

A Role of Yoga diet to remove the obesity problem

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Abstract:-

Balance diet, exercise, medication, surgery are options to treat this lifestyle disorder. Out of all, balanced diet is the easiest and cost-effective method to treat obesity. It is safest and sustainable way to cure obesity. Diet and nutrition is a major factor of obesity. Choosing healthier food (mitahara), periodic fasting, fruit diet (Phalahar) intake, avoiding non-conductive foods (apathya). A healthy life style, specific diet and nutrition will stimulate auto immune system of body as a result of that reduce the complication of obesity state and their complications because although diet and nutrition balance has been more of a protective techniques for obesity.

Keywords:-Yoga, Diet & Nutrition, Obesity

Introduction:-

Obesity is a life style disorder defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters). A person with a BMI of 30 or more is generally considered obese. A person with a BMI equal to or more than 25 is considered overweight.

The definition of obesity varies depending on what one reads. In general, overweight and obesity indicate a weight greater than what is healthy. Obesity is a chronic condition defined by an excess amount of body fat. A certain amount of body fat is necessary for storing energy, heat insulation, shock absorption, and other functions.

Causes of obesity:-

Obesity is generally caused by eating too much and moving too little.

If you consume high amounts of energy, particularly fat and sugars, but do not burn off the energy through exercise and physical activity, much of the surplus energy will be stored by the body as fat.

ASSESSMENT OF OBESITY

Obesity can be assessed by following tools:

- ✓ Body Mass Index
- ✓ Waist circumference
- ✓ Waist / Hip ratio
- ✓ Relative Weight (Rw)

- ✓ Skin fold thickness

BODY MASS INDEX:

Body mass index or BMI is a simple and widely used method for estimating body fatmass.

Under weight - <18.5 kg/m²

Normal weight - 18.5 - 24.9 kg/m²

Over weight - 25 - 29.9 kg/m²

Obesity - 30 OR more

CLINICAL FEATURES OF OBESITY

The following are the most common symptoms that indicate an adolescent is obese. However, the patient's appearance is sufficient to arrive at a diagnosis in most cases, determined by the persons BMI (body mass index) depending on weight to height, though each adolescent may experience symptoms differently. Symptoms may include -

- Large body frame
- Difficulty in doing daily activities
- Lethargy
- Breathlessness
- Disproportionate facial features
- Breast region adiposity - (sagging fat cells) in boys
- Big belly (abdomen), sometimes marked with white or purple blemishes
- Male external genitalia may appear disproportionately small
- Flabby fat in the upper arms and thighs
- Knock-knees

Health risks associated with obesity

Obesity is not just a cosmetic consideration; it is harmful to one's health as it is a risk factor for many conditions. In the United States, roughly 112,000 deaths per year are directly related to obesity, and most of these deaths are in patients with a BMI over 30. Patients with a BMI over 40 have a reduced life expectancy. Obesity also increases the risk of developing a number of chronic diseases, including the following:

- Diabetes Mellitus-(NIDDM, Non-insulin dependent diabetes mellitus): It is not unusual to see an obese person becoming a diabetic. To some extent obesity is always associated with insulin resistance-lack of effectiveness of insulin, the blood sugar lowering hormone.
- High blood pressure (hypertension).
- Heart attack.

- Congestive heart failure
- Cancer.
- Gout and gouty arthritis
- Back problem
- Osteoarthritis (degenerative arthritis) of the knees, hips, and the lower back
- Sleep apnea.

Management of obesity through diet (according to yoga ,ayurveda and naturopathy)

Diet is an important component of a healthcare plan. Food is regarded as medicine at many systems of medicine .Diet (Aahar) is an important component of disease management. Right food is so much important to health, that it is often regarded as a medicine¹ .Diet is now being recognized as one important single factor responsible for health and also the disease². According to Sir Robert Mc Carrison, ‘the right kind of food is the most important single factor in the promotion of health; and the wrong kind of food is the most important single factor in the promotion of disease’².

Classification of food

Various classifications are found in regard to food items in various systems of medicine. Some of these concepts in brief are as under:

I. Concept of diet in modern medicine

In modern medicine food items are classified in terms of carbohydrates, fat, protein, vitamins, minerals and water. Carbohydrates are the main source of energy. Fats or lipids are the concentrated form of energy in the food. Proteins are structural constituents to cell membranes. Vitamins and minerals are accessory nutrients, and water is an ideal vehicle for transporting dissolved nutrients and waste from the body. To remain healthy, this is important to have a balance of all these essential components in the diet.

II. Concept of diet in Ayurveda

- In Ayurveda diet is given extreme importance. According to Ayurveda, the diet should be simple, easily digestible, and small in quantity. In Ayurveda, obese persons are included under Asta Ninditapurusha (Athi Deerga, Athi Hraswa, Athi Stoola, Athi Krusha, Athi Goura, Athi Sweta, Athi Roma and Aroma).
- **Pathya** is referred to the Ahara and Vihara, which causes pacification of the disease. Example:-milk products, fatty foods,meat,fish, day sleep etc.
- **Apathya** is referred to the Ahara and Vihara, which causes complications and aggravate the disease. Example :-dry food , green gram,hotwater,honey,fasting etc.

- Ayurveda, further emphasizes that dietary consideration is an important component of every prescription in Ayurvedic therapy. Sometimes, dietary management itself is a complete treatment. According to Acharya Lolimbaraja, if wholesome diet is given in a planned way then a separate medicinal treatment may not be required as the diet itself can take care of the disease. Similarly if unwholesome diet is being permitted, then also treatment is not required as the disease is not going to be cured in that case³

III. Concept of diet in Yoga

Shrimat Bhagavad gita defines the yogic diet as under:

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।

युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ १७ ॥

He who is regulated in his habits of eating, sleeping, recreation and work can mitigate all material pains by practicing the yoga. 6.17

The Bhagavadgita also classifies food as Sattvik, Rajasik and Tamasik. It has elucidated the three categories of food and its effect on human body and mind. These are defined as follows:

1. Sattvik food

आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ।

रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्त्विकप्रियाः ॥ ८ ॥

Foods dear to those in the mode of goodness increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart. (17.8). Those foods which are fresh, whole, natural, of good quality yet mild, neither over nor undercooked are experienced as lending a calm alertness and at the same time a state of quiet energy. Such foods are called sattvic.

2. Rajasik food

कट्वम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।

आहारा राजस्येष्टा दुःखशोकामयप्रदाः ॥ ९ ॥

Foods that are too bitter, too sour, salty, hot, pungent, dry and burning are dear to those in the passion. Such foods cause distress, misery and disease. 17.9

Food which is cooked a great deal to increase its taste appeal, that which stimulates the nervous system, speeds up metabolism and activates is called rajasic. Such foods as coffee, tea and tobacco are usually considered rajasic.

3. Tamasik food

यातयामं गतरसं पूति पर्युषितं च यत् ।

उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥ १० ॥

Foods prepared more than three hours before being eaten, food that is tasteless, decomposed and putrid, and food consisting of remnants and untouchable things is dear to those in the mode of darkness. 17.10

Those foods which are “dead,” partly spoiled, have been processed a great deal, have been preserved in some way, have no spark of life about them, lack the vitality of food that is alive or has been recently cooked are called tamasic.

- Easily digestible.
- Completely fulfils the average nutritional needs of an individual, when used in proper combination.
- Most ideal diet for those who are engaged in higher mental pursuits.

The Yogic concept of food takes into consideration the total dimension of human existence. Apart from the atoms and molecules, from which our gross physical body is made of, we all possess Prana, mind, intellect, emotions and spiritual dimensions. Yoga is that process by which we can bring in an integration of the entire personality at all these levels. The stamina of the body is to be developed, the Prana should be flown freely, the mind should calm down, the emotions should be stabilized and cultured. In totality the bliss should arise to keep oneself happy and healthy.

A balanced diet according to Yoga

सुस्निग्ध-मधुराहारश्छतुर्थांश-विवर्जितः

भुज्यतेशिव-सम्प्रीत्यैमिताहारःसउच्छ्रयते ॥ ६० ॥

It is the diet which restores balance at all levels. The Yogic diet believes in the concept of Mitahara. This postulates that the final effect of intake of diet depends upon the following three factors:

Quality of food: It should be sattvik and more akin to the natural from of it.

Quantity of food: Half of the stomach should be filled with food, one forth with liquid and the rest one forth should be empty for the free flow of air (gases).

State of mind while taking food: While during meals one should be calm and quiet; should relish the food, and not be engaged in any form of intense thinking activity.

Conclusion:-

Obesity is nowadays very common disease not only in adults but in growing children's too we can see the symptoms of this disease. There are many treatments for treating obesity but out of

them only diet therapy and exercise are the one which is cost effective,easy followed and sustainable method of treating obesity. Even though medicine is having therapeutic effect, quantity of medicine is always less than that of food. Diet plays a major role in maintain good health. By its nature of pathya and apathya in different alternative medicines can become treatment for both health and sickness. Hence following appropriate pathya,avoiding a pathya or by fasting one can lead a better life.

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