

YOGA FOR WEIGHT REDUCTION



YOGACHARYA

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Dedicated
To
The Greatest Guru In My Universe



THE LION OF PONDICHERRY

Yogamaharishi
Dr Swami Gitananda Giri Guru Maharaj

(24.07.1907 - 29.12.1993)

*Who Protected the Purity of
Rishiculture Ashtanga Yoga
With His Mighty Roar of Truth*

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INTRODUCTION

One of the major health challenges facing us in the modern age is that of Obesity or excessive weight gain. Obesity occurs as the result of an imbalance between the food energy intake and the energy expenditure of the body. When the food energy intake is more than the energy expenditure of the body there results the slow but steady accumulation of fat leading to weight gain and ultimately a state of obesity.

The excessive accumulation of body fat with resultant increase of body weight is a major risk factor for numerous conditions such as diabetes, hypertension, heart disease, stroke and osteoarthritis.

Among women, this list expands to include depression. Impaired quality of life and disability, as well as increased mortality, have also been associated with obesity. Recognition of obesity as a chronic disease requiring long-term management has begun to expand the focus on this condition to include prevention and management, as well as treatment.

The BMI (Body Mass Index) has been recognized worldwide as an effective measure for overweight and obesity by such organizations as the World Health Organization, the National Institutes of Health, and the Centers for Disease Control and Prevention. Calculation of BMI, which is based on a patient's height and weight, provides an objective measure that is reliable, inexpensive,

and quick. Persons are considered to be obese if their BMI is 30 or greater and to be overweight if their BMI is 25 to 29.9.

Yoga helps to reduce weight through the adoption of a healthy life style that includes aspects of dietary control along with the various Yoga techniques that are designed to burn up the excess calories and redistribute body fat in a healthy manner.

Yoga also helps correct the numerous psychological conditions that may be causing the excessive weight gain such as depression.

Yoga advises a low calorie diet that is low in carbohydrates, high in fiber, moderate in protein and low in fat content.

- It is better to have small frequent meals rather than missing meals in a haphazard manner.
- 40% of the diet should be made up of raw, fresh foods as well as natural seasonal foods.
- Avoid refined foodstuffs and junk foods
- Eat only to satisfy your hunger and not psychological disturbances.
- Drink a few glasses of water 15 minutes before any meal to help avoid overeating.
- Learn to say **NO** to second and third helpings.
- Take lots of green vegetable salads, bitter gourd and Neem.

- Maintain good hydration by drinking at least 2 litres of water a day

It is important to use up the excess fat stores by regular exercise. Walk whenever possible. Cycling, skipping and swimming are compatible with Yoga therapy for weight reduction.

The Yoga practices outlined here can help reduce the appetite, improve the digestion, speed up the metabolism and produce psychosomatic relaxation.

All of this contributes towards a healthy weight loss giving us a sense of well being and bringing about an improvement in our quality of life.

THE AUTHOR:



Yogacharya Dr. Ananda Balayogi Bhavanani is the Chairman of the International Centre for Yoga Education and Research at the Ananda Ashram, Pondicherry, South India (www.icyer.com). A Fellow of the Indian Academy of Yoga, he has authored ten DVDs and six books on Yoga as well as published two dozen papers and abstracts on Yoga and Yoga research in national and international Journals. He is a Gold Medalist in Medical Studies (MBBS) with Post-Graduate Diplomas in Family Health (PGDFH) and Yoga (PGDY). He is a Carnatic Vocal, Mridungist, Music Composer and Bharathanatyam Choreographer in addition to his duties as a Medical Officer in the Village Health Programme of the Auroville Health Centre. He has traveled to Italy, Germany and Switzerland as the Cultural Ambassador of the International Yoga Federation and is Advisor of the World Yoga Council and Member of the International Council for Yoga Sport.

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