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Integration of traditional mind-body interventions with conventional weight loss therapy to restore homeostatic set point in obese individuals

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According to WHO expert consultation by 2015 more than 700 million individuals worldwide will be obese. The etiology of obesity is multifactorial with interaction between genetic, individual and environmental factors. Even if genetics plays an important role, behavioral factors like poor diet and physical inactivity are the main causes linked to obesity. Recent studies have reported that the role expression of food addiction problem and development of obesity. Moreover Binge Eating Disorder (BED) and overeating, particularly excessive consumption of palatable foods. It can also trigger a perturbation of the homeostatic set point. Conventional weight loss program that included the use of very low-calorie diets, behavioral programs, exercise, drug therapy, surgery as necessary and it should be individualized. Moreover, social, psychological and psychopathological variables are clear determinants in the development and treatment of obesity. The yoga-based lifestyle intervention program included yoga postures (asana), breathing exercises (pranayama) and lifestyle interventions. It has a beneficial impact on leptin that plays a key role in regulating energy intake and energy expenditure and also reduces the risk for cardiovascular events. Reducing obesity-related complications and changing dysfunctional behaviors should be typically carried out in a multidisciplinary context. The combination of mind body therapy, diet and exercise plans leads to better weight loss outcomes. To conclude, Yoga therapy can improve psycho-social-physiological wellbeing in obese population if practiced regularly along with other lifestyle modifications and drugs. Therefore, traditional breathing and relaxation techniques can be prescribed along with conventional therapy to restore homeostatic set point in obese individual.

Biography

Rajajeya Kumar Manivel has completed his MD Physiology (2006-2009) at JIPMER - An Institution of National Importance under the Ministry of Health & Family Welfare, Govt. of India. He worked as Research Assistant 2009-2012 in Advanced Centre for Yoga Therapy, Education and Research Lab and JIPMER. He did MSc Yoga in Annamalai University and completed ISAK Level 1 and 2 (2010-11). He has published more than 20 papers in reputed national and international journals. He is serving as an expert reviewer (>14) and editorial Board Member (>15) in many national and international journals.

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