



## Yog As Holistic Remedy For Fat Loss

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### ABSTRACT

The era of advanced technology and advanced level of available facilities & it's effect/impact on lifestyle values & changes have given rise to modern diseases/ disorders like Obesity, Diabetes, Hypo/ Hyper Thyroid, PCOD/PCOS, Cancer, COPD etc. Lifestyle disorders are primarily resulted due to materialistic mind set, improper diet (mostly sugar & salt rich diet) and dietary patterns, lack of exercise (sedentary lifestyle), addictions (like alcohol drinking, smoking, mobile phones, screens, video games etc.), uncontrolled sexual desires, untimely sleep etc. which disturbed the harmony and balance of the energy flow in the body which leads towards our physical, mental, emotional and spiritual problems. Yog is the best answer to prevent and manage diseases/disorder by correcting wrong lifestyle. Holistic approach of Yog towards correct lifestyle, diet, attitudes and various yogic practices help humans to balance their tridoshas (Vaat, Pitta and Kapha) which strengthen the body, and develop quality of health. The main components of Yog are Aachar (healthy activities), Vichar (healthy thoughts & healthy relationship), Aahar (healthy food), Vihar (healthy recreation), Brahmacharya (Abstinence). Yama, Niyama, Asana, Pranayam, Pratyahar, Dharana, Dhyana and Samadhi are the eight steps leading towards moksha, the ultimate goal of life.

Keywords: Yog, Yogic diet, Lifestyle disease, Techniques of Yog, Ashtanga Yog, Yog Aasan, Pranayam, Dhyana.

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### INTRODUCTION

The majority of studies on yog and cardiovascular and metabolic health show positive trends and this augurs well for the future of health care in general and the use of yoga as a part of integrative health care in particular.

Yog is method or techniques to separate mental fluctuations and bring awareness about three states of Chitta i.e. Consciousness, Sub-consciousness and Unconsciousness. The Ashtanga Yog is a very advanced practice of Yog. Which focuses on Physical, Mental, Emotional and Spiritual wellbeing. Sage Patanjali in his

Yog Sutras has specifically talked about all aspects of healthy living with some reference to asan. The Ashtanga Yog comprised of Yam, Niyam, Asan, Pranayam, Pratyahar, Dharna, Dhyana and Samadhi. Yam is basically focussing on the responsibilities of the individual towards his body and nature whereas Niyamas are more social in approach. Asan are given for preparing body to sit in a stable posture for practice of Pranayam and which is stepping stone towards Pratyahar, Dharana and Dhyana. When one mastered all the Bahir Yog (Yam, Niyam, Asam & Pranayam) and



Antar Yog (Pratyahar, Dharana & Dhyan) then one aspires towards the ultimate goal of life i.e. Samadhi.

If one is keen to practice authentic Yog religiously then he comes to realise that Yog is system developed for living more than 150 years to understand all its aspects. Unfortunately due to commercialisation of Yog and extinction of Gurukul tradition we have lost the real therapeutic benefits of Yog and there is evolution of funny Yog forms like Hot Yog, Power Yog, Acro Yog, Yin Yang Yog, Acupressure Yog, Nude Yog, Balloon Yog, Beer Yog, etc.

This research work is done on people suffering from Obesity disorders. The data shown here is part of an ongoing larger study of over 200 patients. We have selected 29 recent cases for this presentation.

Treatment parameters used are Traditional Yog, Yogic Deep Breathing, Scientific Suryanamskar, Yogic Diet and correction in the lifestyle.

We have recorded Progress cards of each individual with 15 days frequency for the period of 03 month to 01 Year for following details

1. Change in Weight, Fat Percentage and BMI every 15 days.
2. Personal Observations by individuals recorded.

Major Findings of the study are as Follows:

1. Weight loss made Possible without any side effects.
2. Management of Disease become easy. Losing weight means improved body efficiency & thus changes in disease states as well.
3. Some People have reversed Disease as an effect of weight loss.
4. Medication Doses Reduced in some.

100% Compliance is Needed to get best results.

Authentic practice of Yog Asanas and Pranayam is much needed. Diluted practice

may not give results as reported in major findings.

However people need to maintain new lifestyle, regular yog practice and good balanced nutrition forever.

The basic yogic principles useful in the management of lifestyle disorders are discussed including psychological reconditioning and development of appropriate attitudes; stress management, normalization of metabolism; and relaxation, visualization, and contemplative practices with authentic yog.

Here we are going to discuss 29 case studies of fat loss.

Fat is the protective component of our body which has been deposited under the skin or on vital organs. If calorie intake is more than the requirement of the body then it's stored in the form of fat. Excess fat is a precursor to the health problems like Obesity, Hypertension, Cardiac Diseases, PCOD/ PCOS, Thyroid related issues etc. So controlling fat gain in the body is the main objective behind the holistic Yog practice.

In our findings we worked on the cases through:

1. Asan
2. Pranayam
3. Diet

### **1. Asan:**

Asan is the process of getting into a specific position, & maintaining that position, which opens the energy channels and psychic centres.

1. Practice of asan develops steadiness, increases the flow of Prana (vital energy force) removes toxins from the body.
2. Asan helps to stretch the muscles and skin, so the fat present underneath the skin also get maximum stretch, due to which the bonding among the fat molecules breaks. This broken down fat is ready for the body to use as energy during practicing the asan or exercise.



3. Fat molecules once broken doesn't join easily. So every day practice of Yog prevents fat from accumulation.
4. Fat burns above body temperature. When we hold the asan for longer duration, the muscle fibres engaged in holding the asan are relatively hotter than the other body parts.
5. The flow of blood circulation in this area increases which helps to move the dissolved fat from that part towards metabolism.
6. Other role of the asan holding is to improve the muscle quality and muscle strength which helps to improve the bonding between muscle and skin.
7. Once skin has readjusted to reduced space then it prevents fat from accumulation under the skin.
8. Practice of minimum asan for maximum duration of holding will improve the agility and longevity.
9. Asan when performed effectively acts over constructive metabolism which improves stamina.
10. Most of the asan has their counter action which involves most of the body parts.

## 2. Pranayama:

It is a technique of breath extension and breath retention which increases the pranic capacity.

Deep Breathing - We all are aware that breath consists of 4 parts . they are breathing in slow and deep (puraka), holding your breath as long as you can (antar kumbhaka), breathing out slowly and completely through the mouth in early stages and once proficient can breathe out through the nose (rechaka), & holding your breathing again when lungs are empty (bahir kumbhaka). This is a very simple technique, but starts to grow in therapeutic effects as soon as the single breath starts to cross 60 seconds. As you get to closer to 2 minutes/breath you start developing very good health parameters and your immunity is quite high. When you cross this threshold, then you find your health taking

you to realms beyond normal in terms of lots of qualities. We will restrict ourselves to general health, improved immunity and preventing illness as the focus of this article.

## 3. Diet :

Diet is the important factor when we talk about fat loss. The Diet i.e. Mitaahara is composed of balanced nutrition, timely eating of food, chewing of food, hydration etc. In our research findings we observed that most people gained fat due to following reason:

1. Eating junk/ fast food very often
2. Stressful/ Emotional Eating
3. Munching very often
4. Addicted to sugar, salt and cheese rich food
5. High amount of bakery and dairy products
6. High calorie intake compared with physical activities
7. Poor understanding about thirst and hunger
8. Not chewing food properly
9. Not eating timely
10. Eating leftover/stale food

Ancient Indian Texts like Sushrut Samhita, Charak Samhita, Ashtanga Hriday, Hatha Yoga Pradipika etc. are emphasizing on Mitaahara i.e. right diet. Most of the food are responsible for the problems in our body. They are responsible for maintaining the balance of the Tridoshas. Following are our findings about prescribed diet.

1. We all aware that today junk food and munching is the biggest problem. This happens when the stomach doesn't fill its volume, but gets enough calories.
2. So we programmed people's diet such as their volume of stomach will be filled upto 80% and they will get required calories along with other necessary nutrients.

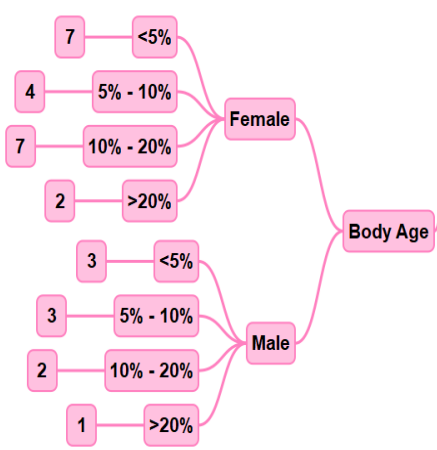
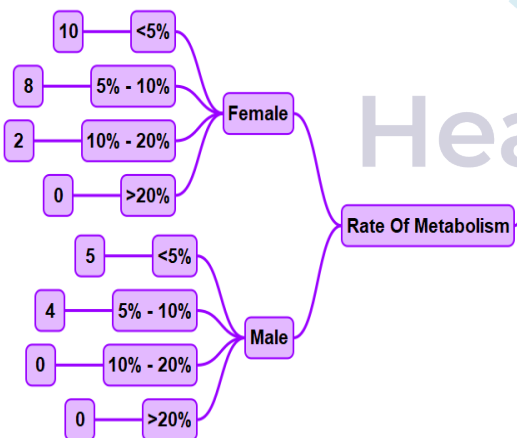
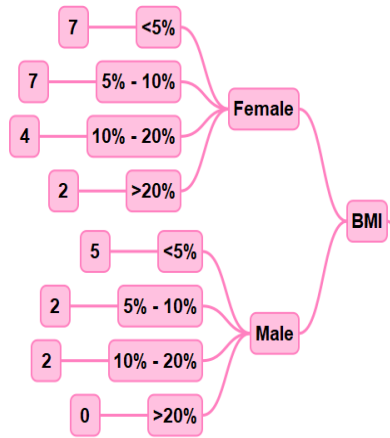
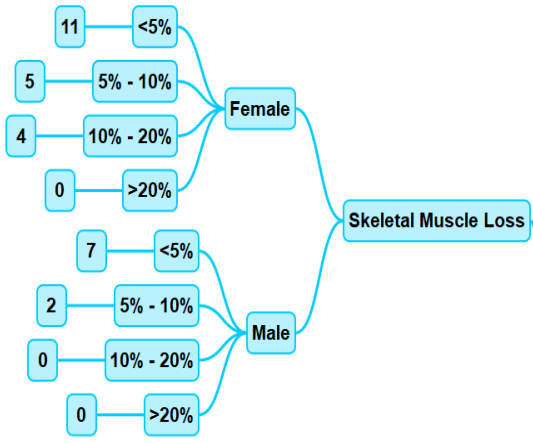


3. The major role here is played by Trushna Dhanyalu also known as millets which are rich in fibres and nutrition.
4. People feel content with their stomach feeling full most of the time so they don't get the desire to munch.
5. The major work has been educating people about proper way of chewing as mastication of Saliva for primary digestion is very necessary & essential.
6. We planned people's diet in solar cycle as heavy to less meal from morning to evening. This will help metabolism which works in accordance with solar cycle. As sun rises appetite is high and as sun sets then appetite is weak.
7. Removal of Direct or simple Sugar from the diet helps people to utilise the body's ability to extract glucose from carbohydrates and foods.
8. Their body fat as energy source is utilised better which keep them active and fresh.
9. Most of the body's energy is spent on process of digestion. So we recommended one day fruit fasting or water fasting. This eases the load on the gut and provides cleansing effect for improved efficiency
10. Water drinking is the major issue among the female due to Multitasking attitude. But education about the correct quantity of water for removal of excreta/toxins from the body. This helps them manage their daily requirement of water better.
11. Sleep is most important factor in digestion of the food. So regulation of sleep, timely sleep is most required for good digestion.
12. Inclusion of fruits and dry-fruits early morning fulfilled the requirement of essential mineral and vitamins. The absorption rate is very high in the early time of the day.
13. Most of the food are Sattvik or Rajasik in nature.
14. There is complete exclusion of wheat, paddy rice, dairy and bakery products from the diet.
15. Cow ghee is an exception
16. Pure vegetarian meal is given in the diet. No high protein sources are prescribed. To digest high amount of protein, the body requires maximum time for metabolism.
17. No protein shakes, No protein powder, No fat loss pills or any other medication given to fast track the fat loss journey.
18. Completely natural foods with benefits towards fat loss is achieved successfully.

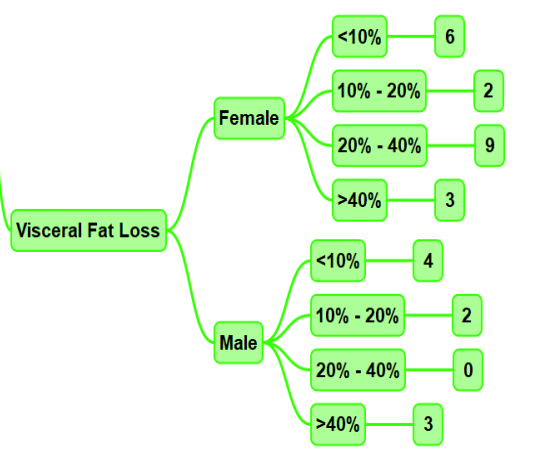
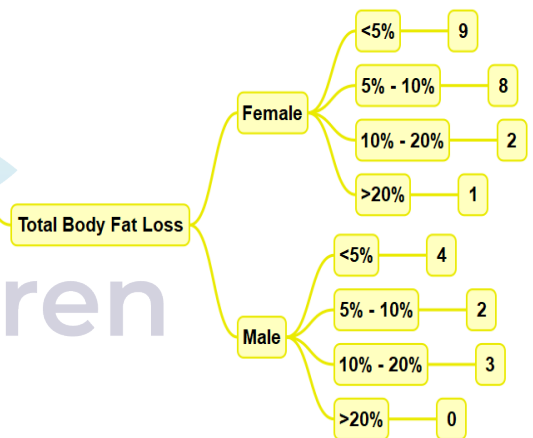
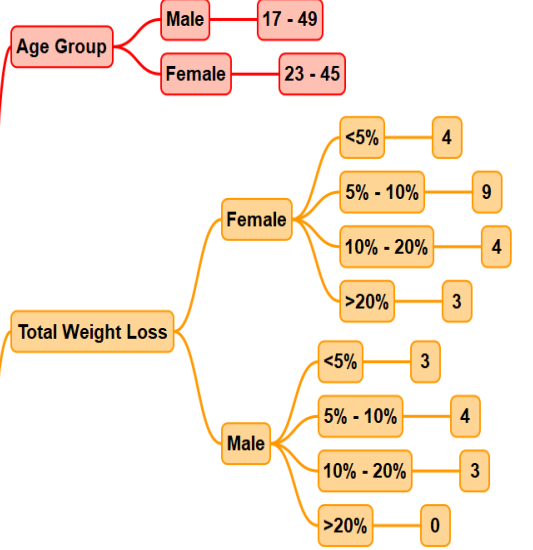
The data represented in APPENDIX 1 & 2 is a small sample of 29 patients, out of few hundreds of patients from year 2020 to 2022 who visited Health Siren. The above people are active in Yog and Diet with us. Female patients are represented with letter F whereas Male patients are represented with letter M.

The age group of Female & Male is ranging from 17 years of age till 49 years of age. The ranges for Total weight loss, Total Body Fat Loss, Visceral Fat Loss, Skeletal Muscle Loss, BMI Change and Body Age Change are ranging from 0% to 70%.

The time taken for weight loss is between minimum 90 days to 365 days. The chart given below is representation of the number peoples against the changes in their mentioned parameters.



Fat Loss Data 2020 - 2022





The percentage of muscle loss among male and female is maximum 10%. Most of the time – muscle weight loss is neglected during weight loss journey. But we tried to maintain maximum muscle. Visceral Fat is leading cause behind most of the lifestyle diseases/ disorders. In our study we noticed that people lost good quantity of visceral fat ranging from 5% to 70% of the total weight loss. The body age shown decrease as there is fat loss among the patients. This helps to understand that as fat reduces from the body, the functioning of the vital organs also improved, which shows that body works efficiently and increased immunity noticed among the people.

### Conclusion:

1. This study which is part of 200+ patients shows clearly the distinct link with traditional Yog, Pranayam, Diet and Lifestyle changes can impact very positively on every person's health and well being.
2. This study has shown that adhering to prescription gains results and good weight loss. Similarly, it also demonstrates how poor compliance leads to poor results.
3. We have seen some people who have been yoyo in terms of compliance. They were good at times and intermittently reduced compliance. Thus results also were yoyo effect. This confirms the valid observations of the past that good compliance is essential for best results.
4. This prospective research study proves clearly that results for fat loss are reproducible and replicable as long as good prescription of True Yog, Pranayam, Diet & Lifestyle changes are correctly prescribed, adhered to and implemented fully

Yog has a great potential in preventing and managing lifestyle disorders and diseases, and yogic lifestyle can make an appreciable contribution to improvement of health of our masses. Yog has the potential to prevent progression of the disease and if started early, maybe even possibly manifest a cure.

The majority of studies on yog and yogic lifestyle show positive trends and this augurs well for the future of health care in general and the use of yog as part of integrative health-care system in particular. The major benefits of yog may occur due to its lifestyle components (healthy diet, activity, relaxation, and positive attitude) as well as the psychosomatic harmonizing effects of pranayama.

According to tradition, yog implies both the process as well as the attainment of a state of psychosomatic harmony, and balance (samatvam yoga uchyate - Bhagavad Gita) and this restoration of physical, mental, emotional, and spiritual balance may be the prime factor behind the changes seen across all short- and long-term studies.

It has been aptly stated that with no appreciable side effects and multiple collateral benefits, yog is generally safe, simple to learn, and can be practiced by even ill, elderly, or disabled individuals.

We now feel compelled and comfortable in stating that these same principles will be applicable for preventive health in reducing the epidemic of obesity as we see it today. We intend to publish work in that area in future.



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APPENDIX

1. Table of Percentage Changes seen among the patients

Gender/ Parameters	Male		Female	
Age	17 – 49 (9)		23 – 45 (20)	
Weight Loss	<5%	3	<5%	4
	5% - 10%	4	5% - 10%	9
	10% - 20%	2	10% - 20%	4
	>20%	0	>20%	3
Total Fat Loss	<5%	4	<5%	9
	5% - 10%	2	5% - 10%	8
	10% - 20%	3	10% - 20%	2
	>20%		>20%	1
Visceral Fat Loss	<10%	4	<10%	6
	10% - 20%	2	10% - 20%	2
	20% - 40%	0	20% - 40%	9
	>40%	3	>40%	3
Skeletal muscle	<5%	7	<5%	11
	5% - 10%	2	5% - 10%	5
	10% - 20%	0	10% - 20%	4
	>20%	0	>20%	0
BMI	<5%	5	<5%	7
	5% - 10%	2	5% - 10%	7
	10% - 20%	2	10% - 20%	4
	>20%	0	>20%	2
Rate of metabolism	<5%	5	<5%	10
	5% - 10%	4	5% - 10%	8
	10% - 20%	0	10% - 20%	2
	>20%	0	>20%	0
Body age change	<5%	3	<5%	7
	5% - 10%	3	5% - 10%	4
	10% - 20%	2	10% - 20%	7
	>20%	1	>20%	2





2. This Table represents the data used for above research paper.

Name & Code	Total Difference	Days	Total Body weight in kgs	Total Fat %	Visceral Fat %	Skeletal Muscle in kgs	BMI	Rate Of Metabolism	Body Age in years	Actual Age in Years
F1	Total Diff	121	6.9	2.2	2.5	-2.63	2.5	71	5	36
	% Change		9.00%	5.60%	2.50%	-5%	9.00%	5.30%	4.00%	0.00%
F2	Tot. Diff	70	5.4	1.7	2	-2.31	2.1	73	4	42
	% Change		7.00%	3.50%	21.00%	-5%	7.00%	5.00%	4.00%	0.00%
F3	Tot. Diff	350	13.9	5.5	4.5	-4.81	5.1	179	11	37
	% Change		17.40%	13.20%	45.00%	-10%	16.50%	11.00%	20.00%	
F4	Tot. Diff	154	8.3	4.2	3.5	-2.14	3.3	101	6	44
	% Change		10.80%	10.00%	28.00%	-5%	11.00%	6.40%	10.00%	
F5	Tot. Diff	99	4.6	1.8	1.5	-2.58	1.9	62	4	27
	% Change		6.30%	5.60%	25.00%	-6%	8.00%	4.50%	10.50%	-
F6	Tot. Diff	72	-0.1	1.4	0	-0.94	-0.2	-12	-1	33
	% Change		-0.01%	3.50%	0.00%	-2%	-0.80%	-0.01%	-2.00%	
F7	Tot. Diff	274	25.9	10	13.5	-7.57	10.1	-130	16	38
	% Change		26.00%	25.00%	65.00%	-14%	25.00%	10.00%	22.00%	
F8	Tot. Diff	111	1.8	0.3	0.5	-0.85	0.7	24	1	46
	% Change		2.40%	0.70%	3.30%	-2%	2.40%	1.70%	1.70%	
F9	Tot. Diff	131	3.2	-0.6	1	-0.92	0.5	23	0	39
	% Change		4.20%	-1.80%	11.00%	-2%	1.70%	1.70%	0.00%	
F10	Tot. Diff	104	2.2	-2	0.5	-1.2	0.9	43	1	29
	% Change		3.60%	-6.60%	9.00%	-3%	3.70%	3.40%	2.50%	
F11	Tot. Diff	84	3.1	-0.1	0.5	-2.54	1.3	51	2	23
	% Change		5.30%	-0.33%	8.40%	-6%	5.00%	4.00%	5.40%	
F12	Tot. Diff	58	1.8	2	0.5	-0.17	0.8	20	2	31
	% Change		3.20%	6.60%	9.00%	0%	3.40%	1.60%	5.00%	
F13	Tot. Diff	170	11.3	2.6	5.5	-4.52	4.6	149	7	37
	% Change		13.70%	6.00%	33.00%	-10%	14.00%	10.00%	11.00%	
F14	Tot. Diff	50	3.9	2	1	-2.41	1.4	46	4	26
	% Change		6.00%	6.00%	17.00%	-6%	5.40%	3.50%	10.00%	
F15	Tot. Diff	115	5.6	3.2	1.5	-1.98	2.1	72	6	35



## Health Siren

	% Change		9.00%	9.50%	33.00%	-5%	9.30%	5.50%	14.50%	
<b>F16</b>	Tot. Diff	305	7.3	4.6	2.5	-2.12	2.9	92	8	36
	% Change		9.7	11.4	33	-5%	10.9	14.3	16	
<b>F17</b>	Tot. Diff	102	6.4	1.4	2.5	-3.07	2.4	93	4	29
	% Change		8.00%	3.80%	24.00%	-6%	8.00%	6.00%	7.50%	
<b>F18</b>	Tot. Diff	132	9.3	2	2.5	3.87	3.6	125	9.1	32
	% Change		13.60%	5.70%	33.00%	9%	13.40%	9.00%	19.00%	
<b>F19</b>	Tot. Diff	70	6	1.5	1.5	-2.94	2.3	83	5	33
	% Change		9.00%	4.00%	23.00%	-7%	8.80%	6.20%	10.50%	
<b>F20</b>	Tot. Diff	21	2.8	1.4	1	-1.19	1.1	38	4	27
	% Change		5.10%	4.50%	28.00%	-3%	5.00%	3.00%	11.50%	



# Health Siren

<b>Name &amp; Code</b>	<b>Total Difference</b>	<b>Days</b>	<b>Total Body weight in kgs</b>	<b>Total Fat %</b>	<b>Visceral Fat %</b>	<b>Skeletal Muscle in kgs</b>	<b>BMI</b>	<b>Rate Of Metabolism</b>	<b>Body Age in years</b>	<b>Actual Age in Years</b>
<b>M1</b>	Tot. Diff	70	3.5	0.6	1.5	-1.93	1.3	51	3	45
	% Change		5.20%	2.40%	9.30%	-4%	5.00%	3.20%	6.20%	
<b>M2</b>	Tot. Diff	152	14.6	9.3	8	-3.21	5.7	178	12	42
	% Change		18.10%	26.50%	40.20%	-6%	19.50%	10.00%	20.00%	



M3	Tot. Diff		0.9	2.3	0.5	0.89	0.3	-97	2	44
	% Change		1.30%	7.80%	4.10%	2%	1%	6.50%	3.50%	
M4	Tot. Diff	28	0.3	1.1	1	0.5	1.2	88	1	17
	% Change		0.40%	3.70%	8.20%	1%	4.00%	5.00%	2.30%	
M5	Tot. Diff	111	0.1	0.6	0	0.33	0	0	1	48
	% Change		0.15%	1.70%	0.00%	1%	0.00%	0.00%	2.00%	
M6	Tot. Diff	284	12.7	7.8	6	-4.46	4.8	167	13	41
	% Change		18.00%	26.50%	48.00%	-9%	18.60%	10.00%	26.00%	
M7	Tot. Diff	95	6.6	3.1	2.5	-2.8	1.4	90	5	
	% Change		8.20%	9.00%	19.00%	-5%	5.30%	5.30%	9.00%	
M8	Tot. Diff	58	3.6	1.3	1.5	-1.15	1.3	45	3	31
	% Change		4.10%	3.80%	9.00%	-2%	4.10%	2.50%	5.40%	
M9	Tot. Diff	89	5.5	4.5	3	-0.54	2.2	61	6	35
	% Change		7.30%	13.50%	18.00%	-1%	7.50%	3.70%	10.50%	