

A HOLISTIC APPROACH TO WEIGHT MANAGEMENT: YOGA ASANAS FOR OBESITY

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Introduction :

Obesity is defined as excessive body fat accumulation that may impair health. It is typically measured using the Body Mass Index (BMI). Obesity is one of the most common lifestyle-related health conditions worldwide, contributing to various chronic illnesses such as diabetes, hypertension, heart disease, and joint problems. While there are many ways to manage weight, yoga stands out as a holistic approach that not only promotes physical fitness but also supports mental well-being. Unlike intense gym workouts, yoga focuses on



balance, mindfulness, and sustainable weight loss through movement, breath control, and relaxation.

Why Yoga Asanas Are Effective for Obesity

Yoga is more than just physical exercise. It combines postures (asanas), breathing techniques (pranayama), and meditation to create holistic well-being. Here's how yoga helps combat obesity effectively:

1. Boosts Metabolism

Many yoga asanas stimulate endocrine glands and improve hormonal balance, especially those that regulate

metabolism, like the thyroid gland. An active metabolism burns calories more efficiently.

2. Enhances Digestion

Certain yoga poses massage internal organs, improve blood circulation, and support healthy digestion, reducing fat accumulation.

3. Builds Muscle Tone and Flexibility

Asanas strengthen muscles, improve body alignment, and enhance flexibility, all of which support fat reduction and prevent weight gain.

4. Reduces Stress and Emotional Eating

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Stress releases cortisol, a hormone that promotes fat storage, especially around the abdomen. Yoga calms the nervous system, reduces anxiety, and lowers cortisol — making you less likely to overeat due to stress or boredom. Through deep breathing and

mindfulness, yoga lowers cortisol, which is often linked to belly fat and binge eating.

5. Improves Mind-Body Awareness

Regular practice increases body awareness, making individuals more mindful of their eating habits, posture,

and daily movement.

6. Encourages Consistency

Unlike high-intensity workouts, yoga is gentle and adaptable to any fitness level, making it easier to practice regularly.

Top 7 Yoga Asanas Effective for Obesity

1. Tadasana (Mountain Pose)

This foundational pose improves posture, strengthens muscles, and increases awareness.

- **How to do:** Stand straight with feet together, hands by the side. Inhale and stretch arms upward. Hold the pose for 30 seconds to 1 minute.

2. Trikonasana (Triangle Pose)

Trikonasana helps burn fat from the waist and strengthens the thighs and hips.

- **How to do:** Stand with legs wide apart, stretch one arm toward the foot while the other arm points upwards. Hold the stretch on both sides.

3. Bhujangasana (Cobra Pose)

A great pose for toning the abdomen and strengthening the spine.

- **How to do:** Lie on your stomach, hands under shoulders. Inhale and lift your chest while keeping your lower body grounded.

4. Dhanurasana (Bow Pose)

This dynamic asana stretches the entire front body and aids in weight loss.

- **How to do:** Lie on your stomach, bend your knees and hold your ankles. Lift your chest and legs simultaneously.

5. Setu Bandhasana (Bridge Pose)

It improves digestion and reduces belly fat.

- **How to do:** Lie on your back, bend your knees and lift your hips. Keep arms and shoulders on the ground.

6. Surya Namaskar (Sun Salutation)

A sequence of 12 poses that offer a full-body workout and improve cardiovascular health.

- **How to do:** Perform a minimum of 5

rounds daily. It combines stretching, toning, and breathing control.

7. Pawanmuktasana (Wind-Relieving Pose)

Helps relieve gas and bloating, and is beneficial for abdominal fat reduction.

- **How to do:** Lie on your back, bring knees to the chest and hug them. Lift your head toward your knees and hold.

Additional Tips for Weight Management Through Yoga

Yoga Lifestyle Tips for Weight Management

- **Practice Regularly:** Even 30 minutes of yoga daily can show significant results over time.
- **Combine with Healthy Diet:** Incorporate a balanced diet rich in whole foods, fruits, and vegetables.
- **Stay Hydrated:** Drink plenty of water to help flush toxins.
- **Sleep Well:** Aim for 7–8 hours of quality sleep to support weight loss and recovery.
- **Be Patient and Consistent:** Weight loss through yoga is gradual but sustainable.
- Incorporate breathing exercises (Pranayama) and meditation to reduce stress



Final Thought:

Yoga transforms your relationship with your body. While it may not deliver instant weight loss like intense gym workouts, it creates lasting change — physically, emotionally, and mentally. With dedication, yoga helps you lose weight in a healthy, holistic, and sustainable way.

GUEST LECTURE ON THE TOPIC VATAVYADHI



The Department of PG Studies in Kayachikitsa arranged a guest lecture on the topic Vatavyadhi on 13-5-25. The resource person for the session was Dr A.R.V. Murthy, Medical director, Arihant Ayurveda Ayurveda college and Research Centre, Gandhi nagar, Gujarat.

GOLD MEDAL
IN KAYACHIKITSA

Dr. Shashikala V, PG scholar from the Department of PG studies in Kayachikitsa, JSSAMC, received Gold medal in Kayachikitsa post graduate session on the occasion of RGUHS convocation held at Bangalore on 06-05-2025



Students and staffs of JSSAMC Participated actively in the Tiranga Yatra organised by JSS MVP ON 16-05-2025



Dr. Veena G. Rao, Prof. & HOD, Department of PG Studies in Panchakarma, was invited to give a talk on "Health Through Ayurveda" in Jeevanuthsaha Shibira at Ooty organised by JSSMVP on 17.05.2025.

"VRUTTI DARSHAN - A CAREER GUIDANCE FOR BUDDING DOCTORS!"



Department of PG studies in Kayachikitsa organised "Vrutti Darshan - A career guidance for budding doctors!" - on the topic - Vayasthapana (methods to prevent aging process) on 21-05-2025. Resource persons for the session were

- 1.) Dr. Shilpa Avarebeel, Associate Professor, Dept of Geriatric Medicine, JSS Hospital, Mysuru.
- 2.) Dr. Ashok Kumar Panda, Research officer, Regional Ayurveda Research Institute, Ahmedabad
- 3.) Dr. Deepa C Patil, Professor, Dept of PG studies in Kayachikitsa.

There were scientific deliberations by PG scholars of 10 different post graduate departments on the concept of Vayasthapana.



JSS Ayurveda college, Mysuru in association with Government Ayurveda Medical College, Mysuru and Government Ayurveda Research Centre, Mysuru organized orientation programme on Research Methodology and Biostatistics on 05-05-2025

RGUHS 1st PROFESSIONAL BAMS and 2nd PROFESSIONAL BAMS EXAM RESULTS ANNOUNCED ON 24-05-2025.

1ST PROFESSIONAL BAMS RESULTS -60 OVERALL DISTINCTION

JSS Mahavidyalaya
JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL, Mysuru

ACCREDITED 'A' GRADE by QCI & NCISM

ACHIEVERS IN RGUHS EXAMINATIONS - I BAMS

DISTINCTION HOLDERS

Students Near to Distinction (74% to 79%)

Overall Total Distinction Holders: 60

Subjective Total Distinctions: Samhita-74 | Kriya-65 | Padartha-58 | Rachana-46

Subjective Total Distinctions: 243

CONGRATULATIONS AND BEST WISHES FROM MANAGEMENT, PRINCIPAL & STAFF

2ND PROFESSIONAL BAMS RESULTS-70 OVERALL DISTINCTION

JSS Mahavidyalaya
JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL, Mysuru

ACCREDITED 'A' GRADE by QCI & NCISM

ACHIEVERS IN RGUHS EXAMINATIONS - II BAMS

DISTINCTION HOLDERS

Students Near to Distinction (74 to 79%)

Overall Total Distinction Holders: 70

Subjective Total Distinctions: Roganidana-90 | Swasthavritta-85 | Dravyaguna-73 | Samhita-57 | Agada Tantra-56 | Rasak-48

Subjective Total Distinctions: 409

CONGRATULATIONS AND BEST WISHES FROM MANAGEMENT, PRINCIPAL & STAFF

HEALTH CHECK-UP REPORT



JSS Ayurveda Medical College and Hospital organized free health check up camp on the occasion of "Namma Basava Jayanti -2025" in collaboration with Mysuru Basava Balaga okkoota, Akila Bharatha Veerashaiva – Lingayat Mahasabha, Veerashaiva – Lingayat Sngha Associations, Mysuru on May 24th and 25th 2025 at Kalamandira, Mysuru.

The event was graced by the presence of his Holiness Sri Shivaratri Deshikendra Mahaswamiji, Honorable Chief Minister Sri Siddarammaiah, ministers, MLAs and other dignitaries participated in the program. The free health checkup camp was inaugurated by Gavdagere Math Swamiji. A team of doctors, junior doctors, post

graduates and administrative staffs participated in two day event. The total beneficiaries were 400. Additionally free blood investigation for diabetes patients were conducted for around 235 people.

HEALTH CHECK-UP AT SASHWATA SEVA SCHOOL

The health check up camp was conducted at Sashwata seva school, on 09-05-2025 by the department of PG Studies in Kaumarabhritya, JSS Ayurveda medical college, Mysuru.

Dr. Preethi. H.M (Assistant professor, professor), Dr.Chaya((Assistant professor), Dr.Suneeta (PG Scholar),

Dr.Harsha D S (PG Scholar), and interns of department of PG studies in Kaumarabhritya took part in the camp.

The camp was started at 11:30 am , where the students were addressed regarding the camp.

The total beneficiaries were 27 students. The commonly seen conditions were

generalised weakness, anaemia, skin conditions, respiratory and menstrual problems etc. and the medications were advised for the children in need. As there was lack of proper diet the consultants advised the importance of proper diet and the related problems if it is not maintained.



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09/05/2025 12:05 PM GMT +05:30

OUTREACH MEDICAL CAMP

JSS Ayurveda Hospital, Mysuru has conducted outreach medical camp at KARP, Mounted company, Mysuru on 13/05/2025 to provide free health check up to all the employees of their division. Consultants Dr. Vineeth C P, Dr. Poornima PKM, Dr. Nirmala A R & Dr. Maithri G M along with the PG scholars Dr. Rakshitha, Dr. Sampad, Dr. sushmitha, Dr. Vijayajyothi, Dr. shambavi, Dr. josna & intern Dr. Nisarga MV, Dr. Deeksha R, Dr. Supreetha S Tantri. Dr.

Monika rajappa has attended the camp. Free blood pressure & blood glucose levels were done. People with different medical conditions like skin lesions, osteo arthritis, sciatica & radiculopathies etc were addressed & prescribed Ayurveda medicines & also advised to visit & get panchakarma therapies & other medical care at JSS Ayurveda hospital, Mysuru. Total 56 employees got benefitted by the camp.

Here are the few glimpses of the camp.



ಕಂಠಿ ಮಲ್ಲಣ್ಣನವರ ಕಲ್ಯಾಣ ಮಂದಿರ, ಇಲ್ಲಿ ನಡೆದ ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರದ ವರದಿ

ಎನ್.ಜಿ.ಎಸ್. ಜಾಲಿಬಲ್ ಟ್ರಸ್ಟ್(ಲ.), ಮೈಸೂರು ಇವರ ವತಿಯಿಂದ ಜಿಎಸ್‌ಎಸ್ ಮಲ್ಟಿಸ್ಪೆಷಾಲಿಟಿ ಆಸ್ಪತ್ರೆ, ಜಿಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆ, ಅನ್ನಪೂರ್ಣಾ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆ, ಹಾಗೂ ಯೋಗ ಪ್ರಾಣ ವಿದ್ಯಾಕೇಂದ್ರ, ಮೈಸೂರು ಇವರ ಸಹಭಾಗಿತ್ವದೊಂದಿಗೆ ದಿನಾಂಕ: 13.05.2025ರ ಮಂಗಳವಾರದಂದು ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿತ್ತು.

ಶಿಬಿರಕ್ಕೆ ಜಿಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆಯಿಂದ - ಡಾ. ಭರತ್ ಹಾಗೂ ಒಬ್ಬರು ಕಲಕಾ ವೈದ್ಯರನ್ನು ನಿಯೋಜಿಸಲಾಗಿತ್ತು.

ಈ ಶಿಬಿರದಲ್ಲಿ ಅಪ್ಪಿತಿತ್ತ, ಜರ್ಮರೋಗ, ಕೆಮ್ಮು, ಬೆನ್ನುನೋವು, ಕುತ್ತಿಗೆನೋವು, ಉಸಿರಾಟದ ತೊಂದರೆ, ಕೀಲುನೋವು, ಮಂಡಿನೋವು, ಮಧುಮೇಹ ಖಾಂಬಲಿಗಿರಿ ತಪಾಸಣೆ ಹಾಗೂ ಸಲಹೆಗಳನ್ನು ನೀಡಲಾಯಿತು.

ಈ ಶಿಬಿರದಲ್ಲಿ 21 ಜನರು ಉಚಿತ ತಪಾಸಣೆಯ ಸೌಲಭ್ಯವನ್ನು ಪಡೆದರು.



ಶಿಬಿರದ ಅಯೋಜಕರು ಅತ್ಯಯವಾಲಿ ಸಹಕರಿಸಿದ್ದು ಊಟ-ತುಡಿಯ ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಿದ್ದರು. ಶಿಬಿರದ

ಕೊನೆಯಲ್ಲಿ ಮೆಚ್ಚುಗೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸಿ ಎಲ್ಲಾ ವೈದ್ಯರನ್ನೂ ಹೃತ್ಪೂರ್ವಕವಾಗಿ ಅಭಿನಂದಿಸಿದರು.

BMD CAMP HELD AT JSS AYURVEDA MEDICAL COLLEGE AND HOSPITAL MYSURU ON 24-05-2025

Department of PG Studies in Kayachikitsa, in association with AIMIL Pharmaceuticals, Bengaluru, organized a Bone Mineral Density (BMD) Camp on 24-05-2025, Saturday from 10.00am-3:00pm at JSS Ayurveda Hospital, Mysuru.

Professors -Dr. Deepa C Patil, Dr. Beena M D and Assistant professors - Dr.

Anukrishna P, Dr. Maithri GM and Dr. Netra B Hubballi were the chief consultants. There were around 90 plus patients who registered and availed free BMD Checkup & consultation.

Staff from AIMIL Pharmaceuticals, Bengaluru was present throughout the camp. In absence of Dean & HOD Dr. Rajesh A Udupudi, Dr. Deepa C Patil, Dr.

Beena M D & all consultants from the department of Kayachikitsa thanked them for their wonderful support and services. The patients were educated by the consultants regarding the diet and lifestyle adaptation for prevention of Osteoarthritis.

