

GOVERNANCE OF OBESITY AND DEFORMITIES IN POSTURE CURED VIA SPORTS ACTIVITY

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Abstract:

Physical activity is the only source that can effectively reduce the accumulated excess fat in an individual. Though sufficient awareness is created among the people suffering from obesity, their approach towards the same isn't promising at all. The obese people are willing to offer time for any kind of clinical treatments, irrespective of the time and money. Some of the sports involve rigorous physical activity. These activities are rigorous enough to burn the excess fat stored in the body and when followed as per recommendations, can really reflect in form of improved health and fitness. This paper insists on one such practice of suggesting a physical activity as an equivalent for clinical treatments and for obesity induced Forward Head Posture (FHP) deformities.

Keywords: Obesity, forward head posture, sports physical activity

Introduction:

Presently three out of four peoples are found to be suffering from over weight (obesity) which is due to the excess amount of fat accumulated in adipose tissue. This is because of high Junk food intake (Oil, High Carbohydrate, Fat etc.,) and less or no physical activity. The lack of awareness towards benefit of fit physic and physical activity are also the major factor for the increase number of obesity people. Obesity also cost by due to various other problem such as genetic disorder, acquired auto immune disorder, physical challenged etc., all type of obesity creates many health issues for the people which reduces their moral, ethical values, resulting in depression and other mental issues. Along with these obesity also restricts the individuals from performing regular activities such as jumping, fast moving forward, walking, climbing stairs, onset of arthritis and problem in vital joints in body. One of the joint that gets affected is neck joint the pain and ache at neck joint due to obesity develop or mature in to a forward head posture deformities. To correct this problem wide range of clinical come physiotherapy tool available but these is effective only for the short time. For permanent recovery longer duration of appropriate physiotherapy treatment such as traction is frequently required along with cooperation from the patient

due to the time consuming and intense physiotherapy sessions the patient feel deformities and depressed this psychological deformities further develops problems for the patient. Thus we suggest a competitive treatment through sports training. The game of Badminton is suggested as treatment for obesity induced forward head posture. The same has been validated through our research finding. The future elucidation through our study are presented via treating two obese people with neck joints ailment.

Obesity is a chronic disease which has spread all over the world and threatens public global health. The phenomenon of obesity has drawn the attention of the scientific community, organizations and governments worldwide because it affects people's lives negatively and imposes excessive financial implications in every health system. In addition, obesity has been the major interest in health sciences and many research studies have focused not only on the prevalence and the risk factors of obesity but also on the significant consequences on the quality of patients' life. Furthermore, is associated with increased incidence of type 2 diabetes mellitus, hypertension, coronary heart disease, arthritis, sleep apnea, and certain forms of cancer.

Assessment of Obesity

- **Body mass index (BMI)**
- **Anatomic differences in fat deposition**
- **Biochemical differences in regional fat depots**
- **Size and number of fat cells**

Purpose of the Study:

The main purpose of the study is to reduce the excess fats by doing physical activity in daily routine. The prevalence of obesity in India varies due to age, gender, geographical environment, socio-economic status. According to ICMR-INDIAB 2015, prevalence obesity are varies from 11.8% to 31.3% and 16.9% - 36.3% respectively. So the main purpose this study is to find out the treatment of deformities in joints through corrective exercise and also correct these deformities through walking and running activities in daily routine.

Obesity:

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. People are generally considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight by the square of the person's height, is over 30 kg/m², with the range 25–30 kg/m² defined as overweight. Obesity is a common issue that is defined by having a high percentage of body fat. A body mass index (BMI) of higher is an indicator of obesity. Usually, obesity results from a combination of inherited factors, combined with the environment and personal diet and excess choices. The good thing is that even modest weight loss can improve or prevent the health problems associated with obesity. Dietary changes, increased physical activity and behaviour changes can help you lose weight. Prescription medication and weight-loss procedures are additional options for treating obesity.

Symptoms:

Obesity is diagnosed when your body mass index (BMI) is 30 or higher. To determine your body mass index, divide your weight in pounds by your height in inches squared and multiply by 703. Or divide your weight in kilograms by your height in meters squared.

BMI..... Weight status

Below 18.5 Underweight

18.5 to 24.9..... Normal

25.0 - 29.9..... Overweight

30.0 and higher ... Obesity

Forward Head Posture (FHP)

Normally the center of the ear should align with the center of the shoulder in the vertical axis (Sagittal plane) and that position is accepted as a normal head posture. When there is a forward tilt of the head from the accepted normal head position in any degrees it is called as forward head posture.

Causes of FHP and Obese:

The head is almost a pronounced forward/downward flexion of the neck most times during the simple routine jobs like handling a cell phone, handling a laptop / PC, bending down to pick up or drop weights, sleeping position, driving vehicles, less or no physical activity etc in this certain occupational hazards put immense strain on the muscles and joints. Particularly the delicate joint of the vertebral column. In generally the obese peoples may have more stress and strain on their neck region. Due to improper weight

distribution on their body during sitting, standing, walking etc., therefore it is imperative that the stress and strain sustained by such joints needs to be analysed, so that suitable remedial exercise could be suggested in order to counter the overload or strain. Most of the study prove physical activity can reduce the obese. The human body was not designed for prolonged periods of sitting or sedentary lifestyles. Our bodies automatically adapt to our environment and when we continually place ourselves in sub-optimal positions such as hours of sitting, certain muscles that are responsible for good posture will weaken and tighten. As the body follows where the head goes, if you have a forward head posture, your shoulders will also hunch forward with it.

Methodology:

There are several method to treat for obese and FHP namely Bariatric surgery, which involves sealing off most of the stomach to reduce the quantity of food you can consume, can be an effective means for morbidly obese people to lose weight and maintain that weight loss. Gastric Sleeve – feel less hungry & full sooner while eating. Gastric Bypass – feel full sooner while eating & absorb fewer minerals. Duodenal Switch – feel less hungry & full sooner while eating, absorb fewer calories and minerals. Lap-Band – feel full sooner while eating (but high failure rate). Gastric Balloon – temporarily feel full sooner while eating (balloon removed after 6 months). vBloc Therapy – feel full between meals & less hungry while eating. Aspire Assist – drain a portion of stomach contents after eating. Ayurveda helps in weight loss. Homeopathy medicine for obesity. Naturopathy to treat obesity. Unani medicine for obesity.

Physical Activity Method:

The game of Badminton is suggested as treatment for obesity induced forward head posture Badminton is a racket sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles). The player uses a badminton racket to hit a shuttle cock across a net and into the opponent's court. The nature of the game is such that the players head movement is mostly in upward and posterior backward direction(Hyper extinction of the neck)frequently (long duration) doing this movement which can helps to reduce (cure) the FHP. Minimum of 45 min playing (hitting the cock) a game our body splint more energy and also it switch over to fat as an energy source it can helps to reduce obese.

The Method of Yoga : Yoga Asana is suggested as treatment for obesity induced forward head posture Doing some Yoga Asana helps to reduce FHP namely bhujangasana, machasanam, pirai asana etc., Some study prove Surya namaskar helps to reduction of the obesity. Stretching also one of the method help to reduce the FHP.

- Consume less processed and Sugary foods.
- Eat more serving of vegetables and fruits.
- Eat plenty of dietary fiber.
- Focus on eating dietary fiber.

Changing your habits

Changing your eating and physical activity habits and lifestyle is difficult, but with a plan, effort, regular support, and patience, you may be able to lose weight and improve your health. The following tips may help you think about ways to lose weight, engage in regular physical activity, and improve health over the long-term.

- **Be prepared for setbacks—they are normal.** After a setback, like overeating at a family or workplace gathering, try to regroup and focus on getting back to your healthy eating plan as soon as you can. Try to eat only when you're sitting at your dining room or kitchen table. At work, avoid areas where treats may be available. Track your progress using online food or physical activity trackers, such as the Body Weight Planner, that can help you keep track of the foods you eat, your physical activity, and your weight. These tools may help you stick with it and stay motivated.
- **Set goals.** Having specific goals can help you stay on track. Rather than “be more active,” set a goal to walk 15 to 30 minutes before work or at lunch on Monday and Friday. If you miss a walk on Monday, pick it up again Tuesday.
- **Seek support.** Ask for help or encouragement from your family, friends, or health care professionals. You can get support in person, through email or texting, or by talking on the phone. You can also join a support group. Specially trained health professionals can help you change your lifestyle.

Weight-management programs

Some people benefit from a formal weight-management program. In a weight-management program, trained weight-management specialists will design a broad plan just for you and help you carry out your plan. Plans include a lower-calorie diet, increased physical activity, and ways to help you change your habits and stick with them. You may work with the specialists on-site (that is, face-to-face) in individual or group sessions. The specialists may contact you regularly by telephone or internet to help support your plan. Devices such as smartphones, pedometers, and accelerometers may help you track how well you are sticking with your plan.

Some people may also benefit from online weight-management programs or commercial weight-loss programs.

Weight-loss medicines

- When healthy eating and physical activity habits are not enough, your doctor may prescribe medicines to treat overweight and obesity.
- You should try to stick with your healthy eating plan and continue getting regular physical activity while taking weight-loss medicines.
- You may see ads for herbal remedies and dietary supplements that claim to help you lose weight. But many of these claims are not true. Some of these supplements can even have serious side effects. Talk with your doctor before taking any over-the-counter herbal remedies or dietary supplements for the purpose of trying to lose weight.

Bariatric surgery

Bariatric surgery includes several types of operations that help you lose weight by making changes to your digestive system. Bariatric surgery may be an option if you have extreme obesity and haven't been able to lose enough weight to improve your health or keep from gaining back the weight you lost with other treatments. Bariatric surgery also may be an option at lower levels of obesity if you have serious health problems, such as type 2 diabetes or sleep apnea, related to obesity. Bariatric surgery can improve many of the medical conditions linked to obesity, especially type 2 diabetes.

Discussion:

Out of whole world population majority of the adults above 18 or over of both the sexes are considered to be obese. So obesity is a medical condition that occurs when a person carries excess weight or body fats which may affect the health and causes negative impact on the body. It is generally caused by the excess consumption of junk food or high amount of sugar. When these consumed fat is not burned off through physical exercise or activity it accounts on the accumulation of surplus body fats. When not treated early the person would have to go for surgical methods unless required. So on whole exercises are the most effective way to prevent deformities which arises due to obesity. Thus healthy habits leads to healthy life.

Conclusion :

Obesity is a serious and highly prevalent disease associated with increased morbidity and mortality. Health care providers must take an active role in the identification, evaluation, and treatment of high-risk

individuals. FHP is a fairly common condition characterized by forward placement of the head and neck, past the shoulders. Finally sports (physical Activity) is the one of the tool which help to prevent, reduce and cure the some of the disease and deformities. A healthy diet and exercising two to three times a week is key to not becoming obese and other problems. Let's change the trend of obesity/FHP by living healthy lives and building towards a healthy India.

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