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## The effects of *yoga* on weight management

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**Y**oga is a technique and doctrine of almost 5,000 years. According to *Patanjali*, *yoga* is the period of conscious control of the mind. Yoga is the union with the universe, integrity, peacefulness, serenity and communicating with the whole universe at the same time. Today *yoga* mostly calls for breathing exercises, specific *yoga* postures (*asana*), even meditation only. In general, however, there are eight stages in all *yoga* genres. Originally, *yoga* was part of traditional Indian spiritual self-care and medical practice. Day by day, *yoga* has become a favourite practice to promote physical and mental well-being worldwide. Moreover, *yoga* was introduced to the western world in the 19th century. In the past few decades, it has been the subject of research and a therapeutic solution in many diseases such as diabetes, hypertension, dyslipidemia, coronary heart disease, mental stress, autoimmune conditions, and chronic obstructive pulmonary disease. Moreover, *yoga* has been found to be helpful in the management of obesity. Training of *yoga asnas* and *pranayama* for three uninterrupted months, one hour every day in the morning reduces body weight, waist-hip ratio and Body Mass Index (BMI). Similarly, In another study, a six-day *yoga* program led to decreased BMI, waist and hip circumference, fat-free mass as well as reduced total cholesterol, high-density lipoprotein and fasting serum leptin levels. R. Lauche et al., (2017) investigated the effects of *yoga*/meditation on body weight control and body satisfaction. They concluded that *yoga*/meditation users with normal BMI appear to be more satisfied with their body weight and shape than non-*yoga*/meditation users. While women with normal BMI or overweight tend to rely on healthy weight control methods, women with obesity occasionally using *yoga*/meditation may more likely utilize unhealthy weight control methods. More research is needed to better understand the effects of *yoga* on body weight management and weight regulation.

### Biography

Yunus Emre Uzun graduated from Gazi University, Department of Nutrition and Dietetics in 2013. He is currently pursuing his Master's Degree in the Department of Nutrition and Dietetics at Okan University. He lives in Istanbul and continues his career with the brand, "Life with Enjoyment". His areas of expertise are Obesity, Weight Management and Eating Disorders. He also provides nutritional counseling services for institutional firms.

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