PREAMBLE

There is no way to peace. Peace is the way”

“Heyam dukkam anagatham” says Maharishi Patanjali thus warning us to identify and prevent those miseries that are yet to manifest. This is a very same approach to Yoga therapy and is true in the case of the modern pandemic of obesity that is threatening the health and subsequently even the wealth of the entire world. Early identification and classification of obesity is vital for managing the disorder and for effective prevention of the progressive complications. The natural progression of the disorder is from a state of being overweight to being obese and ultimately to ending up being morbidly obese. If this is not controlled in the early stage with the right management then many complications begin to appear on the symptomatic horizon with a potential to cause death and disability for millions around the globe. Yoga plays an important role in managing obesity and can help us prevent the manifold complications that may arise from it later. Chronic Stress can significantly affect many of the body's immune systems, as can an individual's perceptions of, and reactions to, stress. The term psychoneuroimmunology is used to describe the interactions between the mental state, nervous and immune systems, as well as research on the interconnections of these systems. Immune system changes can create more vulnerability to infection, and have been observed to increase the potential for an outbreak of psoriasis for people with that skin disorder.