

# **ABSTRACT**

## **ASSESSMENT OF INTEGRATED APPROACH OF YOGA THERAPY ON OBESITY USING ELECTRO PHOTONIC IMAGING**

### **Background and Introduction**

Obesity is becoming a serious global public health issue especially in developed countries. According to the World Health Organization (WHO), most of the diseases that today's generation is suffering from, obesity is one of the major causes. Today among 2.1 billion people, nearly 30% of the world's populations are either obese or overweight. EPI or Electro Photonic Imaging system allows for direct, real-time viewing and analysis of changes in the energy field of human. The instrument Gas Discharge Visualization (GDV) that is based on EPI principle, measures electron emission from fingertips. Variation in images correspond to changing health status in different organ system, here we determined the characteristics of these GDV images in obesity participants.

### **Methods**

Thirty-five participants with the age range from 20 to 60 years Obesity participants at Arogyadhama, in Prashanti Kuttiram of SVYASA Bangalore, Karnataka, India had participated in this study. All participants were given Integrated Approach of Yoga Therapy (IAYT) practice every day for one week according to Arogyadhama Schedule. The Gas Discharge Visualization assessments were taken before and after yoga.

### **Result**

There were significant reduction in the scores of Endocrine System Balance, Pancreas, and Digestive System-Balance. Other parameters like Systolic Blood Pressure, Diastolic Blood Pressure, Breath Holding Time, Weight, Body Mass Index, Mid Arm Circumference and Exercise- Avoidance motivation scale were found to be significantly changed. Also Hip circumference and Waist circumference slightly changed after the one week of IAYT intervention.

## **Conclusion**

The present study suggests that one week integrated Yoga therapy can improve the overall general well-being. This study provides strong evidence for use of GDV parameters in understanding obesity. Also findings show that one week of IAYT may bring a positive change in clinical parameters in obesity. Furthermore it may help in prevention and management of obesity.

## **Keyword**

Obesity, Integrated approach of yoga therapy, Electro Photonic Imaging