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ABSTRACT

Obesity is one of the most common and most neglected public health problems in both developed as well as developing countries. Abdominal obesity is strongly associated with other metabolic disorders like diabetes, hypertension, and cardiovascular diseases and has higher rates of mortality and morbidity compared to non obese individuals. This case study is an attempt to elicit the impact of one and half month yoga ,diet and Naturopathic treatment protocol on abdominal obesity. Height, weight and waist circumference were recorded before and after the interventions. Significant average reduction in weight was observed. Significant changes in BMI also observed. Patient improved self confidence and reduced stress & anxiety. Even patient had other symptoms associated with main problem which was also dissolved. Further studies with larger sample size are indicated to establish mechanism of action and impact of yoga, diet & naturopathic treatments for managing abdominal obesity.

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Introduction:

Overweight and obesity are global problems and the World Health Organization (WHO) predicts that by 2015 approximately 2.3 billion adults worldwide will be overweight and more than 700 million obese. In the UK, obesity rates have nearly doubled in the past 18 years from 13% of men and 16% of women in 1993, to 24% of men and 26% of women in 2011. In the same year, about 3 in 10 children aged 2–15 years were found to be overweight or obese.

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. The body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults. It is defined as the

weight in kilograms divided by the square of the height in meters (kg/m^2). A person with a BMI of 25 or more is considered by WHO to be overweight, while obesity is defined as having a BMI of 30 or more. Overweight and obesity are potent risk factors for cardiovascular diseases and type 2 diabetes and are major contributors to premature deaths.

Symptoms of obesity:

- Breathlessness.
- Increased sweating.
- Snoring.
- Inability to cope with sudden physical activity.
- Feeling very tired every day.
- Back and joint pains.
- Low confidence and self esteem.
- Feeling isolated.

Types:

- Overweight (not obese), if BMI is 25.0 to 29.9.
- Class 1 (low-risk) obesity, if BMI is 30.0 to 34.9.
- Class 2 (moderate-risk) obesity, if BMI is 35.0 to 39.9.
- Class 3 (high-risk) obesity, if BMI is equal to or greater than 40.0.

Causes:

- Physical inactivity
- Overeating
- Genetics
- A diet high in simple carbohydrates
- Frequency of eating
- Medications
- Psychological factors
- Diseases such as hypothyroidism, insulin resistance, polycystic ovary syndrome, and Cushing's syndrome are also contributors to obesity.

Complications:

- Type 2 diabetes
- Heart disease
- High blood pressure
- Certain cancers (breast, colon, and endometrial)
- Stroke
- Gallbladder disease
- Fatty liver disease
- High cholesterol

Case presentation: A 43 years old Hindu female patient working as housewife came with the following problems such as breathlessness, snoring, low confidence, joint pain, lethargicness, inability to cope with sudden physical activity associated

with hypothyroidism since 3-4years. While examine we found her **B.P. is 130/90 mmHg, Weight 81kg, Height 64inches, Waist Circumference-38 inches, Body Mass Index-30.65kg/m².**

Intervention: Patient practiced yoga therapy session of one hour for 5 days per week for one and half month including loosening exercises, asanas, pranayamas, meditation and kriyas and followed diet and natural remedies which is advised during consultation.

Duration: 45 days

Frequency: One hour yogic practices for 5 days a week followed by proper diet and natural remedies.

Yogic management:

Sukshama Vyayama (Loosening exercises): 10 Minutes

1. Head and neck movement
2. Shoulder movement
3. Stretching arms and rotating fists
4. Spine movement
5. Stretching legs and rotating feet
6. Abdominal breathing in hip hinge position

Sthula Vyayama (Locomotive exercises): 5 Minutes

1. Engine daud
2. Sarvang pushti kriya

Surya Namaskara- 3Round/5Min.

Asanas: 20 Minutes

1. Tadasana - 2ROUND/1MIN.
2. Virabhadrasana - 2ROUND/1MIN.
3. Trikonasana - 1ROUND/1MIN.

4. Uttan Padasana- 2ROUND/1MIN.
 5. Pawan-Muktasana - 3ROUND/2MIN.
 6. Setu Bandhasana - 2ROUND/1MIN.
 7. Sarvangasana - 3ROUND/2MIN.
 8. Bhujangasana - 2ROUND/1MIN.
 9. Shalabhasana - 2ROUND/1MIN.
 10. Dhanurasana - 2ROUND/2MIN.
 11. Shashankasana - 1ROUND/1MIN.
 12. Ardhamatsyendrasana - 1ROUND/1MIN.
 13. Ushtrasana- 1ROUND/1MIN.
 14. Yoga mudra- 2ROUND/1MIN.
 15. Shavasana- 1ROUND-2MIN.
- Grapefruit
 - Cucumber
 - Watermelon
 - Chia seed
 - Carrot
 - Tomato
 - Apple
 - Berries
 - Lettuce
 - Oatmeal
 - Celery

Pranayama: 12 Min. (each 3 minutes)

1. Anulom-vilom Pranayama
2. Suryabhedhi Pranayama
3. Bhastrika Pranayama
4. Bhramari Pranayama

Meditation: Omkara chanting or guided meditation focusing on the affected part. (5 min.)

Relaxation: Deep relaxation technique (5 min.)

Bandha: Uddiyana Bandha

Kriyas: Jalneti, Kunjal, kapalabhati

Naturopathy Management:

- Short or Intermittent fasting
- Sun bath
- Swimming
- Partial or Full body massage (reverse direction)
- Steam bath
- Mud Bath

Dietary Regimen: Advised to eat whole grains, vegetables, fruits, nuts, healthful sources of protein (fish, poultry, beans), and plant oils. Limit sugared beverages, refined grains, potatoes, red and processed meats, and other highly processed foods, such as fast food.

Included following foods in the diet:

Eliminated the following from the diet:

- Sugary Drinks
- French Fries and Potato Chips
- White Bread
- Candy Bars
- Most Fruit Juices
- Pastries, Cookies and Cakes
- Some Types of Alcohol (Especially Beer)
- Ice Cream
- Pizza
- High-Calorie Coffee Drinks
- Foods High in Added Sugar

Objective data:

Patient has followed prescribed yoga practice with lifestyle modification for one and half months. He provided the following information:

- Improved in breathlessness problem while walking and doing any physical activity.
- Feeling more active after intervention of yoga.
- Improved self confidence
- Reduced weight and waist circumference.
- Overcome from stress or anxiety.
- Reduced pain in major joints.
- Thyroid function improved.

- Reduced snoring sound while asleep.

General examination results:

Weight – 76.2 kg, **BP** -122/78 mmHg, **Waist Circumference** -35inches, **Body Mass Index (BMI)** -28.83kg/m².

Discussion: A 43 years old Hindu female patient working as housewife came with the following problems such as breathlessness, over weight, snoring, low confidence, joint pain, lethargicness, inability to cope with sudden physical activity associated with hypothyroidism since 3-4years. While examine we found her **B.P. is 130/90 mmHg, Weight 81kg, Height 64inches, Waist Circumference-38 inches, Body Mass Index-30.65kg/m².** She wanted to reverse back with her problem without any medical intervention and allopathic medicines and get back to

positive physical and mental health. Then patient took

treatment of yoga & naturopathy followed by proper dietary regimen and heals herself.

Conclusion:

Regular yogic practices with proper medical counseling and guidance helped patient regain mental and physical quality of life and self esteem. In this case patient experienced the satisfaction within one and half month of regular practice & her investigation reports supported the result. Yoga and dietary intervention reduced waist circumference, body weight, BMI, and percentage of body fat and increased the percentage of body muscle. In this case study we noted that the regular practice of yoga along with proper diet and naturopathy treatment can be useful to reduce fat in various parts of our body. This will help reduce weight and maintain the body in proper health in the long run.

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