

OBESITY

Obesity is referred as excess of fat in body due to unhealthy habits of eating, Sleeping, daily work, modern life style and occurs also due to lack of physical activity, which led to stress upon human body and mind. The kind of stagnation found and stress occurs on body and mind which ultimately gives painful experience to spirit. Actually spirit of doing the work is most important as if it get loosed; it took much time to be recovered. Although it is subjected to consistency of work either on mental or physical level, however proper daily routine of food and exercise fulfills vigor to live again with positive energy. One cannot say that obese man always unhappy as it is subjected to individual dealing with obesity by birth as this type of individual could be adductive and senses of body had been well settled with such kind of obese homeostasis.

Scientifically, obesity found in human can be look into two ways-

- Obesity due to cell size
- Obesity due to cell number

Obesity, which is found due to increase in cell number in body, is most probably hard to tackle and found by birth inside human body. Similarly obesity, which is found due to increase in cell size, is easy to tackle and consider as a result of uneven bad habits like consuming junk food, no exercise habits etc.

Nowadays, obesity took a terrible shape in life of people as become reason behind multidimensional diseases like arthritis, thyroid, blood pressure, heart

attack and skin related diseases. To tackle these diseases, people are using medicine, operational and appetite treatment, which sometimes create body imbalances as a result, one disease disappear and other disease appears in human body. It is because of emphasis upon medicine and dependent on this.

Operational treatment includes removal of excess fat from body through operation. It is considered as hazardous and costly as it create problem in future to skin as skin infection and irritability as well as non-sensitiveness. Appetite treatment includes removal of fat by getting hungry and dependent on water and some nutrients which led to body on unnecessary stress.

Obesity may be defined as an abnormal growth of the adipose tissue due to an enlargement of fat cell size (hypertrophic obesity) or an increase in fat cell number (hyperplastic obesity) or combination of both.

Overweight is seen due to obesity but can arise from other causes such as abnormal muscle development or fluid retention.

When individual perform yoga, it tries to bring accurate natural shape to body thus by removing abnormalities on the part of adipose tissue. Even due to sedentary life style, which comes in human due to unlearned vision towards life and work, obesity enhances as a result of stress and anxiety. Yoga is a compound of mental and bodily exercises, consisting of unnatural restraint, forced and painful postures, twisting and contortions of limbs, suppression of the breath and utter abstinence of mind which removes stagnation, bring individual in light mood, felt relaxed. Often individual get abnormal muscle development by birth is

being improved by practice of yoga. To meet one to other is maxim of yoga. If condition of fluid retention found anywhere in body, performing yoga could be only way to treat the need of particular affected body part.

Naturopathy deals with natural way of curing person after getting familiar with their disease. The most important things are that it has no side effects. It arises the body's vital force i.e. its capacity to self-heal. Naturopathy treats variety of disorders such as fatigue, digestive complaints, mood disorders and depression, allergies and sensitivities, behavioral problems, chronic fatigue syndrome, musculoskeletal complaints such as arthritis, cardiovascular problems, fertility problem, endocrine disturbance and hormonal imbalances.

As we know, sometimes obesity is result of changing behavioral pattern, mood depression, and endocrine disturbance, hormonal imbalances etc. A naturopath tries to bring the behavioral pattern by healing person with tools which are naturally true and suited to highest philosophy of nature i.e. naturalism, idealism. It catalyses brain to stay tuned with nature. Thus, positivity improves depression, hormonal imbalances, endocrine disturbance and a natural homeostasis occurs which is essential for healthy and obese free living. Naturopathy always recommended fresh and unprocessed foods which include fiber rich food. It means obesity never want to come up with affected individual.