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**To make a fundamental understanding of the role of Yoga and Pranayama in Sthaulya along with their working mechanisms.**

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### ABSTRACT

Yoga aims to prevent disease, maintain health and to treat the diseases. Asanas & Pranayama help to keep the tridoshas under control and hence impart good health. Sthaulya is considered as one of the Ashtaninditiya. Sthaulya is the result of vikriti of medadhatu, vikriti of jatharagni and involvement of kapha and vata dosha . Sthaulya is one of the most prevalent non communicable disease in today's era and Yoga & Pranayama play a major role in both preventing this condition and to treat it.

Keywords:

*Ashtaninditiya. Sthaulya, medadhatu, kapha, vata dosha*

### INTRODUCTION

Yoga aims to prevent disease, maintain health & also to treat the disease. The Hatha Yoga as a therapy is becoming very much popular. The Yama & the Niyama serve as moral & ethical binding & are the paths of prevention.

The dushya involved in "Sthaulya" are vikrit jatharagni, vikrit medodhatwagni along with vikrit medodhatu . Asanas & Pranayama help to keep the tridoshas under control. Asanas are not merely gymnastic exercise but they are postures, which should be maintained for sometime in a relaxed way to bring balance, vitality & endurance.

Pranayama is the science of breath control & is responsible for removing toxins from the hollow organs & to calm the mind. Therefore , the postures along with the proper breathing exercises, do

prevent the pathogenesis of the disease & thereby contribute in maintaining good health.

## **MATERIAL & METHODS**

The study is planned on conceptual basis using literary study of the texts of Yoga & Ayurveda & then a logical approach is applied to conclude the main points of the study.

## **RESULTS & DISCUSSION**

Ayurveda describes the involvement of kapha & pitta dosha in the pathogenesis of Sthaulya. Yoga & Asanas keep the tridoshas under control & are also essential to remove blockages, liberate prana, revitalize the mind & activate the endocrine glands.

The people with Sthaulya should be encouraged to practice to their limit, so as to let them practise with enjoyment, relaxation & awareness; so that their problem will fall away. Trying to sweat off the excess pounds is not the way to lose weight as the obese person have poor stamina and willpower and they will soon dropout of such a demanding & exhausting exercise.

Permanent loss of weight demands a total overhaul of pranic energy structure of the body & mind. Asanas build up vitality slowly but surely. They rebalance the

nervous & endocrine pathways gradually & effortlessly.

In Yoga, the slimming & rebalancing process occurs on an altogether different level from the gymnastics programmed at sweating off a few kilograms, at best a temporary measure. Weight will surely reaccumulate quickly unless the psychic & pranic energies are rebalanced & glandular mechanisms readjusted. Pawanmuktasana, Suryanamaskar & Major asanas especially useful in balancing the Endocrine glands & Spinal nerves can be adopted after some months of daily practice of simple asanas.

## **PATHWAY OF WORKING :**

Exercise (cardiovascular stress) > central command sends neural (efferent) signals to cardiovascular control center located in the brainstem > Activation of the ANS > ON acute exercise (stimulation of sympathetic division) > on chronic exercise (changes in the parasympathetic division.)

## **PRANAYAMA :**

- Bhramari & nadishodhana pranayama is useful in awakening the diminished vitality
- Mild bhastrika helps speed up the metabolism.

- Kapalbhathi or the skull cleansing breath involves forceful exhalation & normal inhalation. This is done in a comfortable sitting posture with erect spine. The belly is drawn in with forceful expiration & filled again with normal inhalation. This is known to reduce the fat around the belly.
- Anuloma viloma pranayama is said to generate heat in the body & to burn down excessive fat.

### PATHWAY OF WORKING

Purposefully taking long, deep breaths > the cortex can override the brainstem to a degree (counteract autonomic stimulation induced or real stimuli) > forces the body to maintain cardiopulmonary homeostasis > produces a calming effect.

Sthaulya is a disorder of mainly medodhatu along with the involvement of kaphapradhan tridosha.

One has to adopt Ayurvedic and Yogic preventive aspects from early childhood & also in day today practice to prevent obesity & in the management of the risk factors with the detailed understanding of lifestyle for each individual for the maintenance of a healthy life.

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