



EVALUATION OF THE EFFECT OF SELECTED YOGASANAS IN THE MANAGEMENT OF OBESITY

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Obesity is a major lifestyle disease and a public health disease that has become an epidemic worldwide. This is the main reason for co-morbidities including type two diabetes, cardiovascular disease and other health conditions which can lead to further morbidity and mortality. 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 use as a therapeutic indication to fight with this public health problem. The objective of my study is to evaluate the effect of suryanamaskar and certain yogasanas on body weight, body mass index, lipid profile, hip and arm circumference. 50 male and female subjected in the age group of 20-45 were randomly selected based on exclusion criteria body weight, body mass index, lipid profile, hip and arm circumference was estimated before any intervention. They were subjected to suryanamaskar and other selected yogasanas for a period of three months after three months of yoga intervention, BMI, Body weight, lipid profile, and hip and arm circumference was estimated. I observed a significant decrease in BMI (p value-0.0010), Body weight (p value-0.001), Triglyceride (p value-0.015), LDL (p value-0.003) hip (p value-0.001) and arm circumference (p value-0.001). Total cholesterol (p value-0.078) and HDL levels (p value-0.332) are not change.

Keywords: BMI, Yoga, Obesity, Surya namaskar

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