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## Yoga for LIFE STYLE Related Problems

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It is common knowledge that with a change in lifestyle nowadays there is an increase in lifestyle related problems. One of the problems most commonly talked about is a change in eating habits. This includes a change in the quality, quantity, and way in which food is eaten. This has led to a number of health problems, one of them is obesity. Our studies have demonstrated that yoga is of benefit to people who are overweight as well as those who are obese, helping them to reduce their body mass index, waist circumference, hip circumference, gain better hand grip strength, and better postural stability. It was also of interest to understand whether certain hormones which act on the hypothalamus and possibly regulate feeding and satiety behaviors also change with yoga practice. This would suggest that yoga practice helps to correct obesity by correcting the cause, which is an imbalance in the brain between feeling satiated and feeling hungry. More recently there is also a special interest in central obesity and the possibility that the adipose tissue is deposited around the viscera which could affect the proper functioning of these organs. Yoga practice has helped to reduce central obesity and the consequences of visceral adiposity. Another consequence of changes in lifestyle is an increase in mental stress and in the tendency to think neurotically. Yoga can have a beneficial effect by reducing stress and modifying thinking patterns. In summary yoga practice can definitely contribute to reducing the factors which contribute to lifestyle related disorders, and hence has a role in preventing disease and promoting positive health.

**Key words:** lifestyle related problems; obesity; visceral adiposity; mental stress; neuroticism