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ABSTRACT: - *Inconsistent growth in weight as compared to the structure is called obesity. In India, it is a common problem, which people have accepted as a common thing. Obesity causes work pressure on the various systems of the body like-heart, blood circulation, digestive system, breathing, excretory system, etc.It affects the nervous system, hormone secretion and metabolic processes adversely. As a result, heart disease, diabetes, blood-pressure, arthritis, asthma, etc. and many psychosomatic problems are caused. These diseases further affect professional and social life. In this research paper I sussted some yoga asanas for preventing Obesity. If persons applied these yoga asanas in daily life, then we prevent obesity.*

INTRODUCTION: -Obesity is a complex, chronic disease with several causes that lead to excessive body fat and sometimes, poor health.Body fat itself is not a disease, of course but when your body has too much extra fat, it can change the way it functions. Obesity is commonly defined as having too much body mass. A BMI of 30 or higher is the usual benchmark for obesity in adults. A BMI of 40 or higher is considered severe (formerly “morbid”) obesity. These changes are progressive, can worsen over time, and they can lead to adverse health effects.If you consume high amounts of energy, particularly found in high fat and high sugar foods, and do not use all of the energy through physical activity, much of the extra energy will be stored in the body as fat.Lack of physical activity is another important factor related to obesity. Many people have jobs that involve sitting at a desk for most of the day.

CAUSES OF OBESITY

The main causes of obesity are as follows:

- Excessive intake of Calories and inappropriate food selection,
- Luxurious lifestyle,
- Chemical imbalance,
- Lack of physical activity and
- Tension.

All these mentioned factors lead to obesity and changes in physical nature. In the present context, we are giving the description of some Yogasanas here:

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IMPORTANT YOGASANAS TO PREVENT OBESITY

Yoga has the solution of Obesity.If we do some asanas, we would prevent us from obesity. There are some asanas which are very useful in preventing obesity. Now we would study some of them: -

1. TADASANA

Procedure:

- Stand up in attention position.
- Lift your arms upwards.
- Stretch your hands upwards.
- While taking breath raise your heels, and come on your toes.
- Also pull up your body upwards.
- After some time breathe out slowly and come to the previous position.

Repeat the same exercise for 10 to 15 times.

BENEFITS:The asana stretches the whole body and reduces tiredness occurred due to obesity or overweight.

It helps correct muscle imbalances and improves posture.

This asana improves agility and strengthens the back, hips, and legs.

CONTRAINDICATIONS: Doing tadasana should be avoided if a person has headache, low blood pressure, dizziness or light-headedness, joint, back or shoulder concerns.

2. KATICHAKRASANA

PROCEDURE:

- Stand straight, keep about 2 ft distance between the feet,
- hands in front in line with shoulders and parallel to each other.
- Now slowly twist maximum to either side with deep inhalation,
- exhale while you come back.
- Pause for 2-3 seconds at normal position then twist other side.

Repeat 10 times.

BENEFITS:

- Provides exercise to the waist lines.
- Strengthens lower back region.
- It is one the best exercises of yoga for intestines, improves digestion.
- Due to deep breathing, it improves the efficiency of heart & lungs.

SUGGESTION: As it covers spine so it should be in daily exercise routine practice.

3. PAWANMUKTASANA

PROCEDURE:

- Lie on your back.
- Exhale and, while inhaling, slowly raise the legs to a 90-degree angle from the ground.

- Bend both the legs at the knees and rest the abdomen keeping the knees and ankles together.
- Hold the knees with both arms, clasping opposite elbows Bend the neck and
- place the chin on the knees, continue to maintain the asana, breathing normally.
- Straighten the neck and lower the head back on the ground.
- Release the arms and place them beside the body.
- While inhaling, straighten both the legs. While exhaling, lower the legs back to the relax position.

BENEFITS:

- This asana helps in reducing belly fat.
- It helps in toning the arms, legs, and buttocks.
- It aids weight loss.

CONTRAINDICATIONS: Doing Pawanmuktasana should be avoided if a person has shoulder, ankle, or knee injuries.

4. MATSYASANA

PROCEDURE:

- For performing Matsyasana, sit in Padmasana.
- Then lie down in supine position and make an arch behind.
- Hold your toes with the fingers of your hands.
- Stay for some time in this position.

BENEFITS:

It helps in stretching the muscles between the ribs.

It stretches and tones the front of the neck and abdominals.

It stretches and stimulates the organs of the belly.

This asana improves posture.

CONTRAINDICATIONS: Avoid doing Matsyasana if you have high or low blood-pressure. People suffering from migraine and insomnia should also refrain from performing this asana. The individuals, who have neck injury or lower back problems, should not perform this asana.

HALASANA

PROCEDURE:

- Lie supine on the ground, keeping feet together raise the legs first 90°
- then by pressing floor with palms take them backwards and try to touch feet with the floor behind head.
- Hold it for about one minute keeping breathing normal.

BENEFITS:

- Due to change in blood circulation, it improves overall health of the body. Reduces fat and increases height.
- It makes the spine flexible and muscles of the body strong.
- It is a good asana to improve digestion and get rid of constipation.
- Regular practice makes the face radiant and sharpens the memory.

SUGGESTION: Initially it is not necessary to touch the feet with the floor. Your feet may stay in the air Improve the position slowly. Do not jerk at any moment

CONTRAINDICATIONS: It shows strain on the back, s after Halasana perform any backward bending postur like Ustrasana.

PASCHIMOTTANASANA

PROCEDURE: -

- Sit with your legs stretched and raise both the arms up.
- Place the palms on your respective knees.
- Now bend your head and trunk slowly forward to
- Don't bend your knees
- catch the toes with the thumb, index and middle finger without bending knees.
- Take a deep breath and exhale slowly.
- Try to touch your head to your both knees.
- Bend the arm and try to touch the elbow on the floor.
- Exhale completely and, holding out your breath, stay in this posture for a few seconds.
- After few seconds, slowly return to your initial position.

Repeat this exercise 3-4 times.

BENEFITS:

- This posture contributes greatly towards losing the belly fat.
- It helps in correcting a bad posture.
- It helps in keeping insomnia at bay.
- This asana also helps in reducing anxiety.

SUGGESTIONS:

- ❖ Pregnant women should not practise Paschimotta- nasana.
- ❖ A person suffering from slip disk, sciatica problem
- ❖ Or asthma should avoid Paschimottanasana.
- ❖ The person suffering from ulcer should not practise it.

CONTRAINDICATIONS: Consult a doctor in case of suffering from diseases of back, slip disk, sciatica pain, cervical, spondylitis, backache, high blood-pressure, heart diseases, ulcer, etc.

ARDHA-MATSYENDRASANA

PROCEDURE:

- Sit with your legs extended.
- Bend the left leg from the knee and sit with the heel properly at the perineum or under the buttocks.
- Bend the right leg and make it stand by the side of the left knee.
- Now slowly twist the trunk to the right side and pass the left arm around the right knee catching the big toe of right foot.
- Twist the trunk and move to the right. Turn the head towards right and look back bringing the chin over the right shoulder.
- Pass the left arm behind the back and try to hold the right thigh with the left hand.
- Repeat the asana on the other side by changing the position of the legs and the hands.

Maintain the final position for some time on each side.

BENEFITS:

- Ardha-Matsyendrasana helps in the contraction and extension of the abdomen, waist and muscles of the back.
- The entire spine gets rotated around its axis.
- Spine gets two side twists throughout its length.
- This asana increases the elasticity of the spine, tones the spinal nerves, and improves the functioning of the spinal cord.
- It stretches the muscles on one side of the body while compressing the muscles on the other side.
- It relieves back pain and stiffness in between the vertebrae.
- It is useful for slipped disc.
- It massages the abdominal organs and increases the digestive juices, making it useful for loss of appetite and constipation.
- It is useful for diabetics, with concentration on the pancreas.
- It regulates the secretion of bile and adrenaline.

- It relieves tension that may have built up in the back by forward and back-bending asanas.
- It opens the chest and increases the oxygen supply to the lungs.
- It loosens the hip joints, relieving stiffness.
- It releases tension in the arms, shoulders, upper back and neck.
- It increases purification of the blood as well as the internal organs.

SUGGESTIONS:

- ❖ Do not practise in complicated joints and painful edition.
- ❖ Keep a proper margin between the legs so that the stomach remains light.
- ❖ Concentrate on solar plexus chakra while doing Ardha-Matsyendrasana.

DHANURASANA

PROCEDURE:

- Lie supine on the stomach, bend your knees and hold the ankles keeping knees apart.
- Now apply force upward, stretch the body up, and balance it at naval.
- Look up and keep the breathing normal through nose.
- Try to keep your hands straight.

BENEFITS:

- It is the best physical posture for whole spine; makes it healthy, flexible and strong, and cures spine related disorders by providing ideal curve to the spine.
- It is the best exercise of yoga for the naval- strengthens abdominal muscles, improves digestion and cures constipation.
- It is one of the best exercises of yoga to strengthen body muscles. It is also a good exercise for the throat region.
- Its regular practice removes pimples and wrinkles, and provides glow on face.

SUGGESTIONS: Dhanurasana should be a part of your daily practice as it is efficient for the inner systems of the body.

USHTRASANA

PROCEDURE:

- Stand on your knees keeping 2 ft distance between the knees and also between the big toes.
- Ideally toes should touch with the ground. Now, by bending from one side hold the heel then bend the other side and hold the other heel.
- In the final position, give maximum curve to the spine by pushing the lower back and by rotating the neck, keeping the breathing normal.

BENEFITS:

- Ushtrasana makes the spine healthy, flexible and strong. Its regular practice helps to cure lumber spondylitis and cervical spondilitis.
- It also helps to reduce weight and to gain height.
- Its regular practice strengthens the throat region and provides glow to the face by getting rid of pimples and wrinkles.
- It helps to improve digestion too.

SUGGESTIONS: Start with keeping toes straight. After a week or two, try to keep the toes touching with the ground.

SURYABEDHAN PRANAYAMA

Procedure:

- Sit in Padmasana or Sukhasana keeping back and neck erect.
- Keep left hand in GyanModra and use right hand fingers as Pranayama Mudra to close and open right nostril with the thumb and left nostril with middle two fingers.
- Now by closing left nostril deep inhale through right nostril (Surya Nadi) and then slow exhale through left nostril (Chandra Nadil Keep repeating the process, every time you inhale deeply through right nostril and slow exhale through left nostril.
- Ratio of inhalation and exhalation should be 1:2

BENEFITS:

- As this pranayama directly influences Surya Nadi, it melts the excess fat deposited in the body thus helps to get rid of obesity.
- It is mostly used to get rid of those disenses which are common in winter season like Common cold, cough, sinusitis, bronchitis and asthma.

SUGGESTIONS: Persons suffering from pitta related disorders should do this asana in winter season only.

CONTRAINDICATIONS: People suffering from mild fever, acidity, skin diseases and nose bleed should avoid doing this asana.

CONCLUSION: -

Obesity is a very serious disease. If a person suffers from obesity, then gradually his physical activity starts to decrease. His confidence also decreases a lot. Believe me, getting rid of obesity is not an easy task either, but if a person is determined, then getting rid of obesity is not a complicated task either. It is also said that the losers of the mind are defeated and the winners of the mind win. All a person has to take is to take a balanced diet. Avoid eating fried food with ghee, oil. I have talked above about 10 yoga poses that can help you get rid of obesity. We just have to do Yogasana in the same way as mentioned above. If we do the above yogasanas regularly then definitely we can get rid of obesity.

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