

## YOGA AND DIET FOR OBESITY

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### ABSTRACT

Now a days obesity has been called the main health problem of modern society. Obesity is when a person body weight is 20% beyond their ideal weight. Obesity is based on the size and number of fat cell. Body fat is increase in two ways. By enlargement of fat cells called fat cell hypertrophy or by an increase in the total number of fat cells known as fat cell hyperplasia. However the problem of obesity is not the result of only one specific factor, there are many contributing factors. BMI is a popular method of estimating the body weight to decide whether a person is a person is healthy, overweight, obese. According to the (WHO)the BMI is a tool measuring obesity. BMI is (kg/m<sup>2</sup>) is to calculate body weight divide by height in meter square. Prevention is better than cure Preventing obesity is important once fat cells form,



they remain in your body for ever although you can reduce the size fat cells but you cannot get rid them.It is recommended yoga shall be introduce as one of the components of preventive medicine. The yoga group practiced a mixed set of yoga techniques in the form of asanas, pranayama, dhyana. To keep the body healthy and mind happy, one should eat the perfect vegetarian diet. The healthy diet plan and yoga programme can reduce and prevent obesity.

### KEYWORDS:

Obesity,Yoga,Diet.

Now a day's obesity has been called the main health problem of modern society. Obesity

is now becoming a worldwide health hazard .Over weight and obesity one defined as abnormal or excessive fat accumulation that present risk to health. It is major risk factor for a number of diseases WHO (World Health Organization). Obesity is when a person body weight is 20% beyond their ideal weight. Obesity is based on the size and number of fat cell. Body fat is increase in two ways. By enlargement of fat cells called fat cell hypertrophy or by an increase in the total number of fat cells known as fat cell hyperplasia. So that cell number becomes the key factor determining the extent of obesity. Further the number of fat cells becomes stable but

change in size of fat cells. It is metabolic disorder.

Causes:

However the problem of obesity is not the result of only one specific factor, there are many contributing factors. Un healthy eating habits, Family history and genetic factor, Life style modification, Socio and Economic Factor, Psychological Factors etc

### How to Find out

$$\text{Body weight in kilogram} \\ \text{Body mass index (BMI)} = \frac{\text{Height in meter}}{\text{square}}$$

BMI is a popular method of estimating the body weight to decide whether a person is a person is healthy, overweight, and obese. According to the (WHO) the BMI is a tool measuring obesity. BMI is (kg/m<sup>2</sup>) is to calculate body weight divide by height in meter square. The BMI is below 18.5 indicates under weight,18.5 to 22.99 indicate normal weight ,23 to 24.99 indicates over weight and 25 and above indicate obesity.

### Problem of Obesity

If you are obese you may also experience trouble sleeping. Sleep apnea is a condition in which breathing is irregular and periodically stops and starts during sleep, Shortness of breath (Respiratory disease). Obesity has been linked to a number of health complications, some of which are life threatening. They are Gall bladder disease, Osteoarthritis in weight bearing joints especially in the knee, Obese children may experience delayed puberty, It is a complication for pregnancy, Hypertension, Diabetes (type-2), Coronary heart disease, High Blood pressure, fatty liver etc.

### Prevention

Maintain a healthy body (Life without health is a sole burden. Health is treasure for life.) Eat a balanced diet (Eat well by choosing nutritious foods like fruits, vegetables, whole grains, lean protein etc.) Exercise regularly (Aim for moderate exercise or yoga programme every day). Prevention is better than cure. Preventing obesity is important. Once fat cells form, they remain in your body for ever although you can reduce the size of fat cells but you cannot get rid of them. It is recommended yoga should be introduced as one of the components of preventive medicine.

### Yoga for obesity

Yoga has been utilized as a therapeutic tool to achieve positive health and control and cure diseases. The most commonly performed yoga practices are posture (asanas) controlled breathing (pranayama) and meditation (dhyana). Asanas is a Sanskrit word used to describe a position of the body. It defines a steady and comfortable posture. The yoga postures called asanas. Yoga is a stretching and strengthening exercise.

Pranayama is a Sanskrit word meaning restraint of the prana or breath. This is often translated as breath control. Several researchers have reported the pranayama techniques are beneficial in treating a wide range of stress disorders. It is important in almost all healing disciplines. Pranayama or breathing techniques increase the intake of oxygen and prana into the body; improve the functions of the body cells, and increase concentration and calmness of the mind. It is required for purifying the mind and body. Meditation is great because you can focus on a sound, object, mantra or thought. It brings about a clear change in perception, attention and cognition. It brings clarity to the mind and allows one to focus on the important things in life and channel out negativity.

Obese people underwent regular yoga practice daily in the morning or evening hours. The yoga group practiced a mixed set of yoga techniques in the form of asanas, pranayama, dhyana. The asanas posture started with stretching techniques followed by standing, supine, prone and sitting postures effectively help you to lose unwanted weight. However, take care to perform these asanas under the guidance of a qualified yoga instructor as the correct breathing technique must be coordinated with the movements in the asanas.

The yoga training programme includes the following asanas: Bhujangasana, Halasana, Dhanurasana, Ushtrasana, Pawanmuktasana, Ardhasakarasana, Gomukhasana, Pachimottanasana, vajrasana, pranayama (Nadi suthi), meditation (om kar chanting and savasana). Willpower, self confidence and perseverance are required to carry through reducing programme successfully. Moderate exercise as well as strenuous exercise will use burn up calories. The yogic exercise programme starts with simple to complex yoga exercises.

### Diet for obesity

According to yoga, food can be classified into satvic, rajasic and tamasic. Satvic food diet is popularly known as a yogic diet. It is rich in nutrition. It consists of carbohydrates, proteins, vitamins and minerals. Satvic foods are always fresh, organic and natural. It consists of fruits, vegetables, sprouts etc. It is easily digestible food and low fat foods. It brings not only for losing weight but also keeps your body healthy and stronger. It plays a vital role for losing weight. Do not eat junk and fast foods. Eat clean and fresh food every day. Do not eat the same type of food every day. Eat dinner during the evening (7-8 pm) by which the food digests easily before sleep. If you rest after the meal at night, then throughout the night, the food stays inside the abdomen, which leads to laziness. So, to make the body beautiful, strong and healthy, and to lose weight we should make a living by taking full care of the diet.

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Yoga and diet are both play an important role in losing weight. Weight reduction can be achieved by reducing energy intake (diet) or by increasing output ( yoga ) or by a combination of the two(yoga and diet).

### CONCLUSION

Regular practice of Yoga, diet and controlled lifestyle reduce obesity (weight is reduced). It makes human being agile, efficient and slim. However we cannot ignore proper and healthy diet plan reducing but various yogic asanas and pranayama, can be beneficial for overall health. Asanas help to burn up excess fat by improving metabolism, toning up muscle. Yoga and diet are the management and prevent of obesity. Yoga is a voluntary and mindful technique that has positive impact on obesity at physical, physiological and psychological levels. The healthy diet plan and yoga programme can reduce obesity.

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