



STUDY ON THE IMPACT OF YOGA IN MANAGING OBESITY

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ABSTRACT

The American Heart Association estimates that illnesses associated to being overweight or obese cause 112,000 deaths annually. When someone is obese, even a minor weight loss of 5 to 10% can considerably lower the risk for chronic disease. The goal of the current study was to determine the impact of kunjla kriya practices on the body weight of normal human subjects. Forty-five subjects from an urban area in the Haridwar region were chosen as the experimental group. A number of studies have been conducted to examine the impact of complementary therapies to reduce body weight. The respondents, who were a diverse group with obesity and joint issues but otherwise good health, willingly agreed to participate in yoga sessions to improve their overall physical and emotional wellbeing. They were introduced to a set of kunjla kriya in this pre-post research investigation. Except on Sunday, the volunteers trained for 30 days. Their body weight was significantly reduced as a result of using Hatha Yoga practices. According to the study, kunjla kriya practice can benefit those who are overweight or obese. Finally, it may be said that kunjla kriya practice can aid in managing obesity in the workplace.

Keywords: *Obesity, Kunjal Kriya, Chronic*

1. INTRODUCTION

The World Health Organization (WHO) claims that obesity is one of the most prevalent yet frequently ignored public health issues in both developed and developing nations¹. Around the world, one in six persons is obese, and an estimated 2.8 million people pass away each year as a result of being overweight or obese, according to the WHO World Health Statistics Report 2012.



Obesity is now understood to be a disease unto itself due to the increased risk of morbidity and mortality. Furthermore, there is a strong correlation between obesity and other metabolic diseases such as diabetes, hypertension, dyslipidemia, cardiovascular disease, and even some types of cancer. A body mass index (BMI) of roughly 21 kg/m² appears to be the starting point for these illnesses' risk. Obesity is typically divided into two categories: abdominal obesity and generalized obesity (GO) (AO). Compared to non-obese people, those who are obese have greater rates of mortality and morbidity.

The second-most populous nation in the world is undergoing a quick epidemiological transformation right now. In the past, malnutrition brought on by poverty has quickly given way to obesity linked to wealth. Industrialization and urbanization also contribute to a rise in the incidence of obesity. Studies from many regions of India have shown that obesity is becoming more and more common. However, the vast majority of reports have been regional (mostly from urban areas).

Because those who work primarily in the corporate sector in India lead such sedentary lifestyles, we have made the decision to limit our recruitment to those who are employed in the business sector. As a result of their hectic lifestyle, they don't have enough time to manage it. And obesity is well acknowledged to be a side effect of a sedentary lifestyle.

A well-known hath yoga text book, Gherand Samhita, claims that kunjla practice falls under the category of cleansing (or "Shatkarma") and can aid those seeking yogic enlightenment in eliminating fat (kafa), which is well-known as the third Dosha in the notion of "Tridosha" according to Ayurveda. And the main contributor to body weight is fat (Kafa). Therefore, as fat loss progresses, body weight can be decreased and controlled.

The researcher must now oversee the fat-reduction diet plan, and the overall intake of fat during the process should be below.

Definition of obesity:

Obesity has been defined as a person, "who on account of inordinate fat and flesh, is



disfigured with pendulous, buttocks, belly and breasts and whose increase bulk is not matched by a corresponding increase in energy". Excess deposition of fat in adipose tissue is obesity. A body weight 20% or more than the desirable weight for age, sex and height is regarded as obesity. A recent national institute of health consensus conference defines obesity as $B.M.I. > 25 \text{ K.G./m}^2$.

$BMI = \text{actual weight in K.G.} / \text{height in m}^2$

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

- 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

Here the modern terminology obesity can be understood as a disease. This is further responsible for the associated disease like diabetes, cardiac problems, CHD etc.

Kunjla Kriya

Drinking somewhat salty water till you feel like throwing up is how kunjla is performed. Lukewarm water is ideal. Water is typically consumed while defecating normally while sitting on the ground with both legs folded through the knees, pressing the stomach inward.

One can swiftly drink three to six glasses of water, but one can also drink more depending on his capacity and convenience. Typically, people who are about to vomit get up and lean forward toward the sink.

Put two fingers in the throat and rub the back of the tongue as far down as you can to start vomiting if it doesn't happen naturally at this stage. The gag reflex, often known as the feeling or



want to vomit, begins when the tongue is pressed against the back of the mouth. Water will suddenly rush or come out of the mouth in fast succession. Up till the stomach is empty, keep pressing.

Clean/rinse your mouth with fresh water, then lie down on a flat surface (a bed is ideal) with your back contacting the ground. Rest for at least 30 minutes to two hours to feel comfortable.

This procedure is typically performed first thing in the morning after passing stools, on an empty stomach.

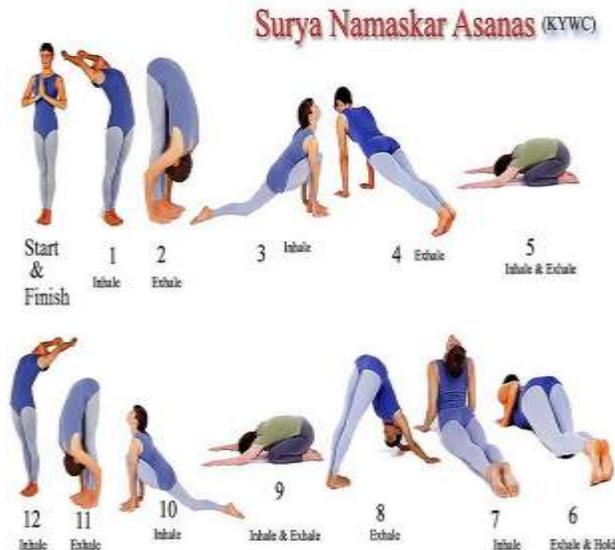
SURYA NAMASKARA

Surya Namaskara is a series of 12 energizing yoga poses (asanas) that offer a beneficial cardiovascular workout. These poses, which are also known as sun salutations, are beneficial for maintaining both a peaceful and healthy mind and a physically fit body.

It is ideal to perform the Surya Namaskara in the morning on an empty stomach. Let's start our journey to wellness with these easy but powerful Sun Salutation moves.

Two sets make up each round of the Sun Salutation. One Surya Namaskara set consists of these 12 yoga positions. You must perform the same series of postures again to complete the second half, however this time, move your left leg instead of your right (in steps 4 and 9 given below). There are various ways to perform the Sun Salutation.

To achieve the best results, it is best to stick to a single sequence and to practice it frequently.



2. OBJECTIVE

To examine the effect of Kunjal kriya and Surya Namaskar on obesity people of corporate sector

3. MATERIALS AND METHODS

45 participants were chosen from West Bengal's urban area to participate in the experiment. The participants in this study are purposefully chosen from the corporate sector. The subjects were a diverse population with at least some obesity (BMI = 25–35) and joint issues but otherwise good health.

Inclusion Criteria

Person voluntarily wanted to join Yoga session for general physical mental wellbeing and not suffering from such chronic illness as well as not taking any kind of medicine.

Intervention:

In this pre-post research study a package of kunjal kriya and surya namaskar were introduced to them. The volunteers practiced for 30 days except Sunday.



Single group pre-post test design was used in the present study, at the beginning of the study 0th day pre data was collected and tabulated and after 30th day of intervention post data of effectiveness was collected, data was analyzed to see if there is a difference between them as a result of intervention or not. The analysis of pre- post data were analyzed by SPSS ver. 23.

S.No.	Practice Schedule	Round	Duration
1	Om chanting	3 times	02 min
2	Kunjla kriya	1 round / day	10 min
3	Surya namaskar	2 round / day	05 min
4	Shanti path	1 round /day	02 min
	Total		19 min / day

Statistical Analysis

Obtained data were tabulated and analyzed. The initial values on 0th day of each parameter compared with the final values obtained on 30th day's measurement. Paired t-test was used for the statistical analysis with the help of SPSS ver. 23.

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 pre obesity	29.959	45	1.6669	.2572
post obesity	28.369	45	2.1009	.3241
	5		0	1
	0		3	8

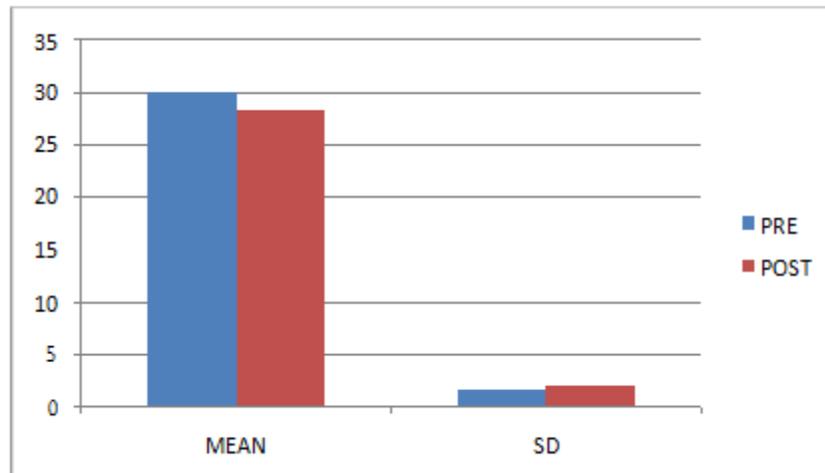


Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 pre obesity & post obesity	45	.786	.000

Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence				
				Lower	Upper			
Pair 1 pre obesity - post obesity	1.59048	1.29799	.20028	1.18599	1.99496	7.941	44	.001



4. RESULT:

The mean & standard error of mean ($M \pm SD$) of pre test and post test on level of obesity of the experimental group were consecutively found to be 29.95 ± 1.66 and 28.36 ± 2.10 . The correlation (r) .78 and SEd is 0.200 and obtained t-value is 7.941 which are statistically highly significant at 0.001 significance level of confidence.

In this study we can see clearly that the obesity level had shifted from severe stage to normal stage, which denotes that, the practitioners of Kunjal Kriya and Surya Namaskara series get relief and feeling relaxed.

On the basis of obtained result it can be concluded that, a combination of Kunjal Kriya and Surya Namaskara (sun salutation) intervention is significantly decrease the level of obesity of people working in corporate sector.

5. CONCLUSION

The findings of the current study show that practicing Kunjal Kriya and sun salutations regularly can help an obese adult manage with their obesity level. All of these factors have an impact on a person's interpersonal and social conduct as well as their physical health. A society with



psychologically healthy citizens will eventually see social growth.

In accordance with another yoga principle, which states that a blockage in the pranic route is equivalent to an illness, when we practice yoga, we are actually attempting to remove any obstructions that may be obstructing the flow of prana, or life force. Once the obstruction is removed, a person will undoubtedly be free of sickness. There are many ways that pranayama brings about calmness and tranquility. It unblocks any blockages in the pranic channels brought on by the presence of pollutants. It balances the ida and pingala network of nadis' prana flow. It eliminates all poisons from the blood systems. The purifying effects of pranayama on brain cells improve the effectiveness of the brain centers, enabling them to work to their full potential.

"Kunjal doesn't experience any of the nausea or disagreeable odor that are typically connected to vomiting. Typically, the water brought up is odorless and clean. The additional salt neutralizes the acid, which eliminates the burning sensation. Since the water doesn't contain any solids, it drains rapidly and readily. After the initial few times, Kunjal is enjoyable.

At the physical level, Kunjal can help with the prevention of illness as well as the treatment of the following conditions: indigestion, irritated esophageal mucosa, coughs, asthma, bronchitis, and respiratory illnesses; headaches (both tension and migraine); and diseases of the nervous system.

The neurological system is toned up and restored by Kunjal's indirect effects, which serve to revitalize the entire body.

When you perform Kunjal, the vagus nerve is stimulated in both its sensory and motor functions by the physical action of the energy flush going from the stomach and the psychological stimulation of the Manipur chakra.

It was discovered that yogic practices can help with both the prevention and treatment of illnesses affecting the body's systems. After practicing Hatha yoga in the current study, body weight drastically decreased. A controlled study conducted in India provides evidence that yoga activities help reduce excessive body fat in both obese patients and schoolchildren.



Yoga might have served as a safety precaution. Another study conducted in Toronto, Canada, unambiguously shows that those who are physically active have a lower risk of developing hypertension than people who are sedentary. Finally, it can be said that practicing Kunjal Kriya with Surya Namaskara greatly reduces the practitioners' body weight.

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