useful for regenerating majesty . The practice of simple Bhastrika prayanama enhances metabolism, and reduces fat . They should not do pranayama which increases the hunger
3. **Shatkramas** - Neti , kunjalakriya ,Nauli , Vastra dhauti , Kapal Bhati, Agnissar kriya etc. should be practiced from time to time.startingly we should practice shankprakshalana under the proper guidance . Laghushankprakshalana should be done once or twice a week! Blocked and discontinued digestive system , inactive liver and pancrease start work properly again . The result of these practices increases bioenergy , clarity of thoughts ,



4. **Bandhas and Mudras** - Tadagi Mudra, Mahamudra , uddiyan Bandh etc. should also be done regularly.
5. **Yoga nindra** - The practice of yoganindra is necessary every day! Negative resolution should not be taken in it because it can cause the habit of eating too much . My luminosity is increasing day by day . Such positive determination helps in improving our lazy and flawless lifestyle.
6. **Meditation** By meditating Yoga, we reduce the need for an external means for the feeling of our internal insecurity and start to free ourselves from the grip of external means. In this way we can see and hear of our inner feelings and we can also check the cause of our excessive hunger. Whether it is due to the mind or due to the stomach or the tongue or reproductive organs and then we can diagnose it .After that, by consuming food properly and necessarily , we can fulfill the demands of our mind and body .

**Conclusion** – Yoga plays an important role in the treatment of obesity because it works on all aspects of obesity or excess weight ( Physical ,Emotional and Mental ). Yoga helps in reducing the fats near abdomen , hips and other areas and also improves functioning of internal organs , strengthening heart , lungs , kidneys ,excretory and reproductive organs .Yoga decreases stress , improves flexibility and increases muscle tone and strength .The obese people often have trouble with joint pain , Yoga can help by improving the body ‘s alignment to reduce strain on joints by allowing the frame to bear more of the body ‘s weight . People who are overweight often feel disconnected from their bodies –yoga helps to bring the mind- body connection to the fore ,which can improve self –image and acceptance of your body .Most importantly, yoga can help you feel better ,both improving your physical fitness and elevating your mood . By yoga practice , one can easily control food habits and change life style to reduce the obesity .Yoga has different effects on obesity which is permanent in nature than other techniques for obesity reduction . So, a regular practice of yoga 30 to 60 minutes daily is useful for health and reducing obesity is must .

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