

# Effect of Selected Yogic Asanas on Obesity of People in Hisar District

## Abstract

The purpose of the study is to determine the effects of selected yogic asana on obesity of people in Hisar Distt. Thirty male were selected for the purpose. The age group was 35 to 50 year. The training was organized at morning and evening for 5 day per week for five week 60 minute. The result shows that the yogic asana reduced the obesity level and extra fat.

**Keywords:** Yoga, Asana, Obesity.

## Introduction

Yoga is for everyone. There are no barriers of age. No matter what level of fitness or ability you have, you can enjoy the benefits of this ancient discipline. Yoga is a good way of improving and maintaining good health. The main aim of yoga is to create harmony between mind and spirit. Yoga plays an important role in modern life. There are eight steps in this version of Astangyog. It is necessary to study the physiological aspects of each step separately. Yoga is not meant only for psychosomatic fitness but it has deep meaning. It is the science to liberate the soul from incarnations. Asana is the third step of yoga. Asana strengthens the muscles, bone, joints, ligaments, remove extra fat of our body. Yogic asana improves the functioning of physiological systems, blood circulation, digestion, stimulates hormonal secretion, improves efficiency of sense organs, heals many diseases and disorders.

## Asana

The third step of asthanyoga is asana (body posture). It is defined as the posture in which body is static and under rest, is known as asana. There are various types of asana (postures) VIZ.

## Meditative Asana

These are cross-legged sitting postures which allow you to sit upright and relaxed for a longer time. They provide a stable seat for meditation. The aim is to train your body so you can sit for a long time without moving any part of your body. This is important if you are practicing meditation or pranayama and want to have a deep concentration.

You should choose the posture that is most comfortable for you and start practicing it for 15 minutes. You can increase the time gradually. There are five main meditative postures:

1. Padmasana or lotus
2. Siddhasana
3. Swastikasana or locked-ankles pose
4. Sukhasana or easy pose
5. Vajrasana

## Relaxative Asana

The asanas for relaxation are designed in a way that there is no need to contract any muscle. It is important to practice them exactly so your body can come to a deep relaxation and is not just lying on the floor.

## Cultural Corrective Asana

There are three important phases in the practice of cultural asanas – each of them is equally important and should be paid equal attention:

1. Coming into the position
2. Holding the position
3. Getting out of the position

According to the method of doing these body postures are categorized as under :

1. Body postures in sitting position
2. Body postures in standing position
3. Body postures in supine position

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4. Body postures in prone position

5. Body postures in kneeling position

### Obesity

Obesity is a term used to describe somebody who is overweight, with a lot of body fat. It is a common problem. Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer. A crude population measure of obesity is the body mass index (BMI) . A person with a BMI of 30 or more is generally considered obese.

### Methodology & Procedure

Ten minute warming up will be done before performing yogic asana. It will include jogging on the spot, jumping , twisting exercises, stretching exercises, backward & forward exercises, side bending , back bending exercises etc.

List of selected yogic asanas:-

1. Ardchandraasana,
2. Vrikasana.
3. Konasana,
4. Tarasana
5. Paschimontasana,
6. Ardmatsendra,
7. Halasana
8. Sarvangasana,
9. Vjarasana,
10. Naukasana,
11. chakerasana,

The following asanas will be listed above performed for duration of one to three minute each. The practice will be done for one hour in the morning and one in the evening.

### Guidelines For Practice

1. Do not eat before yoga session. wait at least four-five hours after a heavy meal or 2-3 hour after a snack.
2. Wear light, loose comfortable clothes that do not restrict your movements. Keep your feet bare . If you wear hard contact lans remove them before you start the session. You should also remove jewellery and watches.
3. Practise in a warm, airy room out of direct sunlight, on a non stop floor or ideally a yogamat. Carpet is not suitable as your feet will slide.
4. Always practice with full concentration and awareness. Do asanas slowly and smoothly ,paying attention to accuracy and alignment.
5. Maintain each pose as long as possible without causing yourself physical or mental strain.
6. Always end your session, however short, with five to ten minutes relaxation in savaasana.

### Finding of this Study

It was found that the asanas reduce the obesity level and extra fat. Further it help to reduce excessive weight. It improved the agility and flexibility of various body parts. It enhanced the working capacity without any fatigue and tiredness.

### Conclusion

On the basis of this study we found that asana reduce the obesity level and extra fat . They

helps to reduce excessive weight and management of obesity. This study has confirmed the useful role of yoga to control the obesity

### References

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