

# Obesity

비만



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# Introduction.

소개

## Obesity

비만

Reason that I have interesting in Obesity are it's big issue now days in the world cause of high usage of the comfortable transportations, and fast foods over intakes

## Information

정보

These articles are from text book of indeas yoga, Bharath teacher's classes and one of famous Korean university sites.

This article has helped translate with my lovely son myeong hwan, Seo(Max)

This presentation will be presenting in Korean language HANGUEL.

Meaning to let you have chance to know some of Korean Laguage..



## Definition

### 정의

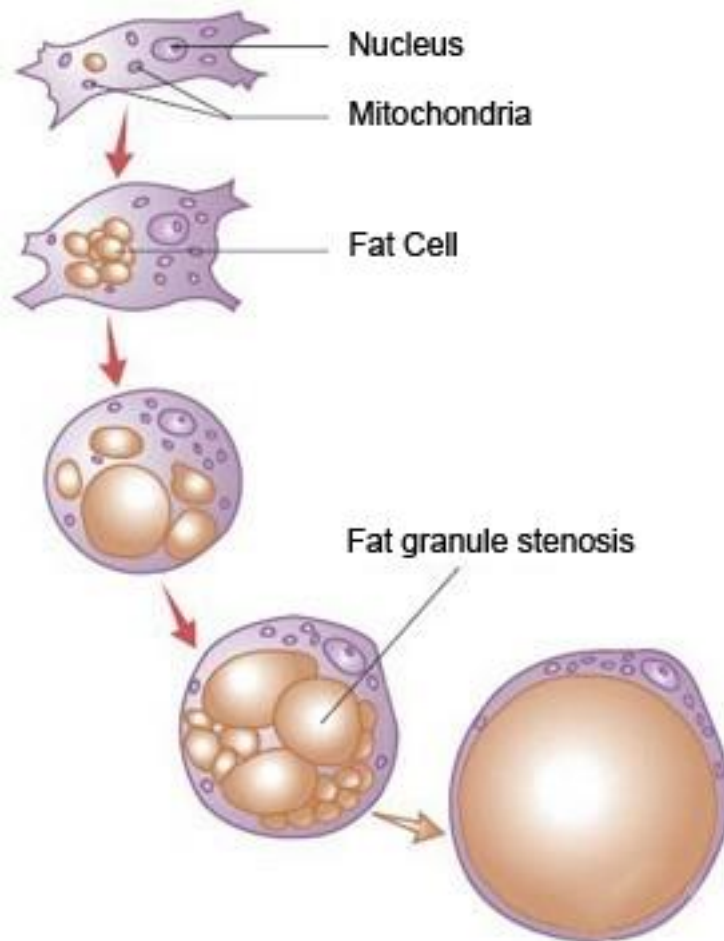
It defines obesity in condition of too much fatty tissue in body because of that, it could be weight heavier neither lots of muscles or fats.

also defines obesity by diagnoses of BMI(Body mass index = measure of weight relative to height)Result comes '25'(base on isian's body figure)

$$*BMI = ( \text{weight(kg)} \div \{ \text{height(m)} * \text{height(m)} \} )$$

From the plasma, it flow into fatty tissue Esterified with fatty acid and dextrose accumulated and transform to neutral fat.

\* Occur position : Fatty tissue



Process of accumulating fat cells

# Causes

## 원인

In case of the energy consumption is lower than gaining over need energy though eat in long terms, it induces Obesity by high ingestive

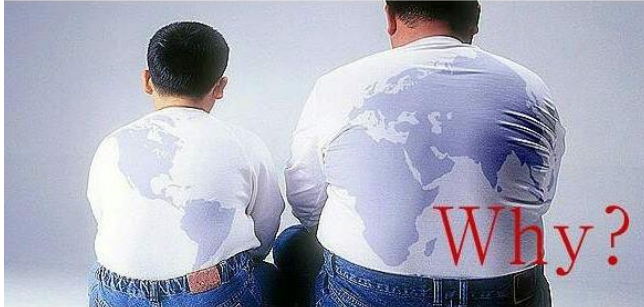
- a. **Age:** it is prevalent in middle aged, but can occur at any stage of life. Obesity in childhood and adolescence is likely to be followed by obesity in adult life.
- b. **Socio Economic:** in developed countries it is more common in lower socioeconomic groups. In developing countries, people from higher socioeconomic circumstances are more prone to become obese. Few occupations such as cooks, barmen etc. are more predisposed to obesity, whilst. Jockeys. Fashion models, airline pilots have to keep themselves slim. In some societies fat men are respected, fat women are considered beautiful, while in other they are not.
- c. **Heredity:** there is no evidence in man of obesity being produced by a single gene. Patterns of eating and activity are influenced by social, cultural and economic factors and play an important role in the members of a family becoming obese.
- d. **Endocrine Factors:** Obesity may be a clinical sign of endocrine disorders such as hypothyroidism, hypogonadism, hypopituitarism as cortisol levels are commonly raised and those of growth hormone reduced. Obesity in women commonly begins at puberty, during pregnancy or at menopause.
- e. **Psychological:** stress, depression, anxiety are the main psychological causes for obesity.



## Symptoms

증상

No specific symptoms.



## Diagnosis

진단

BMI(Body mass index = measure of weight relative to height)Result comes '25'  
(base on isian's body figure) \*BMI = ( weight(kg)÷{height(m) \* height(m)} )



**BMI**

검사

\*BMI = ( weight(kg)÷{height(m) \* height(m)} )





# Therapy

## 치료

Correct your bad eating habits, Not to over daily intake and do proper daily Exercises is best way of off from the Obesity.

Best way of Dieting is to avoid over intake of Calories.

Suggest to intake calorie lower as 500~1000Kcal than usual.

Good meal plan(set plan for daily need of nutrition) cause of losing weight.

30minuters of daily exercise is very important and helps not to gain weight.

Improvement of life styles is best way but there is a drug for suppress the appetites and helping to burn fats, there are allow to take long term drugs.(sibutramine, orlistat)

**Sibutramine** – it is drug for suppress the appetites helps to lose 5~9% of your weights. However it causes headaches, thirst, insomnia and constipation, increase heart beat so high blood pressure patients are not allow to take it

**Orlistat** - it has steatolytic enzyme solution with suppress the appetites and make body denying to absorb fat.

As 30% of fat out of intake daily will discharge from body.

You might go to toilet often and discharge fatty stools but it can be cure by adjusting intake of fats with foods.

So you may also having difficulty to absorb vitamins from intake.

Suggest to take multi vitamins.



Korea foots



## Progress/complications

### 경과/합병증

Cause of obesity you have high risk of getting diabetes, hyperlipidemia, Arthritis, cholelithiasis, and cardiovascular problem. Also increased risk of cancer.

- A. **Psychological:** depressed, anxious or emotionally deprived people may seek solution through taking excessive food. In turn many obese people; especially younger adult females are ashamed of their unattractive appearance; they may develop psychological and sexual problems.
- B. **Musculoskeletal Disabilities:** Obese people are prone to develop orthopedic problems such as flat feet, osteoarthritis of the knees, the hips and the lumbar spine, diaphragmatic hernias, varicose veins, frequent respiratory infections, exertional dyspnoea and accidents.
- C. **Metabolic disorders:** diabetes mellitus, hyperlipidaemia (elevation of cholesterol and triglyceride), gallstones, hyperuricaemia and gout are all more common in obese people.
- D. **Cardiovascular disorder:** obesity increases the work done by the heart, which enlarges with the rising body weight. Ischemic heart diseases, cardiac failure and hypertension are some conditions seen in people who are obese.
- E. **Life Expectancy:** being overweight is associated with an increased with an increased mortality rate at all ages.

## Prevention

### 예방방법

Life habit improvement is the best way to prevent the obesity.

Also social environment as fast foods, public transportations, Working parents, video games, television habits, fast food and sedentary lifestyles have all contributed to a generation of obese young people in our country

## Life style guidance

### 생활가이드

If too busy to have time for short exercise suggest to increase amount of action.

For example try to walk the short distance, rather use stairs than elevators, set a proper plan of meal and keep working.

# About yoga to help with Obesity

비만에 도움이 되는 요가에 대하여

## Coordinate the breath with the movement

1. Start with the therapy series
  - a. Joint movements
  - b. Stand breathing
  - c. Back movements
  - d. Spine practice
  - e. Savasana
2. Required discipline
3. Gradually build them with practice
4. Sleeping on time / Drinking a lot of water
5. Strength in the spine makes the mind more alert
6. First the back, knees and ankles are safe.
7. 3 times a day / Yoga therapy ( 3 weeks )
  - Before breakfast , Before Lunch, Before Dinner
8. 2 Times a day / <3 months>
  - Before breakfast, Before dinner.





# Pranayama

프라나야마

## KAPALBHATI – “ SHINING SKULL ”

Kapalbhati is a pranayama and kriya for cleansing the brain cells and lungs.

### Limitations:

한계

1. Heart conditions, high blood pressure.
2. Vertigo and epilepsy.
3. Stroke
4. Hernia.
5. Cervical and lumbar spondylitis ( Lower back problems )
6. Menstruation.
7. Pregnancy
8. Avoid doing before bed
9. Must be done on empty stomach

### Benefits:

혜택

1. Energizes the mind, overcomes sleeping and laziness
2. Activates the brain cells for clearer thinking.
3. Improves lung capacity and cleanses the lungs
4. Helpful for migraine, respiratory problems, diabetes.
5. Improves circulation.
6. Tones the digestive organs, reduces constipation and indigestion.
7. Strength the nervous system.

# NADI SUDDI – “ENERGY SHANNEL PURIFICATION

1. Heart conditions.
2. High/Low blood pressure.
3. Verigo and epilepsy
4. Menstruation.
5. Pregnancy after five months.

Nadi means a pathway of energy, SUDDI means purification. This practice purifies one's body. It works with two main pathway: Ida and Pingala nadis.

**Limitations:** Avoid retention in case of:

1. Heart conditions.
2. High/Low blood pressure.
3. Verigo and epilepsy
4. Menstruation.
5. Pregnancy after five months.

**Benefits:**

1. Balances the body, mind and breath
2. Balances all systems of the body (respiratory, cardiovascular, digestive, nervous, etc )
3. Improves lung capacity.
4. Relieves stress and anxiety
5. Good preparation for meditation
6. Helpful to balance emotions during pregnancy (practice without retention)

# UJJAYI “VICTORIOUS” PRANAYAMA

## **Limitations:**

1. None for simple variation without retention.

## **Benefits:**

1. Balances the body, mind and breath
2. Soothes the nervous system
3. Helps to relieve stress related problems (high blood pressure, tension, migraine, diabetes)
4. Improves lung capacity
5. Helpful for reducing insomnia
6. Prepares for meditation.

# BASTRIKA – “BELLOWS OF BLACKSMITH”

## **Limitations:**

1. Heart conditions.
2. Vertigo and epilepsy.
3. Hernia and stomach ulcer.
4. Slipped disc.
5. Avoid during menstruation.
6. Do not perform at night – as will keep you awake

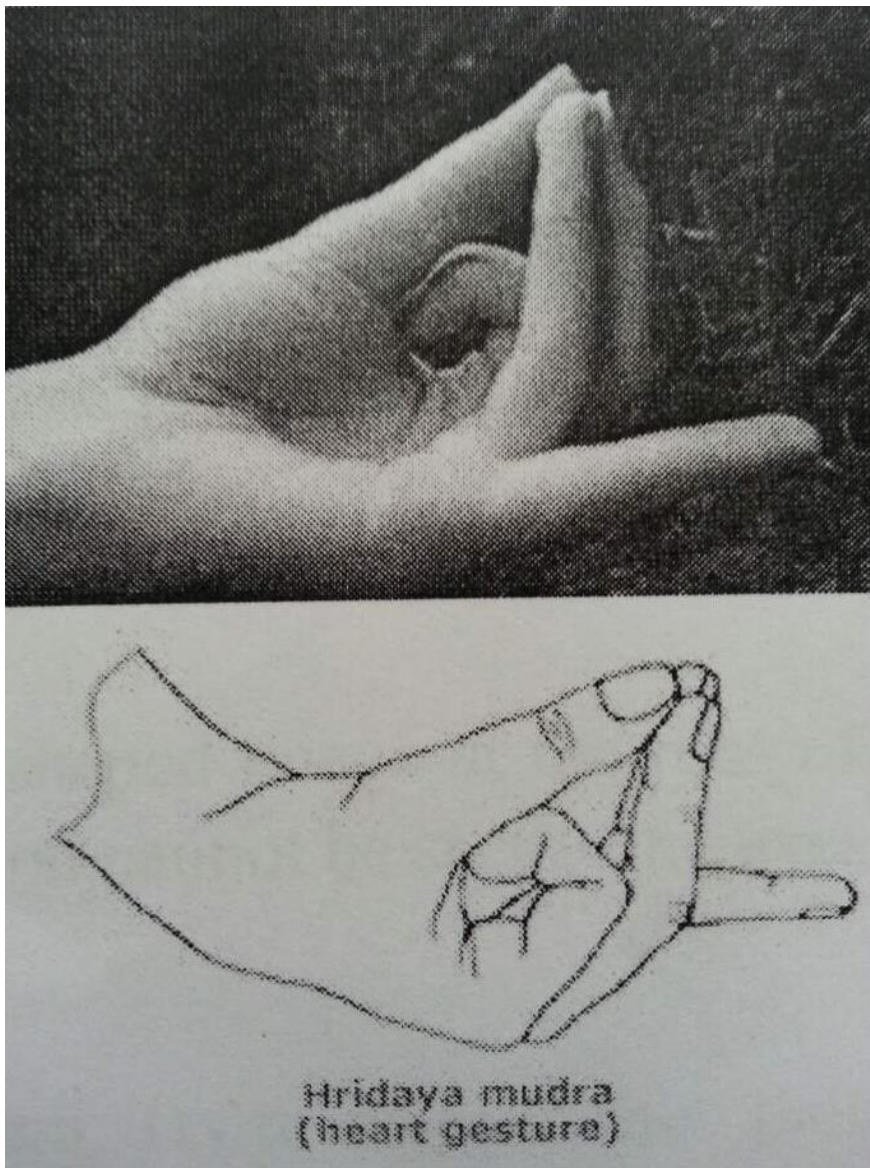
## **Benefits:**

1. Burns toxins, taking carbon dioxide out of system.
2. Helpful for breathing problems.
3. Improves lung capacity
4. Helpful for migraine
5. Strengthens the neuro-muscular system
6. Strengthens the abdominal muscles and organs.
7. Invigorates
8. Helpful for pregnancy ( without retention )

# HRIDAYA MUDRA (Heart Gesture)

## Benefits

This mudra diverts the flow of prana from the hands to the heart area, improving the vitality of the physical heart. The middle and ring finger relate directly to naadis connected with the heart, while the thumb closes the prana from the hands to those naadis. Hridaya mudra is therefore, beneficial for heart ailments, especially ischemic heart disease. It is very simple and may be used safely and easily in acute situations. The heart is the center of emotion. It may be practiced during emotional conflict and crisis.



## KEEP YOUR HEART FREE FROM ONE HOUR BY SLOWING THE MIND

In Korea medical defines obesity that comes from unbalance,  
For Example in china call moderation, in Buddhism calls majority opinion.  
They are just same meaning in different words.

I hope you and I are being good guidance person for whom does not know how to  
find a way into proper balance.

Thank you.

