

A CLINICAL STUDY ON EVALUATION OF THE EFFECT OF SELECTED YOGASANA IN THE MANAGEMENT OF OBESITY

Abstract

Obesity is a serious medical condition which leads to adverse medical effects. It reduces the quality of life and in the same way it is the main causative factor to so many severe health problems. Such as type two diabetic mellitus, High blood pressure and so many other health conditions. WHO has defined obesity as an epidemic worldwide. According to Ayurveda *sthaulya* can be compared to this condition. Mind and body therapies can be applied alternative to the medicinal treatments to fight with this public health problem. Among mind and body therapies yoga plays an important role and this can be used as a therapeutic indication to prevent from this public health problem. The objective of this study is to evaluate the effects of *suryanamaskar* mentioned in Yoga on body weight, body mass index, lipid profile, and hip and arm circumference. Thirty male and female were subjected in this study. Patients In the age group of 10-50 were randomly selected, based on exclusion criteria body weight, body mass index, lipid profile, arm circumference was estimated before any intervention. They were subjected to the *suryanamaskar* for a period of three months. After three months of yoga intervention, BMI, Body weight, lipid profile, and hip and arm circumference were estimated. Observed a significant decrease in BMI (p value-0.035), Body weight (p value-0.016), Triglyceride (p value-0.013), LDL (p value-0.002) Waist to hip ratio (p value-0.009) and arm circumference (p value-0.036). Total cholesterol (p value-0.016) .But through this study there was no significant effect on HDL levels of the patients. HDL levels (pvalue-0.785.)Aren't change.