



**CLINICAL STUDY ON EVALUATION OF THE EFFECT OF
SURYANAMASKAR IN THE MANAGEMENT OF OVERWEIGHT AND
OBESITY**

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Obesity has reached epidemic proportions globally, with more than 1 billion adults overweight - at least 300 million of them clinically obese and is a major contributor to the global burden of chronic disease and disability. Obesity is a complex condition, with serious social and psychological dimensions, affecting virtually all ages and socioeconomic groups. Obesity and overweight pose a major risk for serious diet-related chronic diseases, including type II diabetes, cardiovascular disease, hypertension and stroke, and certain forms of cancer. The health consequences range from increased risk of premature death, to serious chronic conditions that reduce the overall quality of life. Mind and body therapies can be applied alternative to the medicinal treatments to fight with this public health problem. Among mind and body therapies yoga plays an important role and this can be used as a therapeutic indication to prevent from this public health problem. The objective of this study is to evaluate the effects of *Suryanamaskar* on body weight, body mass index, lipid profile, and hip and arm circumference. Thirty male and female were subjected in this study. Patients in the age group of 10-50 were randomly selected, based on exclusion criteria body weight, body mass index, lipid profile, arm circumference was estimated before any intervention. And selected patients were subjected to the *Suryanamaskar* for a period of three months. After three months of yoga intervention, BMI, Body weight, lipid profile, and hip and arm circumference were estimated. Observed a significant decrease in BMI ($p < 0.035$), body weight ($p < 0.016$), Triglyceride ($p < 0.013$), LDL ($p < 0.002$) Waist to hip ratio ($p < 0.009$) and arm circumference ($p < 0.036$). Total cholesterol ($p < 0.016$). But through this study there was no significant effect on HDL levels of the patients. HDL levels ($p < 0.785$) aren't change.

Keywords: *Suryanamaskar*, Overweight, Obesity, BMI