

Impact Of Yoga On Obesity Management Of Corporate Personnel

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ABSTRACT:

More than a quarter of all deaths in the United States are attributable to obesity, according to the American Heart Association. Even a little amount of weight loss can have a big impact on a person's chances of developing chronic illness. The current study was designed to examine the effects of Kunjal Kriya Practices on the body weight of normal Human participants in light of the numerous studies that have been undertaken to examine the effects of complementary treatments on the reduction of body weight. A total of forty-five people from the Haridwar region's urban area were used in the study. The participants were a mixed bag, with some suffering from obesity and joint issues, but they were otherwise in good condition and wanted to participate in Yoga sessions to improve their overall physical and mental health. They were given a kunjal kriya bundle as part of this pre-post study. Except for Sunday, the volunteers practised for a total of 30 days. A substantial decrease in body weight was seen after implementing the Hatha Yogic practises. Obese and overweight persons might benefit from Kunjal Kriya, according to a new study. If you're overweight, Kunjal Kriya can help you lose weight, as it has been shown.

Keywords: Obesity, Kunjal Kriya, Corporate Sector

1. INTRODUCTION

Obesity is one of the most widespread, yet overlooked, public health issues in both developed and developing nations, according to the World Health Organization (WHO). Nearly 2.8 million people worldwide die each year as a result of being overweight or obese, according to the WHO World Health Statistics report 2012. Obesity is now considered a disease in and of itself because of the increased risk of both morbidity and death. Other metabolic disorders, such as diabetes, hypertension, dyslipidemia, cardiovascular disease, and even some types of cancer, have been shown to be closely linked to obesity. A BMI of around 21 kg/m² appears to be the starting point for this group of illnesses. Generalized obesity (GO) and abdominal obesity (AOB) are the two most common types of obesity (AO). Obese people have a higher mortality and morbidity rate than non-obese people. Poverty-related malnutrition is progressively being replaced by obesity-related morbidity in the developed world. Obesity is also a result of industrialisation and urbanisation. Obesity is on the rise in India, according to a number of recent studies. However, the vast majority of publications have focused on a single location (mostly from urban areas). As a result, we've decided to limit our study to persons who work in the corporate sector in India, where many people lead sedentary lifestyles due to their demanding jobs. As a result of their hectic schedules, they are unable to maintain their current way of life. Obesity, on the other hand, is widely understood to be caused by a lack of physical activity. Kunjal practise is described in the Gherand Samhita, an important hath yoga text, as part of the cleansing process (i.e. Shatkarma), and it can assist those aspiring to the yogic life in purifying and reducing their abdominal fat (kafa), which is referred to in Ayurveda theory as the third Dosha in the concept of Tridosha. Fat (Kafa) is the primary contributor to one's overall weight gain. As a result, the body weight may be reduced and controlled while fat loss is taking place. Now, the researcher must oversee the fat-reduction diet, and the amount of fat consumed should be kept to a minimum during the process.

People who are obese are "disfigured with pendulous, buttocks, belly and breasts and whose increasing bulk is not matched by a matching rise in energy," according to the definition of obesity. Obesity is the accumulation of excess fat in adipose tissue. In order to be considered obese, one must weigh at least 20 percent more than the normal weight for one's age, gender, and height. A recent national institute of health consensus conference defines obesity as B.M.I.>25 K.G./m².

BMI= actual weight in K.G. / height in m^2

According to parks, obesity may be defined as an abnormal growth of the adipose tissue. It is in three ways.

- 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 an illness. This is further accountable for the linked condition like diabetes, heart issues, CHD etc.

Jean-Pierre Després (2001) -

It is commonly known that obesity is a health danger because of its relationship with several metabolic problems such as dyslipidaemia, type 2 diabetes, and cardiovascular illnesses.

On that premise, health officials have advocated that obesity should be defined on the basis of weight in kg expressed over height in m, the so called body mass index, Epidemiological studies have reported a progressive increase in the incidence of chronic diseases such as hypertension, diabetes, and coronary heart disease with increasing body mass index. However, despite this well documented information, clinicians are, in their everyday practice, confused by the great variability discovered in their obese patients.

Table 1: The World Health Organization's (WHO) recommended body weight based on BMI values for adults. It is used for both men and women, age 18 or older.

Category	BMI range - kg/m^2
Severe Thinness	< 16
Moderate Thinness	16 - 17
Mild Thinness	17 - 18.5
Normal	18.5 - 25
Overweight	25 - 30
Obese Class I	30 - 35
Obese Class II	35 - 40
Obese Class III	> 40

An ideal BMI is in the 18.5-24.9 range. If your BMI is 25 or more, you weigh more than is ideal for your height: 25-29.9 is overweight. 30-39.9 is obese.

1.1 Kunjal Kriya

To do Kunjal, a person consumes a small amount of somewhat salty water till the sensation of vomiting occurs. The water should be at room temperature. Most people sip their water while sitting defecation-style on the ground, with their legs folded at the knees. One may easily drink 3 to 6 glasses of water at a time, but the amount of water one consumes is entirely up to the individual. Standing and leaning forward toward the wash bowl is the most common way to vomit. Vomiting can be induced by placing two fingers in the throat and massaging the back of the tongue as far down as possible if it is not already occurring spontaneously. By squeezing the back of one's tongue, the "gag reflex," or the need to vomit, will begin. Water will gush out of the mouth in a flurry. Until the stomach is empty, keep pressing. Lay down on a level surface/bed with your back contacting the resting floor and relax for at least half an hour to two hours until you feel comfortable. Rinse your mouth with fresh water. After bowel movements, this technique can be done on an empty stomach in the morning.

1.2 Surya Namaskara (sun salutation)

Surya Namaskara is a series of vigorous yoga poses (asanas) that provides a good cardiovascular exercise. These poses, which are known as sun salutations in the original

Sanskrit, are excellent for both physical and mental well-being. In the early hours of the morning, on an empty stomach, perform Surya Namaskara. To get started on the path to better health, try these easy yet powerful Sun Salutation moves. Two sets of Sun Salutations are required to complete a round of Sun Salutations. Surya Namaskara is completed by doing all twelve of these asanas. Repeat the same sequence of poses, except this time using your left leg instead of your right (in steps 4 and 9 given below). There are several ways to perform the Sun Salutation. It's better to stay with one routine and practise it frequently for the greatest outcomes.

2. LITRATURE REVIEW

Venkateswarlu (2018) The current study's goal is to determine if yoga asanas and a yogic diet are useful for treating obesity. Height, Weight & BMI were used to collect both pre- and post-information for this investigation. 40 women in the 25-40 year old age range comprised the purposive sample. The results of the paired sample t test and the t test were found to be statistically significant. The group's obesity was dramatically decreased to overweight in the chosen group.

Kamakhya Kumar (2015) There are around 112,000 deaths a year due to obesity-related illnesses, as estimated by the American Heart Association (AHA). An obese person's chronic illness risk can be reduced by as much as 10% simply by dropping 5-10 pounds. Hatha Yoga practises have been shown to lower body weight in several studies, and this study was designed to see if the practise had any effect on normal human individuals. A total of 70 people from the Delhi, Gurgaon, and Noida metropolitan areas participated in the study as an experimental group. Some had diabetes, others had hypertension or obesity, and still others had problems with their joints. But all of the participants volunteered to participate in the study because they hoped it would improve their overall physical and emotional well-being. An asana, pranayama, shakti and relaxation package was offered in this pre-post research study. Only on Sundays and public holidays were volunteers allowed to practise. As a result of their practise of Hatha Yoga, their weight decreased significantly.

3. MATERIAL AND METHODS

Forty-five people from the city of Haridwar were selected to participate in the study. Purposefully, this study will focus on persons from the corporate sector. While all of the participants had Obesity (BMI = 25-35) and joint problems, they all appeared otherwise healthy.

3.1 Inclusion criteria

A person who was not suffering from a chronic condition and was not taking any form of medication wanted to participate in a Yoga session.

3.2 Intervention

They were given a packet of Kunjal Kriya and Surya Namaskar as part of this pre-post research investigation. Every day except Sunday, the volunteers put in 30 days of practise. Pre-post data were gathered on the 0th day of the study and on the 30th day after the intervention to determine if there was a difference in effectiveness. The data were evaluated to see whether there was a difference in effectiveness as a result of the intervention. Analysis of pre- and post-test data was performed using SPSS version 23.

Table 2: Intervention schedule

S.No.	Practice Schedule	Round	Duration
1	Om chanting	3 times	02 min
2	Kunjal 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

3.3 Tools

There was a scale and an inch tape to measure weight and height. The BMI is calculated using a calculator once the height and weight of the participants have been measured.

3.4 Procedures

BHEL Haridwar in Uttarakhand was the site of this investigation. Purposive sampling was used to pick 45 male individuals, and this group was designated as the experimental group (n=45). The subjects' ages varied from 23 to 32. It was required that everyone in the study group practise yogic breathing techniques and refrain from exerting their bodies in any way. The experimental group received the Yogic intervention, but there was no control group. Prior to and following the trial, both groups had their outcomes measured.

3.5 Objective

To examine the Effect of Kunjal Kriya and Surya Namaskara on obesity people of corporate sector.

4. RESULT AND ANALYSIS

The gathered information was organised and examined. For each parameter, measurements were taken on the 0th and 30th days and compared to see how the results differed. The statistical analysis was done using SPSS ver. 23 and the paired t-test.

Table 3: Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 pre obesity	29.9595	45	1.66690	.25721
post obesity	28.3690	45	2.10093	.32418

Table 4: Paired Samples Correlations

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

Table 5: Paired Samples Test

	Paired Differences					t	d f	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			

The pre- and post-test mean and standard error of mean (MSD) of the experimental group's level of obesity were 29.951.66 and 28.36 2.10, respectively. The correlation (r) is 0.78, the standard error (SEd) is 0.200, and the t-value is 7.941 at a 0.001 level of confidence. Because of the comfort and relaxation experienced by those who practise Kunjal Kriya and Surya Namaskara series, we may conclude from this research that the obesity level has switched from severe to normal for those who do these practises regularly. According to the findings, a

combination of Kunjal Kriya and Surya Namaskara (sun salutation) is effective in reducing obesity among those who work in corporate America.

5. CONCLUSION

Kunjal Kriya and the sun salutation have been shown in this study to assist obese adults manage with their weight gain. A person's interpersonal and social conduct, as well as their physical health, are influenced by all of these factors. Mentally healthy citizens create a mentally healthy society, which in turn leads to societal growth. The barrier in the path of vital energy/Prana is known as sickness by many yogis, and the practise of yoga aims to remove that blockage by clearing the path of vital energy/Prana. A person's health will be restored after he or she removes the impediment." There are a variety of ways that pranayama works to relax the mind and body. Toxins in the body can cause blockages in the pranic pathways, which this treatment removes. It balances the ida and pingala nadi network's prana flow. It removes all poisons from the bloodstream. A more efficient and effective brain is made possible by Pranayama because it has a purifying effect on brain cells. There are no negative sensations connected with vomiting, such as nausea or foul odour, in Kunjal's vomit. It is common for the water brought up to be spotless and odor-free. By naturalising the acid, the salt helps to alleviate the burning sensation. Because there are no solids in the water, it flows out readily and swiftly. Kunjal becomes an enjoyable experience after a few outings." When it comes to the body, Kunjal can help with the following ailments: stomach acidity and gas; biliousness; vomiting; gastroenteritis; food poisoning; bronchitis and asthma; headaches (both tension and migraine); and diseases of the nervous system. Kunjal can also help with the maintenance of good health as well as the treatment of these ailments. Kunjal's indirect benefits include toning and rebalancing the neurological system, which in turn rejuvenates the entire body. In Kunjal, the movement of energy from the stomach and Manipur chakra activates both sensory and motor functions of the vagus nerve as you do it." During a six-week yoga and meditation study in Connecticut, USA, substantial decreases in blood pressure, heart rate, and BMI were reported in the overall cohort with the practise of yoga. Yogic techniques have been proven to be effective in avoiding and controlling illnesses of the bodily systems. The current study found that Hatha yogic practises resulted in considerable weight loss. According to a study conducted in India, yoga activities can decrease excessive body fat in both children and adults. 16 There is a possibility that yoga was used as a form of self-defense. Another research, this time in Toronto, Canada, found that those who are physically active had a lower risk of hypertension than people who are sedentary. As a result, it may be stated that the practise of Kunjal Kriya and Sun Salutations can help practitioners shed pounds.

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