

Can Group Yoga Therapy Replace Aerobic Exercises in Controlling Obesity in Young Adults?

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Abstract: Yoga and aerobics are the two main protocols used widely for the reduction of weight in obesity management. This study have taken these two as the main variables in analysing their efficiency in reducing weight. Methodology: Only male subjects with an age of 15 to 25 years and BMI value more than 26 participated in this clinical trial. Subjects were randomly assigned to two groups namely group A and B. Group A subjects received a set of aerobic exercises that included elliptical exercises, tread mill walking, cycling in magnetic stationary cycling, floor exercises like squats, jumps and lunges. Group B subjects received a set of kriya, asana, pranayama, mudras and bandha. Observation: Outcome measures used in this study are lipid profile variables namely Triglycerides, Total cholesterol, Low density lipoprotein, High density lipoprotein. Results of this study concluded that both YOGIC practice and aerobic training are effective in reducing the lipid profile abnormalities. Though there is no significant difference between the two groups at the end of the 6th week, the results suggest that YOGA practice results in a constant and steady correction of lipid profile value in obese young adults. So this study concludes that YOGA is an effective way of normalising the lipid profile values in obese young adults.

Keywords: Obesity, Weight Reduction, Yoga Exercises, Young Obese

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