

Abstract No. 03

The effect of selected *Yoga* postures in the management of obesity and overweight with special reference to Body Mass Index

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Abstract

In world, more than half of adults and just below 20% children are overweight or obese. *Yoga* can improve strength and flexibility and may help control physiological variables such as blood pressure, lipids, respiration, heart rate and metabolic rate to improve overall exercise capacity. It is hypothesized that overweight and obesity can be managed by practicing selected *Yoga*. This study was focused on evaluation of the effects of yogic practice on overweight and obesity. Thirty overweight and obese patients were selected according to the inclusion and exclusion criteria from Gampaha Wickramarachchi Ayurveda Teaching Hospital. Body Mass Index, Waist hip ratio, Pulse rate, Skin fold thickness, Blood Pressure were estimated before the study. Overweight and obesity were assessed by using Body Mass Index (BMI). The patients were treated with seven types of *Yoga asana*, *pranayama* and meditation and prescribed dietary management during the period of 1 month. After the study, calculated p value for Body Mass Index is 0.00, which is less than 0.01. H_0 was rejected at 1% significant level. Calculated p value for Waist hip ration is 0.00 which is less than 0.01. H_0 was rejected at 1% significant level. Calculated p value for Pulse rate is 0.001, which is less than 0.01. H_0 was rejected at 1% significant level. Calculated p value for Skin fold thickness is 0.00, which is less than 0.01. H_0 was rejected at 1% significant level. Calculated p value for Systolic blood pressure is 0.01, which is equal to 0.01. H_0 was rejected at 1% significant level. Calculated p value for Diastolic blood pressure is 0.01, which is equal to 0.01. H_0 was rejected at 1% significant level. Therefore, there is a significant difference between above mentioned parameters before and after doing *Yoga*. Thus, the selected *Yoga* postures could be recommended in the management of overweight and obesity.

Keywords: Obesity, BMI, *Yoga*

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