

Editorial on Yoga in Weight-Loss

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INTRODUCTION

The practice of yoga supports physical, mental, and spiritual development that helps one to create best version of oneself. Yoga may also be an effective tool in weight loss. Losing weight has two important aspects, healthy eating, and exercise. Yoga poses for weight loss demand these aspects. Yoga is not just about a few poses that strengthen you. It has more benefits to offer such as:

- Increased flexibility
- Improved respiration
- Improved energy and vitality
- Balanced metabolism
- Improved athletic health
- Increased muscle tone
- Improved cardio health
- Weight reduction
- Stress management

The common yoga poses for weight loss are: Setu Bandh (Bridge Pose), Bhikasana, Dhanurasana, Shalbasana, Pawanmuktasana (Wind-releasing Pose), Ardha Matsyendrasana etc.

1. **Setu Bandh (Bridge Pose):** It helps to massage the thyroid gland, tone the body, boosts metabolism and aids in weight

loss. It also makes the process of digestion easier. This pose can be extremely helpful to sedentary working people.

2. **Bhikasana:** It is an advanced level yoga that needs to move all the body parts which removes fat from belly, arms, and legs therefore, aiding in weight loss. This Pose gives a gentle massage to your abdomen area that improves the digestive system and makes one healthy.
3. **Dhanurasana:** It is a basic posture in which body pose look like the shape of the Dhanush (bow). It helps to reduce belly fat fast. It Strengthens ankles, thighs, groins, chest and abdominal organs and spinal cord.
4. **Shalbasana:** Ardha shalabasana or the half locust pose is an excellent asana to work on hips, buttocks and thighs. It is a great pose to improve digestion and beat constipation. It also improves blood circulation, and regular practice of this pose helps control diabetes.
5. **Pawanmuktasana:** Eating too many calories promotes excess belly fat. This is one of the best asana to burn belly fat. Pawanmuktasana, also known as Gas Release Pose, will help reduce binge eating, improve mental health, promote regular bowel movements, and aid weight loss.
6. **Ardha Matsyendrasana:** As for weight loss, ardha matsyendrasana stretches the spine while toning thighs and abdominal muscles. It also stimulates digestive system by helping in digestion of food more efficiently, which aids in weight loss.

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