

## ***Abstract***

**Background:** Obesity is a global health disorder which is growing rapidly. Obesity is the cause for many non-communicable diseases and is increasing in Indian urban areas among male adults. The present available solutions for urban obesity control have limitations and further research is needed.

**Aim:** To study the effect of IAYT (Integrated Approach of Yoga Therapy) yoga module on the urban male obese.

### **Materials and Methods:**

A parallel group RCT (Randomized Controlled Trial) was conducted for six months on obese male in Anushaktinagar, Mumbai. The total number of subjects was 80 and 72 completed the intervention (Yoga n=37, Control n=35), consisting of; Yoga group (Age 40.03±8.74, BMI 28.7±2.35) and Control group (Age 42.20±12.06, BMI 27.70±2.05). IAYT was given to yoga group for fourteen weeks and for the next three months they continued IAYT practice at home. The Control group was asked to do normal routine physical routine activity like walking, in place of yoga intervention to the Yoga group.

**The assessments:** Anthropometric, Body composition and Psychological parameters were assessed. The body composition was assessed using BIA (Bioelectric Impedance Analysis) method using InBody R20 instrument. Assessments were done at baseline after three months and after 6 months, for both Yoga and Control groups.

Using SPSS 21 version, statistical analysis was carried out. Within group and between group analysis for pre post and follow up were carried out. To find out the relative improvements from pre to post among the variables, the correlation analysis was carried out.

**Results:** The anthropometric body composition and psychological parameters were improved in both the groups but changes were significant in Yoga group. The improvements were slightly reduced during the follow up period.

**Conclusion:** Incorporating the IAYT for obese male in urban setting will be effective for controlling the obesity and for reducing the obesity related psychological problems.

**Key words:** Obesity BMI Skinfold