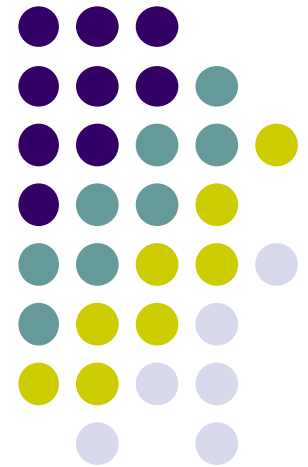

Yoga practices for Women with Special reference to the treatment of obesity

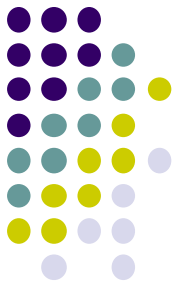




Special Applications of Yoga

- 1) Back Ache
- 2) Depression
- 3) Head ache
- 4) Leucorrhoea
- 5) Menstrual Irregularities
- 6) Obesity
- 7) Pregnancy.
- 8) (Uterine) Prolapse
- 9) Urinary System Disorders

Back Ache



Slipped Disc/ Prolapsed Disc

Sciatica Pain

Low Back Pain

Causes:

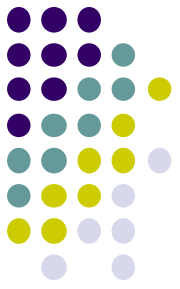
Referred Pain

Congestion of the Pelvis

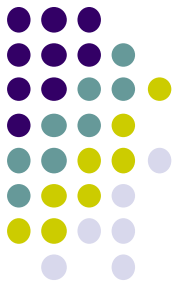
Abdominal Weakness

Emotional Factors

Obesity



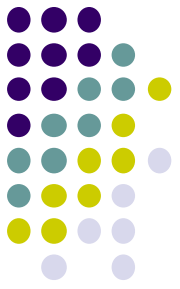
Obesity is a condition of excess body weight and is usually the result of excess accumulation of fat in the body.



Quetelet Index Or BMI

- Body mass index is defined as individual body weight in kgs divided by the square of their height in meters.
- i.e. $BMI = \text{kg/m}^2$
- where kg is the subject weight in kgs and 'm' is the subject height in meters
- BMI less than 18.5 is under weight
- BMI of 18.5 to 24.9 is normal weight
- BMI of 25 to 29.5 is over weight
- BMI of 30 and above is obese
- Thus BMI equal to or more than 30 is defined as a condition of obesity.

Causes of obesity

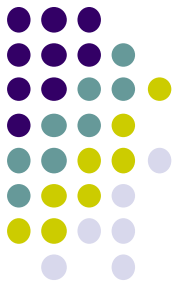


- Diet
- Inactivity
- Certain Medications
- Medical problems

Clinical Complications of Obesity



- Cardio vascular diseases and hypertension
- Diabetes Mellitus
- Osteo arthritis
- Psychological problems



Yoga practices for obesity

- Shat Kriyas
- Yogasanas
- Pranayama
- Bandha – Mudras
- Meditation techniques

Shat Kriyas



- Kapalabhati
- Dhauti
- Agnisara

Yogasanas



- Trikonasana :
 - Regularizes digestive capacity
 - Reduces lower abdomen fat deposition





Bhujangasana

- Improves the functions of
 - Thyroid Gland
 - Adrenal Gland

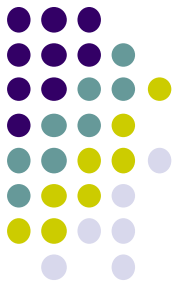




Dhanurasana

- Improves the metabolism
- Promotes the gastro-intestinal functions



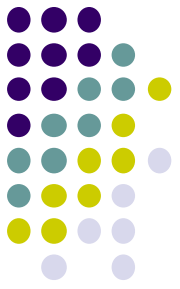


Viparitakarani

- Improves venous return
- Prevents abnormal distribution of fat molecule throughout the body



Pranayama



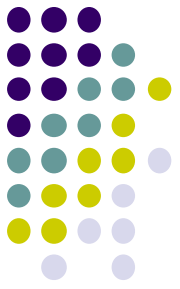
- Bhastrika
- Surya Bhedana

Bandha-Mudras



- Jalandhara Bandha
- Uddiyana Bandha
- Viparitakarni Mudra

Meditation Techniques



- OM Chanting
- Soham Meditation

Diet and Nutrition in Yoga



Mitahara

*“annena purayedardham toyena tu trtiyakam| udarasya
turiyamsam samraksedvayucarane”*

*“pustam sumadhuram snigdham gavyam
dhatupraposanam|
manobhilasitam योग्यam योगि bhojanamacaret”*

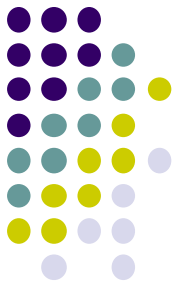


Conclusion

Regular Practice of Yoga helps to

- Maintain normal body weight
- Promote the positive health and prevents obesity
- Reduce risk of heart diseases and hypertension
- Keep bones, muscles and joints healthy
- Reduce anxiety, depression and improves mental health

Summarized Effects of Yoga

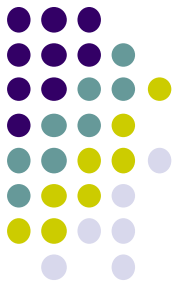


- **Physiological Benefits of Yoga**
- **Psychological Benefits of Yoga**
- **Biochemical Benefits of Yoga**
- **Spiritual Benefits of Yoga**



Physiological Benefits

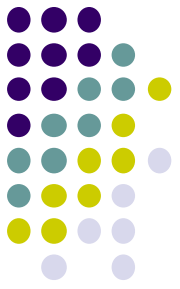
- Stable autonomic nervous system equilibrium
- PR/RR/HR decreases
- EEG - alpha waves increase (theta, delta, and beta waves also increase during various stages of meditation)
- Cardiovascular efficiency increases
- Respiratory efficiency increases
- Gastrointestinal function normalizes
- Endocrine function normalizes
- Excretory functions improve
- Musculoskeletal flexibility and joint range of motion increase
- Immunity increases
- Integrated functioning of body parts improves



Psychological Benefits

- Somatic and kinesthetic awareness increase
- Mood improves and subjective well-being increases
- Self-acceptance and self-actualization increase
- Social adjustment increases
- Anxiety and Depression decrease
- Concentration improves
- Memory improves
- Attention improves
- Learning efficiency improves
- Mood improves
- Self-actualization increase
- Well-being increases

Biochemical Benefits of Yoga



- Glucose decreases
- Improves Lipid Profile :Triglycerides decrease
- Cholinesterase increases
- Catecholamines decrease
- Hematocrit increases
- Hemoglobin increases
- Lymphocyte count increases
- Thyroxin increases
- Vitamin C increases



Spiritual Benefits of Yoga

- When you achieve the yogic spirit, you can begin knowing yourself at peace.
- The value of discovering one's self and of enjoying one's self as is, begins a journey into being rather than doing.
- Life can then be lived practicing "yoga off the mat".
- Yogic theory and practice lead to increased self-knowledge.



THANK YOU