

## Alternative Remedies for Over Weight

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**Abstract** In this review article the author argues that complete presentation of alternative methods can reduce the overweight and related mental and physical health is an important stimulus of human growth and creativity as well an inevitable part of life.

**Keywords** *Yoga; Mudras; Ayurveda and Homeopathy*

### 1. Introduction

*Obesity is one big health issue that is a reason for distress for people of all age groups. Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m<sup>2</sup>).*

Obesity is the most common nutritional disorder among the affluent in our country. At any given time, approximately 40 per cent of women and 20 per cent of men report that they are presently trying to lose weight. Lakhs of rupees are spent every year on weight loss treatments. Still, with the current medical treatment, the failure rate remains to be high. And in most cases, there is a strong tendency to regain weight; about one-third of lost weight is regained within a year, and almost all within five years.

### Causes of Obesity

- Genetics.
- Overeating.
- A diet high in simple carbohydrates.
- Frequency of eating.
- Physical inactivity and Lifestyle.
- Medications.
- Environment
- Emotional Factors

- Smoking
- Age
- Pregnancy
- Lack of Sleep
- Psychological factors.
- Diseases such as hypothyroidism, insulin resistance, polycystic ovary syndrome, and Cushing's syndrome are also contributors to obesity.

### Signs and Symptoms

- Breathlessness
- Increased sweating
- Snoring
- Inability to cope with sudden physical activity
- Feeling very tired every day

### Complications of Morbid Obesity

Obesity is a health concern. Without proper treatment, obesity can lead to other serious health problems, such as:

- Osteoarthritis
- Heart disease and blood lipid abnormalities
- Stroke
- Type 2 diabetes
- Sleep apnea (when you periodically stop breathing during sleep)
- Reproductive problems
- Gallstones
- Certain cancers
- Obesity hypoventilation syndrome
- Metabolic syndrome

### Preventing Morbid Obesity

Obesity and morbid obesity are serious and potentially life-threatening conditions. A healthy lifestyle that includes a healthy diet and regular exercise are important for preventing obesity.

### Diet and Exercise

People who are morbidly obese should avoid “fad” diets and focus instead on changing eating behaviours. Recommendations include:

- adding more fruits and vegetables to your diet
- eating smaller meals
- count calories
- eating mindfully
- limiting saturated fats, trans fats, and refined sugars

Physical activity is good for overall health and is especially important if you're trying to lose weight. To begin losing weight, you will need to do moderate to vigorous exercise for more than three hours per

week. Vigorous activity raises your heart rate significantly. Be sure to check with your doctor before you begin any vigorous exercise programs. Examples of beneficial physical activity include:

- running or jogging
- swimming
- jumping rope
- brisk walking
- biking
- yoga
- meditation
- mudra
- Moderate exercise can also include everyday activities like shoveling snow or yard work.

## 2. Alternative Remedies for Obesity

### A. Yoga

**Yoga** has an important role to play in the treatment of Obesity. Yoga techniques affect body, internal organs, endocrine glands, brain, mind and other factors concerning Body - Mind complex. Various Yoga techniques can be practiced effectively to reduce the weight and achieve normal healthy condition of Body and Mind.

**Asanas** like Hastottanasana, Ardhashakrasana, Parsvakonasana, Ustrasana, Naukasana, Pawanmuktasana, Chakrasana, Bhujangasana.

**Sun salutations** are very beneficial in Obesity management, every day 24 sun salutations with a speed of 4 rounds in 1 minute gives great benefits of Yoga Asanas and exercise as well. The practice of Sun salutation is a sequence of 7 asanas practiced in order which tones almost all of the muscles and also internal organs are stretched increasing blood & oxygen supply to these parts. Regular practice of sun salutation with breathing gives good exercise to the lungs. Mantras have relaxing effect on mind.

**Pranayama** is very important technique in yoga which is control and extension of Prana or Vital energy or Life force. The Pranayama can be classified in 2 types in terms of physiology, Hypo ventilation or vitalizing Pranayama and Hyper ventilation or relaxing pranayama. Kapalabhati, Bhasrika and Fast breathing can be classified under Hyper ventilation (increases Oxygen and reduces carbon dioxide) and Deep breathing,

**Cleansing Techniques:** Shankha Prakshalana or Master cleansing technique - Drinking 2 glasses of water, performing special asanas, again drinking the water, followed by asanas to evacuate the bowels is the process of cleansing of entire GI tract.

**Agnisar** Fast movement of abdominal muscles in and out, is very good exercise to get rid of the accumulated fats in the abdominal region also it helps in streamlining Digestive system.

#### **Bandhas**

Uddiyan Bandha

Mula bandhm

Raman Gokal et al. (2008) shows that the yoga practices which emphasized breathing techniques was shown to reduce the body mass index (BMI) in 177 obese persons after 7 days of a yoga intervention, Adam M. Bernstein et al. (2013) suggested that the yoga may be associated with weight

loss or maintenance. Mechanisms by which yoga may assist with weight loss or maintenance include the following: (a) energy expenditure during yoga sessions; (b) allowing for additional exercise outside yoga sessions by reducing back and joint pain; (c) heightening mindfulness, improving mood, and reducing stress, which may help reduce food intake; and (d) allowing individuals to feel more connected to their bodies, leading to enhanced awareness of satiety and the discomfort of overeating. Vijay Tundwala, R.P. (2012) significant decrease in the parameters of obesity viz. BMI and WHR. Dinkar R. Kekan (2013) show that Kapalbhathi has reducing impact on Body Mass Index and Abdominal Skinfold Thickness in overweight individuals, Jayaram Gadham et al. (2015) study that the decrease in Systolic BP, Diastolic BP and BMI after 3 months of Yoga training. Also, we observed a decrease in total cholesterol, VLDL, triglycerides and an increase in HDL cholesterol and obesity. Ross et al. (2016) findings that the yoga could offer diverse behavioral, physical, and psychosocial effects that may make it a useful tool for weight loss.

## B. Mudras

The word mudra is a Sanskrit word that is used for hand gesture. Hand and fingers positions are held together in certain way to direct the body energy or prana force in specific pattern that supports healing. In the practice of yoga, mudras invoke divine power in the mind.

Mudra that believed to specifically help with weight loss they are Surya mudra, Musti mudra, Linga mudra, Supriya Joshi (2009) significant that the results are observed to decrease weight and Body Mass Index as well as subjective complaints of obesity by treatment through Yogic procedures. Hari Kumar Moorthattil (2014) asked that the **mudra are proven to be very effective in a weight loss program.**

## C. Diet for Obesity

Here are the top foods someone should consume to overcome obesity:

**High fiber foods** – High fiber foods like vegetables, nuts, seeds, and berries increase satiety, without increasing calories.

**Clean lean protein** – People who eat at least 3-4 ounces of protein per meal tend to feel more satisfied and eat less overall.

**Wild-caught fish** – Obesity may increase inflammation, so try to include omega-3 fats.

**Coconut** – Coconut oil and coconut milk contain MCFAs that your body can easily burn as fat and are less likely to be stored as fat compared to other fats.

**Small meals** – Avoid getting too hungry that can cause you to overeat later, eat about every 4 hours.

Astrup (2006) indicates that increasing the protein content at the expense of fat and carbohydrate might offer a way to increase the satiating and thermogenic effect of *ad lib* diets, and facilitate weight loss and maintenance. Shirley Telles et al. (2009), Mary Koithan and Elizabeth Sutherland (2010) study that the naturopathy focus on treating the whole person and preventative care suggest that it is ideally suited for the treatment and prevention of obesity. Alireza Esteghamati et al. (2015) significant that the alternative methods for the treatment of obesity, namely herbal supplements, acupuncture, a combination of healthy nutrition and physical activity should be the treatment strategy offered to overweight and obese individuals. Leslie et al. (2016) suggested that the Weight losses with liquid-formula diets are very similar for VLCD and LELD and for obese subjects with or without T2DM. They can potentially achieve new weight-loss/ maintenance targets of >15–20% for people with severe and medically complicated obesity, Kamakhya Kumar and Seema Patel (2016) followed that the A 6-week yoga and diet change program decreased the bodyweight, skin fold thickness and cholesterol levels

of the obese women. This suggests that a brief, intensive yoga program with a change in diet can pose certain risks,

#### D. Oils for Weight Loss

There are essential oils for obesity that can support weight loss and hunger cravings. Essential oils of **grapefruit** and **cinnamon** are the most effective. Take 2 drops of grapefruit and 1 drop of cinnamon internally for 30 days as part of a weight loss.

#### E. Acupuncture

The below Acupressure techniques, the life energy will flow through all the organs, mainly the spleen meridians and the stomach. Also, ensure that you need to apply the pressure on these points.

##### Ear Point



##### Abdomen Point



You can find this particular point in your abdomen region exactly 3cm down from the belly button. In the below figure, you can clearly see the '**Ren 6**' mark, which is called as the Abdomen point.

##### Abdominal Sorrow Point

This point, which is located under the last rib helps in relieving from ulcers, indigestion and rib pain. It also balances your appetite so that you don't get food cravings more often.



##### Elbow Point

On the inner side of your elbow crease, you'll find the large intestine point which is located towards the end.



### Knee Point

This acupressure point improves your digestion and helps in smooth functioning of your stomach. You can find the knee point on the outer side of your leg (left or right) just 2 inches below the knee cap.



**Ankle Point** is basically meant for the spleen, but it also helps in strengthening your digestive system. You can find this ankle point just 2 inches above your ankle, on the inner of your leg (left and right).



J.M. Lace et al. (2003) study that the acupuncture's potential usefulness as an adjunct in weight management is recommended with an emphasis on auricular (ear) acupuncture, the method most often chosen for obesity studies. Cho et al. (2005) suggests that acupuncture is an effective treatment for obesity. However, the amount of evidence is not fully convincing because of the poor methodological quality of trials reviewed. Ching Hsiu Hsieh (2010) shows that auricular acupressure employing Japanese Magnetic Pearls or vaccaria seeds can decrease BMI, with the vaccaria seed method showing the greatest reduction. Wen-Long Hu(2015) findings that the laser acupuncture has the advantage of being noninvasive, aseptic, painless, safe and effective in obesity therapy, Hyun Su Cha, and Hyojung Park (2016) show that auricular acupressure using vaccaria seeds was effective in decreasing body weight, abdominal circumference, body mass index, and triglyceride levels in adult women with abdominal obesity.

## F. Ayurveda

Ayurveda diagnosed as vaata type, and then purification procedures for vaata, like cleansing enemas, External oil application is carried out with oil containing hot herbs like calamus, ginger and mustard. Fomentation or sweating methods will be done externally or internally. External fomentation can be done by various methods, like whole-body fomentation via a steam box. After fomentation, oil enemas will be given followed by cleansing enemas. The latter usually contains a decoction of dasamoola, honey, salt, some specific herbs and water.

If diagnosed as kapha type, then for alleviating kapha, external massage with powders of agaru, calamus, ginger or mustard will be done. These substances help to remove excess fat deposited under the skin. They also help to restore the elasticity to the skin and improve complexion.

In obese persons, though the digestive fire may be optimum that of the adipose tissue level is impaired. To improve its power, herbs like trikatu, shilajit, cyperus, kashtha, barberry, calamus, ativisha, katuka, chitraka, karanja, turmeric, guggulu, arjuna, catechu, camphor, neem, rohitaka, shinshipa, apaamarga, brahmi, bilwa are used.

Hari Sharma and H.M. Chandola (2011) significant that the Ayurveda utilizes to treat Prameha may be valuable in managing obesity, metabolic syndrome, and diabetes mellitus in an efficacious and cost-effective manner. Anna Korossy (2016) study that the Ayurveda the formation of diseases depends on the balance of the three doshas – vata, pitta, kapha. The rate of three doshas varies depending on the body constitution of the individual. Studies of an Indian research group have shown that Ayurvedic body type classification may be associated with genes of inflammation and oxidative stress factors, the rate of DNA methylation and development of cardiovascular diseases. Khemchand Sharma and Parul Rani (2016) study that the Charaka has given single Gana of 10 drugs (Lekhaniya Gana), while Sushruta and Vagbhata have mentioned 8 and 10 Ganas respectively. Rasaushadhis like Shilajatu, Loha bhasma, Rasasindhura/Parada bhasma etc. are the best drugs to treat Sthoulya. Drugs that are Katu, Tikta, Kashaya in Rasa, possessing Ushna Virya, Laghu Ruksha Guna and Vata Kaphahara actions are largely responsible for Medohara and Lekhaniya activities. Hence the present work was planned to review and explore the potential drugs for the management of Sthoulya (Obesity).

### G. Homeopathy

Homoeopathy is very proficient in managing all the symptoms of Obesity (weight Loss) and furthermore plays a vital role in preventing relapse of the condition. Homoeopathic medicines are prescribed on the basis of physical, emotional, and genetic makeup that individualizes a person. This constitutional approach framing mind and body works at the root-level. Homeopathic medicines will help decrease acidic build-up, rebalance pH by cleansing and restoring the digestive system, and strengthen the muscles. Homeopathic treatment will make you feel like a new person by making you free of OBESITY.

### 3. Remedies

Antimonium crudum, Graphites, Phytolacca, Calcarea carbonica, Fucus, Kali bichromicum, Thyroidinum, Lac defloratum, Capsicum, Nux vomica, Nat Mur etc.

Nancy Malik (2013) asked that the Control over diets, doing daily light exercise and taking of Homoeopathic Medicines greatly helped me to win over this problem. Hesselberg J.O. (2016) findings that the homeopathic and traditional medicine known as calcarea carbonica, as well as **iodine**, **magnesium** and **chromium**. Fourteen non-smoking overweight subjects (BMI  $\geq$  25.5 kg/m<sup>2</sup>) were invited to participate in the study. The results show that during a treatment period of 30 days significant reduction are seen both in body weight (BW) and body mass index (BMI). Hernández GS et al. (2016) study that the homeopathy is a useful therapeutic modality in the treatment of exogenous obesity.

#### 4. Conclusion

Obesity is a common problem in world. It is mainly due to improper lifestyle, wrong food choices and lack of exercise. Above all, people do not have a sense of self awareness. They are taken by external factors, by their senses and do not give importance for their existence in this universe. They don't have mind, body and spiritual connection, and not even breathing right. **Alternative remedies** approach provides all the necessary tools to bring back health, harmony and peace in life. By adopting simple life style and healthy eating habits anyone can enjoy the life optimally without much stress or expenses. Possible diseases like diabetes, heart diseases, stroke, and cholesterol can be prevented. So much healthcare dollar will be saved. There will be happy and healthy people in a wealthy universe!!

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