

## HEALTH BENEFITS OF YOGA W. S. R. TO ROLE OF SURYANAMASKAR IN OBESITY

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### ABSTRACT

Obesity is common health issue in current scenario, the modern pattern of life style increases such health adversity. Obesity is more prevalent in women after age of menopause and similarly men becomes obese usually after completion of middle age. Obesity is itself not considered as serious health problem but it Increase risk of other diseases i.e. hypertension, diabetes, metabolic adversity, heart diseases and impotency, etc. The obesity sometimes becomes cause of psychological depression and social isolation, therefore it is require adopting some natural modality which can prevent or manage obesity. *Yoga* the ancient way of healthy living can work effectively in this regard; *Suryanamaskar* as one of the vital part of ancient *Yoga* offer many health benefits which helps to prevent obesity and related complications.

**KEYWORDS:** Ayurveda, Obesity, Swasthavritta, Yoga, Suryanamaskar.

### INTRODUCTION

The physical and mental practices to calm whole body practicing since long time and these practices not only improves physical and mental health but also improves spiritual health. *Yoga* is one such ancient approach which combines *Pranayama* (breathing), *Asana* (postures) and *Dhyana* (meditation), etc. together to establish natural harmony of body. *Yoga* postures helps to stabilizes proper state of meditation, breathing practices (*Bhastrika*, *Ujjayi*, *Kapalbhati*) performed at different rates helps to calm down body and improves power of self control. *Dhyana* relaxes mind and boost mental calmness therefore synergistically imparts health benefits along with physical conduct of *Yoga*. *Yoga* restore health and prevent complications of life style related problems like; obesity. <sup>[1-4]</sup> *Yoga* not only prevents chances of obesity but also relieves associated complications in following way:

- *Yoga* relieve stress & depression which is one of the cause of obesity
- Relax mind and boost mental health thus helps to resist tendency of social isolation of obese person.
- *Yoga* practice control metabolic activity, the optimum metabolic rate contributed significantly toward the normal body mass index of person
- Cure blood pressure, hyperglycemia and psychological problems associated with obesity

- Yogic state of meditation decreases oxygen consumption relaxes cardiovascular activity
- Induce sleep, since insomnia and late night eating habits can trigger obesity
- Maintain or normalizes caloric intake which is a major determinant of obesity
- Lack of physical activity or sedentary life style can cause obesity and *Yoga* itself as a physical activity helps in weight loss.

*Suryanamaskar* is a part of ancient *Yoga* which helps to achieve optimum levels of fitness. *Suryanamaskar* performed as a set of sequential postures (*Asanas*). *Suryanamaskar* offers many health benefits including maintenance of blood glucose & lipids level, reduction in oxidative stress and restore cardiorespiratory fitness.

### Poses of Suryanamaskar

- ✓ *Pranamasana* (Prayer pose).
- ✓ *Hastauttanāsana* (Raised arms pose).
- ✓ *Hastapadasana* (Standing forward bend).
- ✓ *Ashwa Sanchalanasana* (Equestrian pose).
- ✓ *Dandasana* (Stick pose).
- ✓ *Ashtanga Namaskara* (Salute with eight parts or points).
- ✓ *Bhujangāsana* (Cobra pose).

- ✓ *Adho Mukha Svanasana* (Downward facing dog pose).
- ✓ *Ashwa Sanchalanasana* (Equestrian pose).
- ✓ *Hastapadasana* (Standing forward bend).
- ✓ *Hastauttanasana* (Raised arms pose).
- ✓ *Tadasana* (Mountain Pose).

### **Suryanamaskar for Obesity**

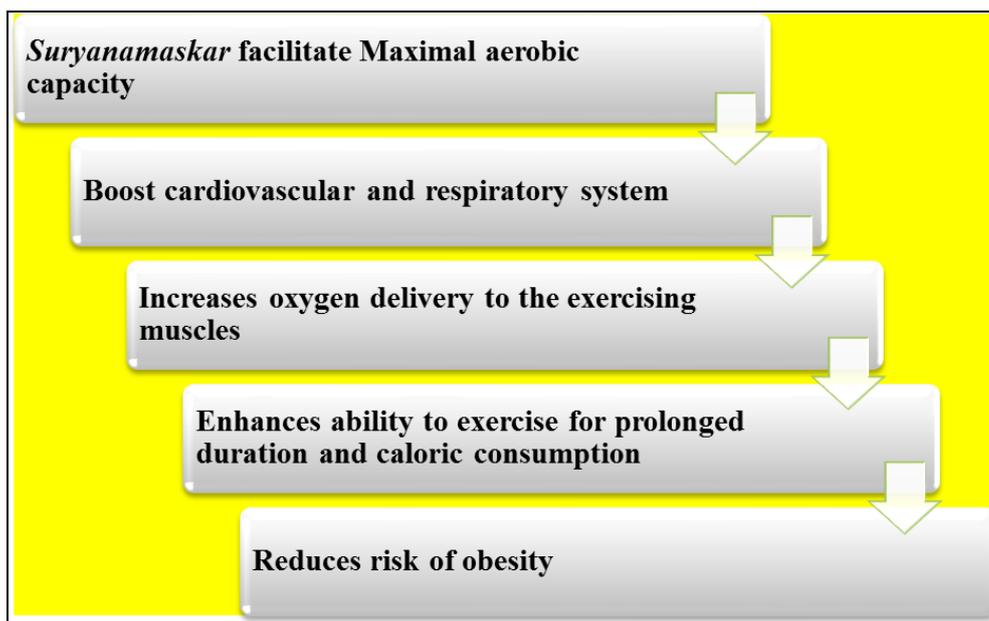
The *Asanas* of *Suryanamaskar* like; *Ashwanasanchalanasana*, *Chaturnamaskara* and *Bhujangasana* activate upper limb muscles thus increases fat oxidation and carbohydrate metabolism. Improvement in flexibility improves capacity to excise thus duration of daily practices increases eventually which ultimately contributed towards the overall body fitness.

- ✚ The various *Asanas* helps to consume energy thus increases caloric consumption in obese person.
- ✚ The *Asanas* of *Yoga* reduce body.
- ✚ Obese person suffer with flexibility problem such types of exercise improves flexibility.
- ✚ This *Yoga* practice maintains overall body mass index (BMI).
- ✚ Lipids metabolism increases if someone performs *Suryanamaskar* daily.
- ✚ This exercise increases energy expenditure thus fat oxidation also increase.
- ✚ Visceral fat reduction occurs after continuous practices of such exercise therefore finally reduces

chances of cardiovascular diseases and type II diabetes which may occurs due to the high level of visceral fat.

- ✚ Increase in metabolic rate after *Yoga* practice can reverse age-related weight gain.
- ✚ This exercise improves metabolic and enzymes functions therefore normalize *Agni*.
- ✚ The detoxification process facilitated due to the effects of *Asanas* thus blockage of micro-channels get cleared.
- ✚ *Suryanamaskar* improves circulatory process of body thus maintain consumption of carbohydrates and fat to meet need of energy requirements.
- ✚ Mental and physical relaxation achieved and feeling of excessive appetite get suppresses.
- ✚ Hormonal changes and menopause is one of the causes of female obesity after middle age and this *Yoga* practice reduces complications of menopause and maintains hormonal regulation.

The daily practice of *Suryanamaskar* increases Cardiorespiratory fitness and reduces risk factors for obesity and co-morbidities. The effects of *Suryanamaskar* on cardio-respiratory functioning depicted in **Figure 1**, which indicates that increase in cardiac output imparts positive effects on caloric consumption and maintain overall body fitness.



**Figure 1: The effects of *Suryanamaskar* on cardio-respiratory functioning.**

*Surya namaskar* is an effective cardiovascular exercise, the poses of *Surya namaskar* stretch abdominal region thus burns extra fat from the belly. *Surya namaskar* expands and contracts muscles and keeps body agile. This practice improves flexibility of thigh muscles where fat deposition takes place, improvement in flexibility causes utilization of fat. Gastrointestinal issues are major causes of metabolic problems including obesity & *Surya*

*namaskar* relieves gastrointestinal issues thus prevent prevalence of metabolic ailments associated with gastric trouble. *Surya Namaskar* stimulates digestive tract by virtue of its stretching posture and regularizes functioning of digestive system. *Surya Namaskar* calms the mind and induces sleep and good sleep is responsible for optimum health. *Surya namaskar* reduces complication of obesity i.e. diabetes and high blood

pressure. This practice stimulates heart muscles and controls blood pressure and it regulates blood sugar level by increasing carbohydrate consumption. *Surya namaskar* relieves stress and depression which can trigger pathogenesis of obesity. The deep breathing of *Surya namaskar* draws oxygen to the brain and makes it calm, imparts benefits to the endocrine system, boost thyroid gland, *Asanas* of *Surya namaskar* controls mind fluctuations and decreases stress levels. The reduction of anxiety and depression prevent chances of metabolic problems like obesity.<sup>[5-11]</sup>

## CONCLUSION

Ayurveda *Yoga* practices helps greatly in weight management and related complications. *Yoga* improves cardio-respiratory fitness, upper limb muscle endurance, body flexibility, decreases BMI, control blood pressures and diabetes. *Surya-Namaskar* a part of *Yoga* practice involves some *Asanas* which offers beneficial effect on cardiovascular activities and reduces chances of obesity, hypertension and dyslipidemia. *Surya Namaskar* along with *Yogic Vihara* and *Ahara* can improves digestive fire and relieves metabolic problem like obesity. *Surya Namaskar*, *Shavasana*, *Yoga Nidra* and lifestyle changes can offers remarkable health benefits in obesity and related complications.

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