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ABSTRACT: In the present scenario, the cause of two third of deaths are non-communicable diseases. In non-communicable diseases, obesity is one of the major problem caused by lifestyle changes. Obesity has been described as Sthaulya or Medoroga in Ayurvedic texts. It is described under the Santarpanjanya Vikar (Disease due to over nourishment). Obesity is excessive accumulation of fats resulting in increased weight. The excessive accumulation of fat is due to decreased physical activities in today's technology dominated world. Regular practice of yoga works on all aspects of Obesity and helps in reducing weight. Regular exercise like running, swimming and Yogasanas like Paschimotannasana, Bhujangasana, Sarwangasana, Halasana, Dhanurasana, Veerasana, Trikonasana, ArdhaMatsyendrasana, etc. help in reducing body fat. Along with Yogasana Surya Namaskar is very effective for obesity reduction, also Pranayama, cleansing processes like Agnisar, Uddiyan Bandha etc. helps to get rid off obesity. Yoga poses work on endocrine glands, improve blood circulation and improve body's metabolism. Asanas strengthens the muscles, deep breathing while doing yoga reduces body fat for bringing body weight to optimal levels.

INTRODUCTION

Obesity is a growing public fitness subject in cutting-edge societies. Bodily inaction and dangerous food regimen have been identified as essential chance elements for weight problems. Ample research has highlighted the function of obesity as a risk thing for a huge range of continual fitness headaches, which includes cardiovascular disease, high blood pressure, stroke, type 2 diabetes, sleep apnea and sure kinds of cancer, in addition to in temper exchange and despair in obese man or woman.

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Most of the world's population lives in countries where overweight and obesity kills more people than underweight. According to WHO obesity has nearly tripled since 1975. In 2016, more than 1.9 billion adults (18 year and older), were overweight. Of these over 650 million were obese. India is third most obese country of the world. Obesity has the deleterious effect both on body and mind. Hence WHO declared it as global epidemic, giving rise a new term Globesity. In Ayurveda, obesity has been described as Sthoulya or Medoroga in Santarpanotha Viakra, i.e. the disease caused by over nourishment. Further, its description is available in Astauninditya adhyaya of Charak Samhita where obese are criticized by society because of inappropriate body parameters. WHO defined as abnormal or excessive fat accumulation that present 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 World Health Organization recommended body weight based on BMI values for adults. It is used for both men and women, age 18 or older.

Category	**BMI range (kg/m2)**
Severe Thinness	<16
Moderate Thinness	16-17
Mild Thinness	17-18.5
Normal	18.5-25
Overweight	25-30
Obese Class 1	30-35
Obese Class 2	35-40
Obese Class 3	>40

According to parks, obesity may be defines as an abnormal growth of the adipose tissue. It is in three ways

- Enlargement of fat cell in size i.e. hypertrophic obesity.
- Increase in the number of fat cell i.e. hyper plastic obesity.
- A combination of both.

Most of the etiological factors mentioned by Acharya Charaka are exogenous type. Acharya Sushruta and Vagbhata have mentioned endogenous type of causes. Vagbhata has also mentioned "Ama" as a causative factor. Only Charka has defined Beejadosha as

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one of the cause besides other. In context with Sthaulya, exogenous causes are Medas promoting diet and where as Dosha, Dhatu, Mala, Srotas etc. come under the endogenous causes. Physical inactivity an unhealthy diet is major contributors for Obesity. Obesity can result from increased energy intake, decreased energy expenditure or a combination of both.

A sedentary life style plays a significant role in the Obesity. Currently at least 60% of the world's population does not get sufficient exercise. This is primarily due to increased use of mechanized transportation and a greater prevalence of labor saving technology in the home. Studies in children and adults have found an association between the number of hours of television watched and the prevalence of Obesity. Overall, physical inactivity and physical fitness are important modifiers of mortality and morbidity.

It is the reduced energy output that is probably more important in the etiology of obesity than used to be thought. However we can't ignore proper and healthy diet plan in reducing obesity but various yogic asana and pranayama can be beneficial for overall heath. Regular practice of yoga works on all aspects of Obesity and helps in reducing weight. Regular exercise like running, swimming and Yogasanas like Paschimotannasana, Bhujangasana, Sarwangasana, Halasana, Dhanurasana, Veerasana, Trikonasana, Ardha-Matsyendrasana, etc. help in reducing body fat. Along with Yogasana Surya Namaskar is very effective for obesity reduction, also Pranayama, cleansing processes like Agnisar, Uddiyan Bandha etc. helps to get rid off obesity. So here is attempt to study the role of yogasana in the management of obesity.

AIM AND OBJECTIVES

1. To study Sthaulya Vyadhi according to Ayurveda.
2. To study Obesity according to modern medical science.
3. To study the role of Yogasana in the management of Obesity.

MATERIALS AND METHODS

Present work has been done based on critical review of classical information, published research works, modern literature and research works conducted at various institutes. The possible correlation has been made between collected information and has been presented in systematic way.

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DISCUSSION

• **Bhujangasana-** Beneficial for backache, slipped disk and toning of ovaries and uterus. It is useful in abdominal fat reduction.

• **Naukasana-** Helps in reducing waist fat and tone kidney.

• **Dhanurasana**- Effective for fat loss as it improves kidney, pancreas, liver and intestinal functioning.

• **Trikonasana**- Helps in reducing side waist fat.

• **Tadasana**- Helps in increasing height and beneficial for spine and whole body massage and fat loss.

• **Ustrasana**- Beneficial for improving flexibility of spinal cord and beneficial for Asthma as well.

• **Surya namaskar**- It alone can improve Flexibility, strength of Muscle, balance, fat reduction, and helpful for depressed patient.

• **Kapalbhati Pranayam**- Beneficial yoga pose to cure stomach disease i.e. constipation, acidity, diabetes and asthma. It is superb yoga pose to increase metabolism which reduces risk of Obesity.

• **Parshwa Konasana** (Side Angled Posture)- Beneficial for reducing fat from hip and thigh.

• **Marjarasana**- Helpful in curing menstrual cycle related problems and reproductive disorders. Lack of regular menstruation is one of the reasons of Obesity.

• **Halasana**- Useful in treating diabetes, constipation as it provides massage to kidney, liver and pancreas.

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CONCLUSION

No Most of the energy is derived from carbohydrate during the first few seconds or minutes of exercise. But at the time of exhaustion 60-85% of energy is being derived from the fat. The obesity is caused by ineffective mobilization of fat from the adipose tissue by tissue lipase, while synthesis and storage of fat continue normally.

During Yogic exercise fat utilization is increased due to the release of epinephrine and nor epinephrine by the adrenal medulla as a result of sympathetic stimulation. These two hormones directly activate hormone sensitive triglycerides lipase that is present in abundance in the fat cells and this cause rapid breakdown of triglycerides and mobilization of fatty acids. Yoga practice increases adreno-cortical efficiency and competence, endocrine and metabolic competence. During the exercise muscles are in state of stress which causes secretion of corticotropin and gluco-corticoids. Both of these hormones activate either the triglyceride lipase or that activated by epinephrine and nor-epinephrine.

Asanas decrease blood glucose level by increasing glucose utilization in muscles of Diabetic patients. Exercise decrease insulin level in obese patients and exaggerate lipolysis in adipose tissue. Because all the excess carbohydrates that cannot be stored as glycogen are converted under the stimulus of insulin into fats and stored in the adipose tissue. These practices also decrease fat deposition, most probably by working on the same mechanism.

Hatha Yoga postures have significant effects on physiological, health and performance variables. Hatha Yoga seems to be highly effective in dealing with psychosomatic complaints and enhancing feelings of well beings beyond the “Not sick” level. This improves their feeling of physical health, reduce their anxiety and enhance their self concepts and emotional tone. Psychogenic obesity which causes abnormality in the feeding regulatory mechanism can be controlled by Yoga therapy, as Yogic exercises, Pranayama etc. helps in regulating the cortisol level in blood, thus very helpful in reducing stress, anxiety, depression and tension. All these factors play a very important role in etiology of psychogenic obesity.

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