

Effect of selected asanas training on lipids and lipoproteins of obese men

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ABSTRACT

The study was conducted to find out the effect of selected Asanas on lipids and lipoproteins of obese men. To achieve the purpose of the study, twenty four obese men were randomly selected from various faculties of Annamalai University, and their age ranged between 35 to 45 years. Selected subjects were divided into two groups with twelve members of each. Group 1 served as control and Group 2 as Experimental group of performing act as asana training group. Asanas training performed by a period 12 weeks (4 days/ week) and the control group was given no special training other than regular activities. Blood samples were collected before and after the completion of full training course. Biochemical analyses were done on lipids (total cholesterol, triglycerides, free fatty acids) and lipoproteins (LDL, HDL, VLDL) to find out the significant effect of training on obese men. The data was collected and analyzed using ANCOVA. Level of confidence was fixed at .05. The study revealed significant different in lipids and lipoproteins levels of experimental group. The resulted study showed that selected Asanas were found to be efficient in reducing the lipids and lipoproteins levels and increase of HDL level when compared to control groups.

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Obesity is a growing global health problem. Obesity is overweight that it is a threat to health. Obesity typically results from over-eating and lack of proper exercise. Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. Body mass index (BMI), a measurement which compares weight and height, defines people as overweight if their BMI is between 25 and 30 kg/m², and obese when it is greater than 30 kg/m².

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, breathing difficulties during sleep, certain types of cancer, and osteoarthritis. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness.

In middle aged and senior persons, such lifestyle promotes or increases the risk of hypertension, obesity, muscle weakness, postural deficiencies, diabetes and coronary heart disease. Asanas practices are especially useful to reduce the fats in various parts, especially reduce the fats near abdomen, hips and other areas. In addition, the practice of Asanas improves functioning of internal organs, strengthening heart, lungs, kidneys, excretory and

reproductive organs.

The practice of Asanas involves stretching and moving the body into various positions and holding the position comfortably. This is very good for muscle flexibility, and many practitioners believe the positions massage and bring balance to the various internal glands and organs of the body. High cholesterol levels are strong indicators of those individuals that are prone to coronary heart disease. Elevated total cholesterol is a risk factor for coronary heart disease. Triglycerides are the chemical form in which most fat exists in food and the body. High triglyceride level had been linked to the occurrence of coronary artery disease in some people. High density lipoprotein is also known as "good cholesterol". Raising your levels of HDL is recommended, because it can decrease your risk of a heart attack. The good news is that for those with low HDL, raising HDL is usually possible through lifestyle changes. Aspects of a person's lifestyle that may cause low HDL include obesity, smoking, and a lack of physical activity. VLDL (Very low density lipoprotein) transports cholesterol and triglycerides within the body. It is made in the liver in response to a high-carbohydrate meal. Conditions known to increase levels include diabetes, obesity and acute hepatitis.

Hence, the present study was going to examine the effect of Asana training may influence on the significant