CONCLUSION

From the present study, it is observed that a significant decrease in body weight, BMI, waist circumference and both systolic and diastolic blood pressure, MDA, improvement in lipid profile and significant positive improvement in oxidative stress level in both obese and overweight subjects who practiced yoga for a period of 6 months.

Most of these effects can be related to changes in the body weight observed in the study subjects. Mechanisms by which yoga aids with weight loss or maintenance may be due to: (a) increased expenditure of energy during yoga practice; (b) heightening mindfulness, improving mood, and decreasing stress, which may lead to a reduction in intake of food; and (c) enabling individuals to feel more connected to their bodies, leading to enhanced awareness of satiety and the discomfort of overeating. Thus, yoga appears to be promising as a way to assist with behavioural change, weight loss, and maintenance.

Hence, there is a need to provide a better recognition to yoga by the health care community as a complement to conventional medical care especially in obesity and overweight, as it is proved to have fewer side effects.

Limitations of the study

1. The present study had unequal number of subjects in overweight and obese groups.

2. Few subjects discontinued the intervention after three months of yoga practice.

3. In the present study only one oxidative marker was measured to know the oxidative stress and total antioxidant status was assessed instead of individual antioxidant substances.

Recommendations of the study

1. Long term studies can be planned to see whether the positive effects found in the present study can be sustained.

2. Multicentre studies with more number of subjects in each group may help in the better understanding of effect of yoga in overweight and obesity.
3. Molecular studies of proteins associated with oxidative stress may help in elucidate the mechanism behind reduction in oxidative stress following yoga practice in overweight and obesity.