

Yoga's Benefits on Women with Abdomen Adiposity

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Editorial

Yoga is a collection of physical, mental, and spiritual activities or disciplines that developed in ancient India with the goal of controlling (yoke) and stilling the mind, identifying a detached witness-consciousness unaffected by the mind (Chitta) and mundane suffering (Dukha). In Hinduism, Buddhism, and Jainism, there are numerous schools of yoga, practises, and purposes, and both traditional and modern yoga are practised globally. There are two general ideas about the beginnings of yoga. According to author Edward Fitzpatrick Crangle, this paradigm is primarily endorsed by Hindu scholars. The linear model claims that yoga has Vedic origins, as indicated in the Vedic textual corpus, and inspired Buddhism. Yoga, according to the synthesis model, is a blend of indigenous, non-Vedic, and Vedic elements.

Abdominal obesity, also known as central obesity and truncal obesity, is a condition in which excessive abdominal fat has built up around the stomach and abdomen to the point where it is likely to have a severe influence on health. Obesity in the abdomen has been associated to cardiovascular disease, Alzheimer's disease, and other metabolic and vascular illnesses. Obesity in the abdomen is a major risk factor for morbidity and mortality. The purpose of this study was to look into how yoga affected waist circumference and other anthropometric and self-reported factors in women with abdominal obesity. Visceral fat, also known as organ fat or intra-abdominal fat is found inside the peritoneal cavity, between internal organs and the abdomen, as opposed to subcutaneous fat, which is found on the skin. When researchers learned that abdominal obesity had a significant link to cardiovascular disease, diabetes, and dyslipidemia in the 1980s, they began to focus on it.

Obesity in the abdomen was found to be more closely related to metabolic dysfunctions associated with cardiovascular disease than obesity in general. In the late 1980s and early 1990s, innovative and sophisticated imaging techniques were developed that would contribute to a better knowledge of the health hazards connected with body fat build-up. Obesity in the abdomen is linked to an increased risk of heart disease, hypertension, insulin resistance, and type-2 diabetes. The risk of death increases when the waist-to-hip ratio and overall waist circumference increase. Obesity is becoming more common worldwide, particularly in emerging and rapidly industrialising countries. Women have greater point prevalence (15%) than men (11%), corresponding to a relative risk of 1.4. Abdominal obesity, in particular—an undesirable

accumulation of fat around the stomach that is not confined to overweight people—has been recognised as a major risk factor for cardiovascular and metabolic problems. Because, in addition to poor eating habits, a sedentary lifestyle is the leading cause of obesity, medical guidelines advocate frequent physical activity as the most significant therapeutic option in non-morbid obesity [1-5].

Yoga is one such alternate form of physical activity that is increasingly being used to promote health. Yoga is primarily composed of physical postures (asanas), breathing exercises (pranayama), and meditation in North America and Europe (dhyana). Yoga is also gaining prominence as a therapeutic modality. Approximately 80% of yoga practitioners in the United States (more than 16 million people) said that they began the practise with the explicit objective of improving their health. Central obesity can be a symptom of lipodystrophies, a category of disorders that are either hereditary or caused by external factors (often protease inhibitors, a group of medications against AIDS). Central obesity is a sign of Cushing's disease and is also common in Polycystic Ovarian Syndrome patients (PCOS). Obesity in the central nervous system is linked to glucose intolerance and dyslipidemia. When dyslipidemia gets severe, an individual's abdominal cavity produces an increase in free fatty acid flow to the liver. The effect of abdominal adiposity affects not only obese persons, but also non-obese people, and it also adds to insulin sensitivity.

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