A Case Report of Obesity and Its Management through Yoga-Asana

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ABSTRACT –

Obesity is a state of excess adipose tissue mass [1]. Body weights are distributed continuously in populations, so that a medically meaningful distinction between lean and obese is somewhat arbitrary. Obesity is therefore more effectively defined by assessing its linkage to morbidity or mortality. A 23 years old female patient diagnosed as obesity came for the Ayurvedic treatment with the complaints of weight gain, hyperacidity and headache. All these symptoms were significantly reduced after the treatment. 6 kg weight reduction was achieved only in 3 months with the help of yoga-asana.

KEYWORDS – Obesity, Weight lose, Guru, Yoga-asana,

INTRODUCTION –

Case Report- a 23 years old female patient, occupation- student, came for the Ayurvedic treatment with following complaints on 03/12/2015.

C/O- Weight gain since childhood, hyperacidity on/off and headache since1 year.

K/C/O- Hypothyroidism since 9 months

Taking Tab. Thyronorm 25mcg 1 before breakfast daily.

H/O- accident 5 years ago

Right knee ligament tear- arthroscopy done.

O/E-
- Weight- 86.20kgs
- Height- 158cms
- BMI- 34.53
- Nadi- pitta pradhan vata
- Mala- samyak
- Mutra- samyak
- Jivha- saam
TREATMENT/CHIKITSA—

All types of Yoga-asanas were advised daily for one hour.

Patient was advised extra sittings following asanas and pranayama.

RESULT

All the measurements are in Inches.

<table>
<thead>
<tr>
<th></th>
<th>ON 04/12/2015</th>
<th>ON 09/01/2016</th>
<th>ON 15/02/2016</th>
<th>ON 25/03/2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat in kg</td>
<td>38.2</td>
<td>36.9</td>
<td>34.4</td>
<td>31.6</td>
</tr>
<tr>
<td>Fat %</td>
<td>44.4%</td>
<td>44.5%</td>
<td>43.5%</td>
<td>41%</td>
</tr>
<tr>
<td>Arm girth</td>
<td>14</td>
<td>12.6</td>
<td>12.1</td>
<td>11.9</td>
</tr>
<tr>
<td>Chest girth</td>
<td>37</td>
<td>36.5</td>
<td>36</td>
<td>34.2</td>
</tr>
<tr>
<td>Upper abdomen</td>
<td>31</td>
<td>29</td>
<td>29</td>
<td>27.5</td>
</tr>
<tr>
<td>Lower abdomen</td>
<td>38</td>
<td>34.5</td>
<td>34</td>
<td>34.5</td>
</tr>
<tr>
<td>Waist</td>
<td>44</td>
<td>40.6</td>
<td>40.5</td>
<td>42</td>
</tr>
<tr>
<td>Hip girth</td>
<td>49</td>
<td>47.5</td>
<td>47.2</td>
<td>43.2</td>
</tr>
<tr>
<td>Thigh girth</td>
<td>28</td>
<td>27.5</td>
<td>28</td>
<td>27</td>
</tr>
<tr>
<td>Calf girth</td>
<td>16.5</td>
<td>16</td>
<td>15.5</td>
<td>15</td>
</tr>
<tr>
<td>BMI in kg/m²</td>
<td>34.53</td>
<td>33.41</td>
<td>31.89</td>
<td>30.96</td>
</tr>
</tbody>
</table>
DISCUSSION –

Samprapti Vichar[^2]

**Chikitsa Vichar** -

In *Ashtanga hriday*, exercise brings about lightness, it improves the work capacity, increases digestion power, burns fat[^3]. All *yogasana* and *Pranayama* acts against Guru, Manda, Snigdha guna giving *Laghavatwa* to the body. *Laghavatwa* give energy, enthusiasm to body and mind. *Yogasana* and *Pranayama* improves *Agni*, corrects...
agni vishamatwa and reduces the fats in the body.

In this patient, more focus was given on Anuloma viloma pranayama, Bhramari Pranayama considering Hypothyroid as well as it boosts agni, creates Laghavatwa. [4, 5]

Suryanamaskar helped her to reduce weight and also gave her desirable inch loss. [6]

Halasana and Sarvangasan works on thyroid gland, improves its secretary action of thyroid hormone also improves metabolism in the body.

Along with above said treatment diet was also advised to the patient as diet was one of the major causes of obesity in her.

CONCLUSION –

Many times, patients don’t need actual medicinal treatment. They need to correct their lifestyle, Diet and counseling. In this case, we did the same thing. Patient was explained about her disease, complications and assured her about the results.

She followed the given diet, did regular Yogasana, Pranayama and got wonderful results. Patient’s weight is 69 kg on 20/04/2017. She has achieved it with a tremendous persistence and firm belief in Ayurved and yogasana.

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