

## Yog & Life Style

### Obesity

Nowadays obesity has become a problem for the whole world. Obesity is a condition in which the amount of fat in the body increases to a very large extent. If a person is having BMI  $\geq 30$  he/she would be considered as obese. In other words, we can say obesity is when a person's weight is 20% or more than the ideal weight. There are two main reasons for obesity: the bad habits of eating and deterioration of the digestive system. In such a person's life, there is no physical activity at all.

Due to many health risks of obesity it has been given the status of a disease. Due to obesity, diseases like diabetes, high blood pressure, cancer, arthritis etc. are caused. There are many causes of obesity such as overeating, lack of physical exercise, thyroid, genetics, diet high in carbohydrate, frequency of eating, medications, psychological factors, social issues, hormones changes (pregnancy, Menopause).

To remove obesity, these postures should be done.

### Multiple Choice Questions (1 Marks)

Q.1. BMI of an obese person is : \_\_\_\_\_

- (a) 19 to 25      (b) Less than 28  
(c) Greater than 30 (d)

Q.2. Obesity means : \_\_\_\_\_ Less than 30

- (a) Less insulin production      (b) Accumulation of fat  
(c) Burning of fat      (d) Enlargement of heart

Q.3. What is the excess percentage of the normal weight is called obese : \_\_\_\_\_

- (a) 15%      (b) 20%  
(c) 25%      (d) 30%

Q.4. Which of the following Asana (posture) is not used for obesity.

- (a) Ardhamatsyendrasana      (b) Vajrasana  
(c) Parvatasana      (d) Trikonasana

Q.5. Choose the Asana which is used for obesity :

- (a) Sukhasana      (b) Savasana  
(c) Vajrasana      (d) Shalabhasana

### Multiple Choice Questions (1 Marks)

Q.1. Define obesity. Explain the procedure and Benefits/ contraindications of any two asana which helps to reduce obesity.

Ans. Nowadays obesity has become a problem for the whole world. Obesity is a condition in which the amount of fat in the body increases to a very large extent. In other words, we can say obesity is when a person's weight is 20% or more than the ideal weight. There are two main reasons for obesity: the bad habits of eating and deterioration of the digestive system.

In such a person's life, there is no physical activity at all.

Due to many health risks of obesity it has been given the status of disease. Due to obesity, diseases like diabetes, high blood pressure, cancer, arthritis, etc. are caused. There are many causes of obesity such as excessive food, hard work, thyroid, hereditary.

To remove obesity, these postures should be practiced.

Vajrasana : (Thunderbolt Pose) 1. Procedure : Sit and keep both legs straight.

Fold right leg and place it under right butt.

Fold left leg and place it under left butt.

Keep your spine, neck and head straight, interlock your toes, open your ankles and sit on it.

Knees should be touching the ground with each other.

Keep both hands on your knees and look straight.

Benefits :

This asana is for meditation.

- Strengthens pelvic muscles.
- It can be practiced after having food. It enhances digestion process.
- Stabilizes mind and body.
- Helps in sciatica
- It cures indigestion and improves metabolism.
- Improves flexibility in ankles.
- It gives strength to the tight muscles.
- Improve blood circulation.

Contraindications :

1. Vajrasana should not be practiced by the people who have severe arthritis of the knees.
2. Runners should avoid this if they have injury in their hamstrings or the calves.
3. This pose may bring unwanted pressure to the intestine so those suffering from Hernia or ulcers should avoid it.
4. This pose should not be practiced if one is suffering from injured ligament at the ankles or knee.

2. Hastottanasana : (Urdhva Hastasana)

Procedure : Standing erect and keep the legs together.

Lock the fingers together, keeping the palms facing up.

Raise the arms straight up, keep them close to ears.

While releasing the breath bend the waist to the right, exhale and come to the central position.

Repeat it to left side also. Be in bended position for 5 to 10 seconds.

Benefits : Gives rest to whole body.

- In children, helps in increasing the height.
- Increase flexibility in waist.
- Reduce belly fat.
- Also helps in reducing constipation.
- Improve pulmonary functions
- Stimulates nervous system.

Contraindications :

1. One should avoid this pose if having neck pain.
  2. One should avoid this pose if having shoulder pain.
  3. One should avoid this pose if having spinal injury or pain.
3. Trikonasan (Triangle pose)
- While inhaling stretch your right hand towards sky, arm should touch the ear.
  - Bend left side slowly while exhaling, till it comes horizontal to the earth.
  - Left hand should touch the ground or touch the left leg, knee should be straight.
  - Inhale, come back to starting position.
  - Change hand position and repeat it from another side.

Benefits.

1. Trikonasana helps in digestions.
2. Therapeutics for stress, anxiety, infertility, neck pain, sciatica.
3. Heals Backache (in initial stage) 4. Help women during their menstrual cycle.
5. Improve flexibility of waist and spine.

Contraindication :

1. Avoid if having low or high blood pressure.
2. Avoid this pose if having any kind of neck injury.
3. Avoid if having back injury.
4. Avoid if an athlete having hamstring injury.
4. Ardhamatsyendrasana : (Half Lord of the fishes pose)

Procedure : Sit and keep both legs straight.

Bending the knee of right feet and put right heel below the left hip. Bend left leg and placed the left foot to the right side of the right knee.

Keep Left knee closed to the chest.

Exhale from the right nostril and turns towards the left, and touches the toe of left leg from the right hand.

Body and head moves towards the left.

Repeat while changing the position of legs.

Benefits : Helps nervous system and strengthen the back bone, stretching improves flexibility and tones of muscles.

- Controls menstrual cycle in women and brings shine on face.
- Also controls secretion from pancrease gland.
- Reduces fat and helps in controlling obesity.
- This pose flexes the lower part of the body making the hip stronger and toned.
- Releases excess heat toxins from organs and tissues.

Contraindications :

1. Avoid while suffering from severe back or neck pain.
2. Avoid this pose completely, if having slip disc problem.
3. Those with internal organ issues may find this pose difficult and painful.
4. It should be avoided while pregnancy. (Explination of any two asan)