

## **LONGER AND HEALTHIER LIFE THROUGH WEIGHT CONTROL: A REVIEW**

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### **ABSTRACT**

This is the era of technology, speed and globalization. Even though these have made our life easy and comfortable, they have lead to series of life style disorders across the globe. Obesity is emerging as the leading non communicable disease affecting the major proportion of population in their productive period even though there are dozens of treatments modalities available to manage obesity. The food and life style have major role in combating the problem of obesity. Hence an effort has been done in this review article to summarize the valuable suggestions given by the ancient Ayurvedic scholars along with glimpses of modern dietetics with special reference to obesity. Incorporating necessary life style changes like regular exercise, Pranayama, Yogasana and taking balanced diet should be the overriding goal for longer and healthier life.

**Keywords:** Obesity, Diet, Exercise, Ayurveda.