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Abstract:

Fatness (Obesity) is a complex, chronic disease with several scientific causes that lead to excessive body fat, Navagrahas plays a significant role for each and every causes. Although the planet Jupiter is considered to be the cause of obesity, under certain circumstances, all nine planets can also cause physical size and weight to increase. Due to the influence of Mars, Saturn, Rahu, and Ketu, people remain slim and thin. People who have a strong moon are chubby from birth. But with time, their physical development takes place in the right proportion.

Key Words: Fatness, Planets, Overeating, Indigestion, Constipation, Inactivity, Poor Sleep, Hormonal, Stress, Genetics, Ageing Maternity, Body Composition Analysis, Anthropometric Assessment, Multi-Component Models, Classification of obesity,

Introduction:

Fatness (Obesity) is a very common problem, now emerging in India. 20 million Indians are obese and by 2025 this number is expected to rise up to 68 million. It is generally believed that in India only under nutrition is rampant and obesity is a rare occurrence. This is far from truth, as in the year 2000 national survey showed that 25% men and 36% women above 20 years of age were overweight. Obesity is a pathological condition in which excess body fat accumulated, leading to adverse effects on health and life expectancy. It is a chronic disorder with the complex interactions between genetic and environmental factors. It characterized by high cholesterol, fatty acid levels; imbalance in metabolic energy; insulin desensitization; lethargy, gallstones; high blood pressure; shortness of breath; emotional and social problems; and excessive adipose mass accumulation with hyperplasia and hypertrophy. Pathological obesity is associated with several secondary commodities like heart disease, type 2 diabetes, breathing difficulties during sleep, cancer, and osteoarthritis. It is most commonly caused by a combination of excessive dietary calories, lack of physical activity, and genetic susceptibility. Evidence to support this view is that some obese people eat little yet gain weight due to slow metabolic rate. The primary treatment for obesity is dieting and physical exercise. To supplement this, or in case of failure, anti-obesity drugs may be taken to reduce appetite or inhibit fat absorption. In severe cases, surgery is performed or an intragastric balloon is placed to reduce stomach volume and/or bowel length, leading to earlier satiation and reduced ability to absorb nutrients from food.

Obesity has a tremendous medical, social and economic impact on individuals and society as a whole. The prevalence of this chronic disease is likely to rise further unless concerted efforts are made at individual, social, environmental levels to treat and prevent obesity. Quacks take advantage of this and try to steer away people from legitimate medical treatment. Everybody believes that dieting means starvation and exercise is the only solution for obesity not realizing that strenuous exercise may damage the heart and the weight bearing joints which are already overburdened in an obese individual. For it is calculated that 14 kg's extra weight doubles the load on the heart and the body. The most important way to treat a global epidemic of obesity is to introduce lifestyle modifications. Our lifestyles have changed drastically during the last few decades. We are consuming more and more junk food, chocolates, sweets and soft drinks. Fast food restaurants have taken over our lives. In addition we are relying on technology such as cars, elevators and other methods that prevent us from moving. This increase in energy intake and reduction in activity levels leads to major rise in the number of overweight and obese people. Overweight is caused by an imbalance in energy intake and energy expenditure leading to an increase in body weight which includes fat bone and muscle. Obesity on the other hand is defined as an excess of body fat. Not only is obesity a result of an energy imbalance but other lifestyle, psychological and social factors have a major role to play as well.

Obesity Definition:

Obesity also called corpulence or fatness, excessive accumulation of body fat, usually caused by the consumption of more calories than the body can use. The excess calories are then stored as fat, or adipose tissue. Obesity was traditionally defined as an increase in body weight that was greater than 20 percent of an individual's ideal body weight—the weight associated with the lowest risk of death, as determined by certain factors, such as age, height, and gender. Based on these factors, overweight could then be defined as a 15–20 percent increase over ideal body weight. However, today the definitions of

overweight and obesity are based primarily on measures of height and weight not morbidity. These measures are used to calculate a number known as body mass index (BMI). This number, which is central to determining whether an individual is clinically defined as obese, parallels fatness but is not a direct measure of body fat. Interpretation of BMI numbers is based on weight status groupings, such as underweight, healthy weight, overweight, and obese, that are adjusted for age and sex. For all adults over age 20, BMI numbers correlate to the same weight status designations; for example, a BMI between 25.0 and 29.9 equates to overweight, and 30.0 and above to obesity. Morbid obesity (also known as extreme, or severe, obesity) is defined as a BMI of 40.0 or higher.

Obesity Assessment:

Obesity can be determined by many methods, some of which are quite simple, while others are complex or sophisticated. These methods of assessment include the body mass index or BMI, other anthropometric methods, skin fold callipers that measures percent body fat and high technology or advanced methods.

Anthropometric Assessment and Body Composition Analysis:

1. Skinfold Calipers: Skinfold measurements have been used to estimate body fat for over 50 years. Skinfold calipers measure the thickness of subcutaneous fat, the fat underneath the skin, at certain body locations. Measurements are taken at either 3 or 7 different sites on the body. The specific sites used vary in men and women. For women, the triceps, area above the hip bone and either the thigh or abdomen are used for the 3-site measurement. For a 7-site measurement in women, the chest, area near the armpit and area beneath the shoulder blade are also measured. For men, the 3 sites are the chest, abdomen and thigh, or the chest, triceps and area beneath the scapula. For a 7-site measurement in men, the areas near the armpit and beneath the shoulder blade are also measured.



Advantages: Skinfold calipers are very affordable, and measurements can be taken quickly. They can be used at home but are also portable.

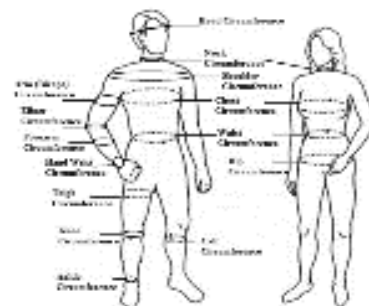
Disadvantages: This method requires practice and basic anatomy knowledge. Also, some people don't enjoy getting their fat pinched.

Availability: Calipers are affordable and easy to purchase online.

Accuracy: The skill of the person performing the skinfolds can vary, impacting the accuracy. Measurement errors can range from 3.5–5% body fat.

Summary: Estimating body fat percentage with skinfold calipers is affordable and relatively simple once we know how to do it. However, the accuracy depends on the skill of the person performing the assessment.

2. Anthropometry (Body Circumference Measurements): Body shape varies from person to person, and the shape of our body provides information about our body fat. Measuring the circumference of certain body parts is a simple method of body fat estimation. For example, the US Army uses a body fat calculation that simply requires an individual's age, height and a few circumference measurements. For men, the circumferences of the neck and waist are used in this equation. For women, the circumference of the hips is also included.



Advantages: This method is easy and affordable. A flexible measuring tape and calculator are all we need. These tools can be used at home and are portable.

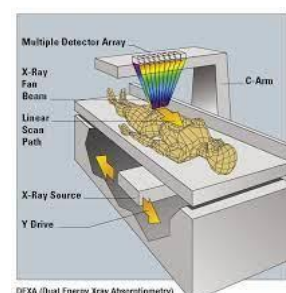
Disadvantages: Body circumference equations may not be accurate for all people due to differences in body shape and fat distribution.

Availability: A flexible measuring tape is easily available and very affordable.

Accuracy: The accuracy can vary widely based on our similarity to the people used to develop the equations. The error rate can be as low as 2.5–4.5% body fat, but it can also be much higher.

Summary: Using body circumferences to estimate body fat is quick and easy. However, the accuracy of this method can vary widely and is not considered an ideal method of measuring body fat percentage.

3. Dual-Energy X-ray Absorptiometry (DXA): As the name implies, DXA uses X-rays of two different energies to estimate our body fat percentage. During a DXA scan, we lie on our back for approximately 10 minutes while an X-ray scans over us. The amount of radiation from a DXA scan is very low. It's about the same amount we receive during three hours of our normal life. DXA is also used to assess bone density and provides detailed information about the bone, lean mass and fat in separate body regions (arms, legs and torso).



Advantages: This method provides accurate and detailed information, including a breakdown of different body regions and bone density readings.

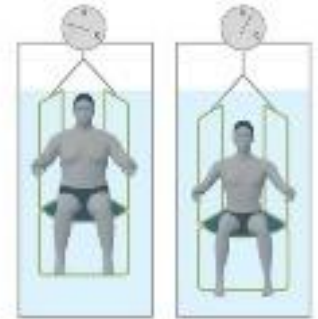
Disadvantages: DXAs are often unavailable to the general public, expensive when available and deliver a very small amount of radiation.

Availability: A DXA is typically only available in medical or research settings.

Accuracy: A DXA provides more consistent results than some other methods. The error rate ranges from 2.5–3.5% body fat.

Summary; DXA is more accurate than many other methods of assessing body fat percentage. However, it's often unavailable to the general population, fairly expensive and not feasible for regular testing.

4. Hydrostatic Weighing: This method, also known as underwater weighing or hydrodensitometry, estimates our body composition based on its density. This technique weighs us while submerged under water after exhaling as much air as possible from our lungs. We are also weighed while we are on dry land, and the amount of air left in our lungs after we exhale is estimated or measured. All of this information is entered into equations to determine the density of our body. Our body's density is then used to predict our body fat percentage.



Advantages: It's accurate and relatively quick.

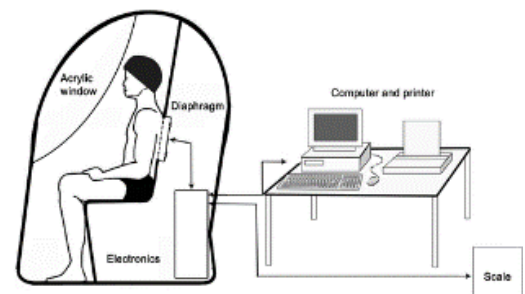
Disadvantages: It's difficult or impossible for some individuals to be fully submerged under water. The method requires breathing out as much air as possible, then holding our breath underwater.

Availability: Hydrostatic weighing is typically only available at universities, medical settings or certain fitness facilities.

Accuracy: When testing is performed perfectly, the error of this device can be as low as 2% body fat.

Summary: Hydrostatic weighing is an accurate way to assess our body fat. However, it's only available at certain facilities and involves holding our breath while being completely submerged in water.

5. Air Displacement Plethysmography (Bod Pod): Similar to hydrostatic weighing, air displacement plethysmography (ADP) estimates our body fat percentage based on the density of our body. However, ADP uses air instead of water. The relationship between the volume and pressure of air allows this device to predict the density of our body. We sit inside an egg-shaped chamber for several minutes while the pressure of the air inside the chamber is altered. To obtain accurate measurements, we need to wear skin-tight clothing or a bathing suit during testing.



Advantages: The method is accurate and relatively quick, and it does not require being submerged in water.

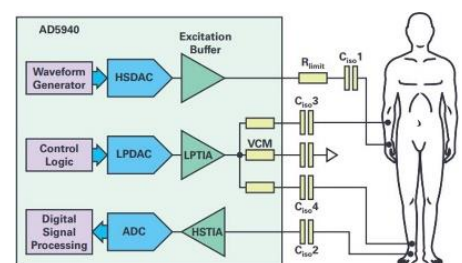
Disadvantages: ADP has limited availability and can be expensive.

Availability: ADP is typically only available at universities, medical settings or certain fitness facilities.

Accuracy: The accuracy is very good, with an error rate of 2–4% body fat.

Summary: The Bod Pod is the main ADP device currently used. It predicts our body fat with air rather than water. It has good accuracy, but it's typically only available at certain medical, research or fitness facilities.

6. Bioelectrical Impedance Analysis (BIA): BIA devices detect how our body responds to small electrical currents. This is done by placing electrodes on our skin. Some electrodes send currents into our body, while others receive the signal after it has passed through our body tissues. Electrical currents move through muscle easier than fat due to the higher water content of muscle. The BIA device automatically enters our body's response to the electrical currents into an equation that predicts our body composition. There are many different BIA devices that vary widely in cost, complexity and accuracy.



Advantages: BIA is quick and easy, and many devices can be purchased by consumers.

Disadvantages: The accuracy varies widely and can be greatly affected by food and fluid intake.

Availability: While many units are available to consumers, these are often less accurate than the expensive devices used in medical or research settings.

Accuracy: Accuracy varies, with an error rate that ranges from 3.8–5% body fat but may be higher or lower depending on the device used.

Summary: BIA devices work by sending small electrical currents through our body to see how easily they travel through our tissues. Many different devices are available, although advanced devices produce more accurate results.

7. Bioimpedance Spectroscopy (BIS): BIS is similar to BIA in that both methods measure the body's response to small electrical currents. BIS and BIA devices look similar but use different technology. BIS uses a much larger number of electrical currents than BIA, in addition to high and low frequencies, to mathematically predict our amount of body fluid. BIS also analyzes the information differently, and some researchers believe that BIS is more accurate than BIA. However, similar to BIA, BIS uses the body fluid information it gathers to predict our body composition based on equations. The accuracy of both of these methods depends on how similar we are to the people for whom these equations were developed.

Advantages: BIS is quick and easy.

Disadvantages: Unlike BIA, consumer-grade BIS devices are not currently available.

Availability: BIS is typically only available at universities, medical settings or certain fitness facilities.

Accuracy: BIS is more accurate than consumer-grade BIA devices but has a similar error rate to more advanced BIA models (3–5% fat)

Summary: Similar to BIA, BIS measures our body's response to small electrical currents. However, BIS uses more electrical currents and processes the information differently. It's fairly accurate but mostly used in medical and research settings.

8. Electrical Impedance Myography (EIM): Electrical impedance myography is a third method that measures our body's response to small electrical currents. However, while BIA and BIS send currents through our whole body, EIM sends currents through smaller regions of our body. Recently, this technology has been used in inexpensive devices that are available to consumers. These devices are placed on different parts of the body to estimate the body fat of those specific areas. Because this device is placed directly on specific body regions, it has some similarities to skinfold calipers, although the technologies are very different.

Advantages: EIM is relatively quick and easy.

Disadvantages: Very little information is available about the accuracy of these devices.

Availability: Cheap devices are available to the general public.

Accuracy: Limited information is available, although one study reported 2.5–3% error relative to DXA

Summary: EIM injects electrical currents into small body regions. Portable devices are placed directly on different body parts to estimate the body fat percentage at those locations. More research is needed to establish the accuracy of this method.

9. 3-D Body Scanners: 3D body scanners use infrared sensors to get a detailed look at the shape of our body. The sensors generate a 3-D model of our body. For some devices, we stand on a rotating platform for several minutes while the sensors detect our body shape. Other devices use sensors that rotate around our body. The scanner's equations then estimate our body fat percentage based on our body shape. In this way, 3-D body scanners are similar to circumference measurements. However, a greater amount of information is provided by a 3-D scanner.

Advantages: A 3-D body scan is relatively quick and easy.

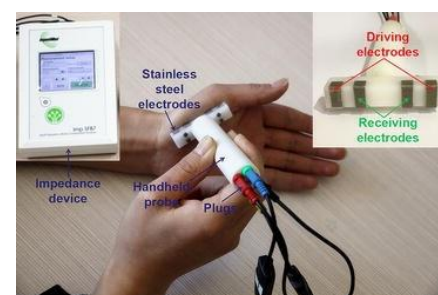
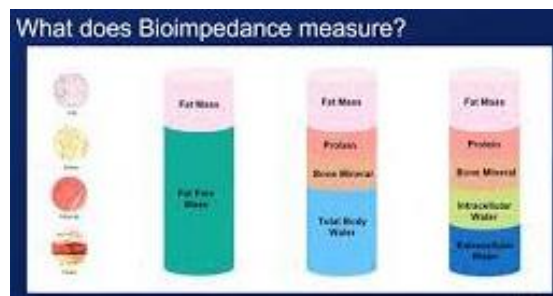
Disadvantages: 3-D body scanners are not commonly available but gaining popularity.

Availability: Several consumer-grade devices are available, but they're not as affordable as simple circumference-measurement methods like skinfold calipers.

Accuracy: Limited information is available, but some 3-D scanners may be fairly accurate with errors of around 4% body fat.

Summary: 3-D scanners are a relatively new method of assessing body fat percentage. The method uses information about our body shape to predict our body fat percentage. More information is needed about the accuracy of these methods.

10. Multi-Compartment Models (the Gold Standard): Multi-compartment models are considered to be the most accurate method of body composition assessment. These models split the body into three or more parts. The most common assessments are called 3-compartment and 4-compartment models. These models require multiple tests to get estimates of body mass, body volume, body water and bone content.



This information is obtained from some of the methods already discussed above. For example, hydrostatic weighing or ADP can provide body volume, BIS or BIA can provide body water and DXA can measure bone content. Information from each of these methods is combined to build a more complete picture of the body and obtain the most accurate body fat percentage.

Advantages: This is the most accurate method available.

Disadvantages: It's often unavailable to the general public and requires multiple different assessments. It's more complex than most other methods.

Availability: Multi-compartment modeling is typically only available in select medical and research facilities.

Accuracy: This is the best method in terms of accuracy. Error rates can be under 1% body fat. These models are the true "gold standard" that other methods should be compared to

Summary: Multi-compartment models are very accurate and considered the "gold standard" for body fat assessment. However, they involve multiple tests and are not typically available to the general public.

Multi-Component Models - Body Composition

Level	Body composition model	No. of Components	Components
Atomic Level	N and other elements Hydrogen Carbon Oxygen	11	$BM = H + O + N + C \cdot Na + K + Cl + P + Ca + Mg + S$ Hydrogen, Oxygen, Nitrogen, Carbon, Sodium, Potassium, Calcium, Phosphorus
Molecular (Chemical) Level	Minerals, CHO, and other Molecules Protein Lipid Water	6	$BM = \text{Fat Mass (FM)} + \text{Total Body Water (TBW)} + \text{Total Body Protein} \cdot \text{Minerals, CHO, and other Molecules}$
		4	$BM = FM + \text{Total Body Water} + \text{Total Body Protein} + \text{Minerals}$
		3	$BM = FM + \text{Total Body Water} + \text{nonfat solids}$
		3	$BM = \text{Fat Mass (FM)} + Mo + \text{residual}$
		2	$BW = \text{Fat Mass (FM)} \text{ and Fat Free Mass (FFM)}$
Cellular Level	Extracellular solids Extracellular fluids Adipocytes Cells	3	$BM = \text{Adipocytes Cells} + \text{Extracellular Fluids (ECF)} + \text{Extracellular Solids (ECS)}$
		4	$BM = FM + BCM + ECF + ECS$
Tissue-Organ Level	Other Tissues Visceral Organs Bone Skeletal Muscle (SM) Adipose Tissue (AT)	5	$BM = AT + SM + \text{Bone Visceral Organs} + \text{Other Tissues}$
Whole-Body Level	Head Trunk Appendages	3	$BM = \text{Head} + \text{Trunk} + \text{Appendages}$
Two-component model	FM (Fat Mass) and FFM (Fat Free Mass)		$BM = FM \text{ (Fat Mass) and FFM (Fat Free Mass)}$
Three-component model,	the FFM is divided as lean soft tissue and bone mineral		
Four-component(4C) model partitions	FFM into water, protein and mineral components.		


Comparison of Common Body Composition Methods:

Assessment Method	Cost	Technician Skill	Accuracy % Error	Reliability	Subject Comfort	Regional Assessment	Time Required	Common Sources of Error
Skinfolds Assessment	₹	Med	Med 3-7%	High	Body touched by the practitioner	Yes	<10 min	Formula used. Inconsistent site locations. Population-specific prediction equation
Bioelectrical Impedance Analysis (BIA)	₹₹₹-₹₹₹₹	Low	Low 3-11%	Low	Non-invasive	Yes, but invalid	<5 min	Hydration status Body temperature Recent exercise Food intake
Underwater	₹₹₹₹₹	High	Med 2-	High	Involves full	No	10-20	Fat-free mass

weighing			3%		water submersion		min	fluctuations (water, minerals, proteins) Air in lungs
Air Displacement Plethysmography	ररररर	High	Med 2-3%	High	This may involve sitting in small spaces	No	<10 min	Moisture on skin Hydration status Inconsistent clothing Breathing patterns
Dual-Energy X-ray Absorptiometry (DEXA)	ररररर	High	Med 2-3%	High	Non-invasive	Yes	<10 min	Muscle glycogen stores Inconsistent clothing Changes in technology & software
Ultrasound	ररर-ररररर	High	High 1-3%	Med	Body indirectly touched with device	Yes	<10 min	Inconsistent site locations Technician inexperience Inconsistent interpretation

Classification of Obesity:

Obesity classification is a ranking of obesity, the medical condition in which excess body fat has accumulated to the extent that it has an adverse effect on health. The World Health Organization (WHO) classifies obesity by body mass index (BMI). BMI is further evaluated in terms of fat distribution via the waist-hip ratio and total cardiovascular risk factors. In children, a healthy weight varies with age and sex, and obesity determination is in relation to a historical normal group.

Body Mass Index Table for Adults	Risk of Co-Morbidities	BMI Range
	Severe Thinness	< 16.00
	Moderate Thinness	16.00-16.99
	Mild Thinness	17.00-18.49
	Normal weight	18.5-24.99
	Overweight	25.00-29.99
	Obese	30.00-34.99
	Morbid Obese	35.00-37.49
	Severe Obese	37.50-39.99
	Very Severe Obese	≥ 50.00

Leading Causes of Weight Gain and Obesity:

Obesity is one of the biggest health problems in the world. It's associated with several related conditions, collectively known as metabolic syndrome. These include high blood pressure, elevated blood sugar and a poor blood lipid profile. People with metabolic syndrome are at a much higher risk of heart disease and type 2 diabetes, compared to those whose weight is in a normal range. Over the past decades, much research has focused on the causes of obesity and how it could be prevented or treated.

Obesity and Willpower:

Many people seem to think that weight gain and obesity are caused by a lack of willpower. That's not entirely true. Although weight gain is largely a result of eating behavior and lifestyle, some people are at a disadvantage when it comes to controlling their eating habits. The thing is, overeating is driven by various biological factors like genetics and hormones. Certain people are simply predisposed to gaining weight. Of course, people can overcome their genetic disadvantages by changing their lifestyles and behavior. Lifestyle changes require willpower, dedication, and perseverance. Nevertheless, claims that behavior is purely a function of willpower is far too simplistic. They don't take into account all the other factors that ultimately determine what people do and when they do it. Here are 10 factors that are leading causes of weight gain, obesity, and metabolic disease, many of which have nothing to do with willpower.

1. Genetics:

Obesity has a strong genetic component. Children of parents with obesity are much more likely to have obesity than children of lean parents. That doesn't mean that obesity is completely predetermined. What you eat can have a major effect on which genes are expressed and which are not. Non-industrialized societies rapidly develop obesity when they start eating a typical Western diet. Their genes didn't change,

but the environment and the signals they sent to their genes did. Put simply, genetic components do affect our susceptibility to gaining weight. Studies on identical twins demonstrate this very well.

Summary: Some people appear to be genetically susceptible to weight gain and obesity.

2. Engineered Junk Foods:

Heavily processed foods are often little more than refined ingredients mixed with additives. These products are designed to be cheap, last long on the shelf and taste so incredibly good that they are hard to resist. By making foods as tasty as possible, food manufacturers are trying to increase sales. But they also promote overeating. Most processed foods today don't resemble whole foods at all. These are highly engineered products, designed to get people hooked.

Summary: Stores are filled with processed foods that are hard to resist. These products also promote overeating.

3. Food Addiction:

Many sugar-sweetened, high-fat junk foods stimulate the reward centers in our brain. In fact, these foods are often compared to commonly abused drugs like alcohol, cocaine, nicotine and cannabis. Junk foods can cause addiction in susceptible individuals. These people lose control over their eating behavior, similar to people struggling with alcohol addiction losing control over their drinking behavior. Addiction is a complex issue that can be very difficult to overcome. When you become addicted to something, you lose our freedom of choice and the biochemistry in our brain starts calling the shots for you.

Summary: Some people experience strong food cravings or addiction. This especially applies to sugar-sweetened, high-fat junk foods which stimulate the reward centers in the brain.

4. Aggressive Marketing:

Junk food producers are very aggressive marketers. Their tactics can get unethical at times and they sometimes try to market very unhealthy products as healthy foods. These companies also make misleading claims. What's worse, they target their marketing specifically towards children. In today's world, children are developing obesity and becoming diabetic and addicted to junk foods long before they're old enough to make informed decisions about these things.

Summary: Food producers spend a lot of money marketing junk food, sometimes specifically targeting children, who don't have the knowledge and experience to realize they are being misled.

5. Insulin:

Insulin is a very important hormone that regulates energy storage, among other things. One of its functions is to tell fat cells to store fat and to hold on to the fat they already carry. The Western diet promotes insulin resistance in many overweight and individuals with obesity. This elevates insulin levels all over the body, causing energy to get stored in fat cells instead of being available for use. While insulin's role in obesity is controversial, several studies suggest that high insulin levels have a causal role in the development of obesity. One of the best ways to lower our insulin is to cut back on simple or refined carbohydrates while increasing fiber intake. This usually leads to an automatic reduction in calorie intake and effortless weight loss no calorie counting or portion control is needed.

Summary: High insulin levels and insulin resistance are linked to the development of obesity. To lower insulin levels, reduce our intake of refined carbs and eat more fiber.

6. Certain Medications:

Many pharmaceutical drugs can cause weight gain as a side effect. For example, antidepressants have been linked to modest weight gain over time. Other examples include diabetes medication and antipsychotics. These drugs don't decrease our willpower. They alter the function of our body and brain, reducing metabolic rate or increasing appetite.

Summary: Some medications may promote weight gain by reducing the number of calories burned or increasing appetite.

7. Leptin Resistance:

Leptin is another hormone that plays an important role in obesity. It is produced by fat cells and its blood levels increase with higher fat mass. For this reason, leptin levels are especially high in people with obesity. In healthy people, high leptin levels are linked to reduced appetite. When working properly, it should tell our brain how high our fat stores are. The problem is that leptin isn't working as it should in many people who have obesity, because for some reason it cannot cross the blood-brain barrier. This condition is called leptin resistance and is believed to be a leading factor in the pathogenesis of obesity.

Summary: Leptin, an appetite-reducing hormone, doesn't work in many individuals who have obesity.

8. Food Availability:

Another factor that dramatically influences people's waistline is food availability, which has increased massively in the past few centuries. Food, especially junk food, is everywhere now. Shops display tempting foods where they are most likely to gain our attention. Another problem is that junk food is often cheaper than healthy, whole foods, especially in America. Some people, especially in poorer neighborhoods, don't even have the option of purchasing real foods, like fresh fruit and vegetables. Convenience stores in these areas only sell sodas, candy and processed, packaged junk foods. How can it be a matter of choice if there is none?

Summary: In some areas, finding fresh, whole foods may be difficult or expensive, leaving people no choice but to buy unhealthy junk foods.

9. Sugar:

Added sugar may be the single worst aspect of the modern diet. That's because sugar changes the hormones and biochemistry of our body when consumed in excess. This, in turn, contributes to weight gain. Added sugar is half glucose, half fructose. People get glucose from a variety of foods, including starches, but the majority of fructose comes from added sugar. Excess fructose intake may cause insulin resistance and elevated insulin levels. It also doesn't promote satiety in the same way glucose does. For all these reasons, sugar contributes to increased energy storage and, ultimately, obesity.

Summary: Scientists believe that excessive sugar intake may be one of the main causes of obesity.

10. Misinformation:

People all over the world are being misinformed about health and nutrition. There are many reasons for this, but the problem largely depends on where people get their information from. Many websites, for example, spread inaccurate or even incorrect information about health and nutrition. Some news outlets also oversimplify or misinterpret the results of scientific studies and the results are frequently taken out of context. Other information may simply be outdated or based on theories that have never been fully proven. Food companies also play a role. Some promote products, such as weight loss supplements, that do not work. Weight loss strategies based on false information can hold back our progress. It's important to choose our sources well.

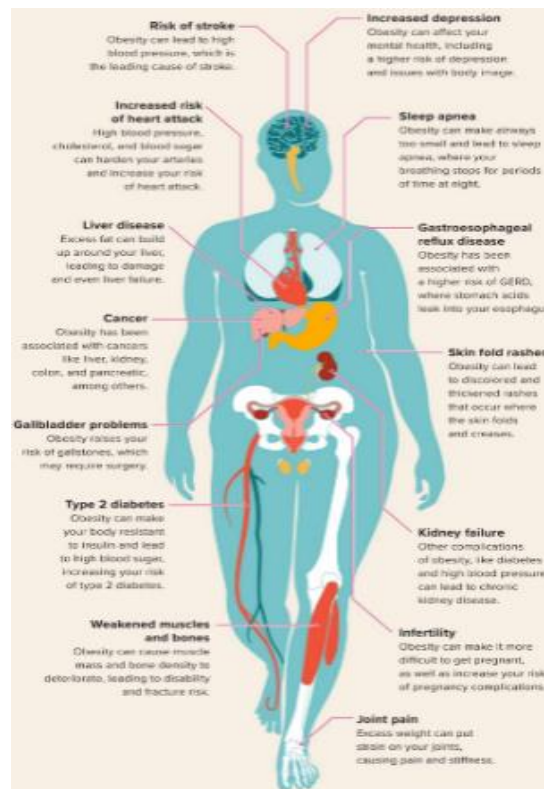
Summary: Misinformation may contribute to weight gain in some people. It can also make weight loss more difficult.

The Bottom Line:

If you have concerns about our waistline, you should not use this article as an excuse to give up. While you can't fully control the way our body works, you can learn how to control our eating habits and change our lifestyle. Unless there is some medical condition getting in our way, it is within our power to control our weight. It often takes hard work and a drastic lifestyle change, but many people do succeed in the long run despite having the odds stacked against them. The point of this article is to open people's minds to the fact that something other than individual responsibility plays a role in the obesity epidemic. The fact is that modern eating habits and food culture must be changed to be able to reverse this problem on a global scale. The idea that it is all caused by a lack of willpower is exactly what food producers want you to believe, so they can continue their marketing in peace.

Obesity Effects on the Body:

People living with obesity have higher chances of developing a range of serious medical issues. These health problems affect nearly every part of the body, including the Brain, Blood vessels, heart, liver, gallbladder, bones, joints. Take a look at this infographic to find out how obesity affects the different areas of our body.



Nervous System: Being overweight or having obesity greatly increases the risk of stroke, which happens when blood stops flowing to our brain.

Respiratory System: Fat stored around the neck can make the airway too small, which can make breathing difficult at night. This condition is called sleep apnea. Breathing may actually stop for short periods of time in people with sleep apnea.

Digestive System: Obesity has been associated with a higher risk of gastroesophageal reflux disease (GERD). GERD occurs when stomach acid leaks into the esophagus. In addition, obesity increases the risk of developing gallstones. This is when bile builds up and hardens in the gallbladder. This may require surgery. Fat can also build up around the liver and lead to liver damage, scar tissue, and even liver failure.

Cardiovascular System: In people with obesity, the heart needs to work harder to pump blood around the body. This leads to high blood pressure or hypertension. High blood pressure is the leading cause of stroke. High blood pressure can make the blood vessels that carry blood to the heart become hard and narrow. Hardened arteries, also called atherosclerosis, can increase the risk of heart attack and stroke. High blood pressure can also cause chronic kidney disease.

Endocrine System: Obesity can also make the body's cells resistant to insulin. Insulin is a hormone that carries sugar from our blood to our cells, where it's used for energy. If you're resistant to insulin, the sugar can't be taken up by the cells, resulting in high blood sugar. This increases a person's risk of having type 2 diabetes, a condition where our blood sugar is too high. Type 2 diabetes is linked to a range of other health issues, including heart disease, kidney disease, stroke, amputation, and blindness.

Reproductive System: Obesity can make it more difficult for someone to get pregnant. It has also been linked to decreased testosterone levels, which can make it harder to conceive. Additionally, obesity can increase the risk of serious complications during pregnancy.

Skeletal and Muscular Systems: Obesity can cause deteriorating bone density and muscle mass. This is referred to as osteosarcopenic obesity. Osteosarcopenic obesity can lead to a higher risk of fractures, physical disability, insulin resistance, and poorer overall health outcomes. Extra weight can also put too much pressure on the joints, leading to pain and stiffness.

Integumentary (Skin) System: Rashes can occur where the skin of body fat folds. A condition known as acanthosis nigricans can also occur. Acanthosis nigricans is characterized by discoloration and thickening of the skin in the folds and creases of our body. It has also been linked to insulin resistance and type 2 diabetes.

Mental Health: Obesity has been associated with several different mental health conditions among different populations. People with obesity may be more likely to have: reduced well-being, negative emotions, psychopathological symptoms. One way to address these issues is by focusing on positive interventions, like relaxation techniques and self-strengthening skills to improve mood and reduce depression, anxiety, inner tension, restlessness, and stress. Obesity is also associated with a higher risk of depression, poor self-esteem, and issues with body image.

Other Effects on the Body: Obesity has been linked to an increased risk of many different types of cancers, including: endometrial, liver, kidney, cervical, colon, esophageal, pancreatic. As our body mass index (BMI) increases, so does our risk of developing cancer.

Takeaway: Obesity affects nearly every part of the body. If you're living with obesity, you can treat or manage many of these risk factors with a combination of diet, exercise, and lifestyle changes. Losing just 5 to 10 percent of our current weight can reduce our risk of developing these health issues. Talk with our doctor about losing weight and maintaining a healthy lifestyle.

Planetary Impact of Obesity: Although the planet Jupiter is considered to be the cause of obesity, under certain circumstances, all nine planets can also cause physical size and weight to increase. Due to the influence of Mars, Saturn, Rahu, and Ketu, people remain slim and thin. People who have a strong moon are chubby from birth. But with time, their physical development takes place in the right proportion. The physical structure is determined by the horoscope. Moon, Venus, and Jupiter are the three planets that control the amount of fat in the body which is the cause of your obesity. Vata, Pitta, and Kapha related disorders are also the reason that ultimately causes unbalanced growth of your body, causing the person to become too fat or too thin.

Jupiter: Jupiter is the "King's Minister" in the Celestial Cabinet. It represents the Wisdom of a person. It also represents the "Gurus" or "Teachers" which are running into our life. It represents the "Husband" in woman's chart. It is a religious and most benefic planet. It represents children and family of a person. It rules over "Sagittarius" and "Pisces" and gets exalted in "Cancer" Zodiac sign of Astrology. Jupiter expands things. So, Jupiter 2nd house or with 2nd house lord then person can be in habit of over-eating. They may not be able to stop themselves from excessive eating. Jupiter's position is also important in cases where their food is also part of their values/beliefs. Like in India, Brahmins are not supposed to eat Non-Veg food. Now, if a person who is Brahmin and has a weak Jupiter in his chart then he may not be inclined to follow the values/beliefs given by his family/society. Needless to say that drinking/smoking habits are also based on social rules. There are many societies in the world where it is fine for guys to smoke but rules change with the change of gender.

Dopamine is our reward center within our brain. It is the chemical that is released when we do something that makes us feel good. It is also the neurotransmitter that is responsible for hunger and sensation cues. When we overeat, dopamine works to reward us by releasing feelings of pleasure and euphoria when overeating. When restricting in an eating disorder, it can be released when they are fasting or restricting, and when eating may experience a negative food response. The result is that the person with anorexia may feel good or rewarded by the starving state. The more a person restricts within the early stages of anorexia, the more dopamine is released, and the more a person feels rewarded, and the restricting behavior is rewarded. In astrology, the horoscope of the parents and the child have mutual

similarities, due to which, in the horoscope, Kalsarpa Yoga, Pitru Dosha, and much other yoga are born in the horoscope of the child. This is the reason why the fifth bhava (progeny bhava) is also called the former virtuous bhava and the former saintly child is known as DNA from his parents are received. The information about which planet is giving us obesity and which remedy will be accurate for us, can prove to help get rid of obesity. If we want to understand the reason for obesity with astrology, then we have to analyze 9 planets. Of these nine planets, Guru is the main causative planet of obesity. Apart from the planets, the position of the planets in the horoscope also plays an important role in it. Let us know how the planets are related to obesity -

Jupiter planet plays a big role in weight gain. It is the planet Jupiter that maintains the fat in our body. Due to this, obesity, excessive eating habits and stomach fat, and how the planets and the condition of the planets obesity affects obesity, here are some such information - if the Jupiter horoscope is disturbed or retrograde, then the digestive system Obesity is caused by disorders of such systems. Those people in whose horoscope Guru sees the lagna bhava from the fifth, seventh, or ninth point of view, those people face more of the problem of obesity. Those who have ascendant lord Brihaspati have a huge body. They are fond of food but they like sweet and salty instead of tamasic food (meat-liqueur). If Jupiter is bad in the horoscope or is the lord of the bad house and is situated in a higher sign then the weight increases rapidly. Whenever we see Jupiter in lagna, aspects lagna, and lunar lagna in transit, then the weight increases.

If Jupiter is bad in the horoscope or is the lord of the bad house and is situated in a cancer sign then the weight increases rapidly. Whenever you see Jupiter lagna, lagna, and lunar lagna in transit, then the weight increases. If there is an aquatic zodiac in the lagna, such as Cancer, Scorpio, or Pisces, their lord is auspicious or if the lagna has a planet of aquatic nature, then obesity increases. If the Moon is in the 1st, 5th, or 9th house, then the amount of fat is more in the body. If the moon is strong and positive, then the person is fat but more agile. The fat of the people highly affected by the Moon and Venus increases quickly, both these planets increase the fat but do not decrease the attraction. These planets give a person a puffed cheek, clean skin, and tenderness in the face. When Jupiter is in the inferior zodiac, then the person has less fat. Apart from this, even if a lunar eclipse is born, a person can become very fat or thin. The natives born on the full moon day are often obese while those born on the new moon day are thin. If the Moon, Venus, and Jupiter are strong then the person becomes fat after marriage, but if Venus is weak then the person becomes weak after marriage. By the way, Rahu keeps the native thin, but if Jupiter is together then the chances of getting thicker increases, because Jupiter increases appetite and Rahu encourages you to eat food, oily and strong food, which is likely to cause fat.

Know Guru and Obesity in 12 Houses:

If in the first house is influenced by natural benefic planets then the person's body is huge and fatty, but if there are chaos and suffering then there will be a lack of fat. If Jupiter is in the second house or sees it, then you feel more hungry. If Jupiter is in the third house or sees, then the person likes to eat salty and the effect of obesity is negligible. In the fourth house, the body is fit and shapely. Such individuals are successful in controlling their obesity with a simple effort. In the fifth house, one's weight increases rapidly. In the sixth house the person is shapely and fit. In the seventh house, the body soon becomes fat because the Guru influences the lagna house with this house. If the guru is in retrograde condition, then the effect of obesity is very less. If in the eighth house, then the person remains lean. In the ninth house, a person's obesity remains out of control. In the tenth house, the person is not able to show his effect quickly. If in the eleventh house, then the person is free from obesity. If it is in the 12th house it does not allow a person to become fat.

Relationship Between Zodiac and Obesity:

If we talk about zodiac signs, the problem of obesity is mostly found in the people of Aries, Taurus, Capricorn, Cancer, Scorpio, Libra, and Pisces. But according to your horoscope, obesity keeps decreasing and increasing. If there is an aquatic zodiac in the lagna like Cancer, Scorpio, Capricorn, Pisces, etc. or if the lord of these zodiac signs is auspicious in the lagna, then it can also become the cause of your obesity. Apart from this, even if there is a lunar eclipse in your horoscope, the person can be very thick or thin. According to astrology, people born on the full moon day are often obese, while those born on Amavasya are thin. If Moon, Venus, and Jupiter are strong after marriage, then the native is fatty, if Venus is weak then the native looks weak after marriage. By the way, Rahu keeps the native thin, but if Jupiter is together, the chances of getting thicker are increased. If Jupiter increases your hunger, Rahu prompts you to eat the oily and tamasic nature's strong food, which increases your chances of getting fat.

If Jupiter is bad in the horoscope or is the lord of the bad house and is situated in a cancer sign then the weight increases rapidly. Whenever Jupiter see lagna, and lunar lagna in transit, then the weight increases. If there is an aquatic zodiac in the lagna, such as Cancer, Scorpio, or Pisces, their lord is auspicious or if the lagna has a planet of aquatic nature, then obesity increases. If the Moon is in the 1st, 5th, or 9th house, then the amount of fat is more in the body. If the moon is strong and positive, then the person is fat but more agile. The fat of those highly affected by the Moon and Venus increases quickly, both these planets increase in fat but do not decrease in attraction. These planets give a person a puffed cheek, clean skin, and tenderness in the face. When Jupiter is in the Capricorn zodiac sign, the person has less fat. Apart from this, even if a lunar eclipse is born, a person can become very fat or thin. The natives born on the full moon day are often obese while those born on the new moon day are thin. If the

Moon, Venus, and Jupiter are strong then the person becomes fat after marriage, but if Venus is weak then the person becomes weak after marriage. By the way, Rahu keeps the native thin, but if Jupiter is together then the chances of getting thicker increases, because Jupiter increases appetite and Rahu encourages you to eat food, oily and strong food, which is likely to cause fat.

If Jupiter is placed in the auspicious house by being the lord of the auspicious house in the horoscope, then it increases the anxiety related to obesity, but to a large extent, obesity remains under control when the position of the guru in the horoscope is the opposite. Venus represents all types of sweet substances and starchy elements. It enhances eating habits. Gives nature to taste every kind of food. Its direct effect increases weight rapidly, but such a person is beautiful even when he is fat. His body is not unformed due to obesity.

Mars - Mars is the planet symbolizing energy, vitality, and willpower. All the players, athletes, soldiers, and people of strong stature are influenced by this planet. Early action in any situation and Mars gives endurance to the extreme. The strengthening of Mars helps in keeping obesity away from the person. Chandra - The lunar planet is also the root cause of obesity. The position of the moon determines the water in the body due to which the stomach exits and the weight increases in the body. It is also the cause of all the fluids in the body. Saturn controls the tendency to accumulate toxins and expands the causes of weight loss. The increase of toxins in the body makes a person sluggish and also causes the birth of many diseases.

Mercury - A person suffering from Mercury must have obesity under his influence, but the person also can reduce it through effort. This gives the person the ability to lose weight easily. Surya - Sun planet gives a tendency to lose weight. Here is some information on how the planets' position and position affect obesity. If Jupiter is bad or retrogrades in the horoscope, obesity occurs due to disorders of the digestive system. Those people in whose horoscope Guru sees the lagna bhava from the fifth, seventh, or ninth point of view, those people face more of the problem of obesity. Those who have ascendant lord Brihaspati have a huge body. They are fond of food but they like sweet and salty instead of tamasic food (meat-liqueur). The planet that controls fat in our body is Jupiter, it has been considered as a growth factor. It is believed that if there is any kind of problem on the planet Jupiter, the native may suffer physically. It is necessary for a person who wants a healthy and strong life to strengthen the Guru planet in his horoscope.

Remedies to strengthen the planet Jupiter:

Guru Yantra: Worship Guru Yantra regularly. Let us tell you that Guru accepts the mantra with the advice of an astrologer. To obtain the desired fruits, install the Guru Yantra at the place of worship on Thursday itself. Pukhraj: Pukhraj represents the gemstone of Jupiter. Make a ring of yellow or white topaz in gold and wear it on the index finger. But keep in mind that topaz is a precious gemstone, Shiva Sahasranama Stotra: You can also strengthen Jupiter by chanting Shiva Sahasranama Stotra. For this, you wake up in the morning and sit in a quiet place after bathing, etc. Chant Shiva Sahasranama Stotra. Shrimad Bhagwat Purana: One of the eighteen Puranas of Hindus, Shrimad Bhagwat Purana has a solution to solve every problem of a person. With a pure and honest mind, you should recite the Srimad Bhagavata Purana regularly. Vamana Dev: To please the planet Jupiter, you should worship Vamana Dev with a sincere heart. It has been said in the scriptures that by worshipping Vamana Dev with a sincere mind, a person gets the desired thing. Peepal root: You can tie peepal root by amulets around the neck or on a hand-sewn into cloth. Five Mukhi Rudraksha: To get benefit from five Mukhi Rudraksha, you should wear it after worshipping methodically. You can take the help of astrology for this task. Jupiter: If a person's Jupiter is weak, he has to suffer not only socially and economically but also physically. Jupiter has a deep relation with human life. To strengthen the planet Jupiter, donate items related to this planet on Thursday. Guru Beej Mantra: Guru Beej Mantra is one of the immediate bearing mantras. By its constant chanting, you can get the desired fruit soon. You should chant the Guru Beej Mantra given below with a true heart every Thursday. In addition to the measures to reduce obesity given above, we should also take measures related to the lord of the 12th house of the horoscope. To reduce obesity, stay away from intoxication, and to avoid addiction, we can make Rahu related donations. Wearing turquoise also reduces obesity. Keep fast on Saturdays and Sundays - if there is a dasha of planets in your horoscope due to obesity, then you keep fast on Saturdays and Sundays. Soon they will see positive results.

Overeating (Bulimia):

occurs when an individual consumes more calories in relation to the energy that is expended via physical activity or expelled via excretion, leading to weight gain and often obesity. Overeating is the defining characteristic of binge eating disorder. This term may also be used to refer to specific episodes of over-consumption. For example, many people overeat during festivals or while on holiday. Overeating can be a symptom of binge eating disorder or bulimia nervosa. Compulsive overeaters depend on food to comfort themselves when they are stressed, suffering bouts of depression, and have feelings of helplessness. Eating habit is the specific eating pattern of a native, influenced by his social, cultural, religious, economical, environmental, and political factors. It refers to way and mannerism of eating along with the quantity and quality of food. Factors influencing eating habits are:

- Ascendant: indicates general likeness and inclinations.
- 2nd house/lord: indicates general food and drinking habits.

- 6th house/lord: indicates the quality of food.

Different patterns of Eating Habits:

Ascendant:

- Malefic aspects to ascendant/moon in natal chart indicate problematic eating patterns that may lead to weight issue.
- Jupiter placed in ascendant, indicates overeating tendencies.
- Mars having strong relation to ascendant and its lord indicates inclination for hot beverage like tea, coffee etc and likeness for spicy food.

2nd House:

- If the lord of the 2nd house is a benefic planet and placed in the auspicious place, the native will eat in lesser quantity.
- If lord of 2nd house is a malefic and influenced by a malefic, the native will indulge in overeating.
- If the lord of 2nd house is a benefic and aspected by a malefic or vice versa, the native will be a moderate eater.
- If lord of 2nd is in own sign/exaltation/aspected by benefic, the native will eat with comfort.
- Lord of 2nd is posited in Aries/Cancer/Libra/Capricorn or if the benefic planets aspects 2nd house, the native will eat very fast.
- Malefic placed/aspect 2nd house, the native will eat very slowly.
- Rahu influencing 2nd house, indicates non-vegetarian eating habits.

6th House:

- Jupiter/Mercury placed in 6th house, indicates inclination for salty food items.
- Strong Jupiter placed in 2nd/10th house, indicates fondness for sweet items.
- Venus/Mars posited in 6th house indicates likeness for sour foods.
- Venus and Mercury in association, indicates attraction for sweet food.
- Jupiter and Venus aspecting 6th house indicates inclination for sweet food items.
- Taurus being the sign of 6th indicates inclination for rice and potatoes.
- Leo as the 6th sign in the horoscope indicates love for non-vegetarian foods.
- Mercury associated with malefic, indicates dislikeness for sweet food items.

Eating Habits According to Ascendant's Signs:

- Aries: they are extremely impatient. They eat in hurry and in anxiety. They are very fond of hot beverages like tea, coffee etc. Generally they have irregular eating habits, which may affect their digestive system.
- Taurus: the native born under this sign like traditional and energetic food. They love rice, potatoes, and other carbohydrate food items. They enjoy eating salads and other healthy foods.
- Gemini: they eat in small portions of food. They love snacks and appetizers. Generally they do others works while eating, like watching TV, reading books, gossiping etc. They generally eat before going for the sleep. They drink plenty of water.
- Cancer: due to their delicate stomach and digestive system they are very careful in selecting diet. They have weakness for alcohol and wine. They are very obsessive for sweet food; hence in later period of time they are conscious of weight gain. Their diet generally lacks calcium.
- Leo: they have regular and disciplined eating habits. Due to their high metabolic rate they frequently required intake of food and plenty of water. Generally they eat very fast. They love company of colleagues or relatives while eating. They prefer hot soups and meals. They should check on fat and spicy items in their diet for health heart conditions.
- Virgo: They are very health conscious. Their diet is full of nutritional values. Due to their slow metabolism rate they tend to gain weight very easily. If they should avoid overeating and use of fatty food items. They should include spicy and dairy products in their diet.
- Libra: They are extremely conscious about their weight. They have weakness for sweet foods. Flavor and presentation of food is important for them. They love aromatic deliciously cooked foods. They include more vegetables in their diet. Their immunological system can be affected by bad eating habits.
- Scorpio: being a water sign, they might indulge in overeating due to stress and anxiety. They should check their alcohol intake and prefer small meals rather than having large meals.
- Sagittarius: they are very conscious about their health. Due to their hasty nature they eat very fast. They have tendency of being overweight. They should avoid excess alcohol products in order to prevent the damage of skin and liver. They should include water, high protein, and dairy products in their diet.
- Capricorn: they are health conscious and do not compromise with their eating habits. They give attention to the quality of food rather than quantity. They always prefer simple food and do not experiment much with their diet. They do not like other activities while eating. They should include more protein and calcium in their diet for healthy bones, teeth and skin.
- Aquarius: Generally they are light eaters and relay mostly on low calories meals. They have less interest in food. Throughout day they won't eat substantial meals and depends mostly on snacks.

They are very fond of coffee and tea. They never fell ill due to their irregular and indiscretion dietary plans

- Pisces: they have changeable eating habits according to situations. They like variety of food items in their menu. Usually they have lower metabolism and sluggish digestion; hence they should avoid excess salt and alcohol. They must drink excess water for detoxification and should include iron rich food in their diet.

Sun:

The planet "Sun" is known as the "King" of Celestial Cabinet. It is a hottest planet among all. It indicates the Government or Authoritative position in the society. It represents our "Soul" and "Father". It provides the energy to all the planets. It illuminates the whole world through its brightness. It rules over "Leo" sign and gets exalted in "Aries" Sun is the parent body of the Solar System. The Sun rules over the zodiac sign Leo. The organs of the human body governed by the Sun are Bile, heart, brain, head, eyes and bones. The anatomical structures governed by the Sun are Cerebellum, blood, lungs, stomach, breast, Ovaries, seminal vesicles. The diseases related to the Sun are heart diseases, appendicitis, fistula and inflammatory complaints.

Ketu:

Ketu is the karaka of abdomen and claws. Constipation most commonly occurs when waste or stool moves too slowly through the digestive tract or cannot be eliminated effectively from the rectum, which may cause the stool to become hard and dry. Chronic constipation has many possible causes. Ketu is not a Planet, It is commonly known as South Node of planet Moon. It's a tail of Demon. It is also a "Chhaya Grah" like Rahu. It doesn't have interest in worldly fame and desires. It is just opposite to Rahu. It's a very spiritual planet which seeks only for enlightenment. It is all about separation from materialistic things. It's a headless planet. Only Ketu is the planet considered for Moksha in this life. It reflects our past life karmas, Sanchit Karma etc. It is believed that Ketu behaves like Planet "Mars". It gets exalted in "Scorpio/Sagittarius" and debilitated in "Taurus/Gemini".

Blockages in the Colon or Rectum:

Blockages in the colon or rectum may slow or stop stool movement. Causes include. Tiny tears in the skin around the anus (anal fissure), A blockage in the intestines (bowel obstruction), Colon cancer, Narrowing of the colon (bowel stricture), Other abdominal cancer that presses on the colon, Rectal cancer, Rectum bulge through the back wall of the vagina (rectocele)

Problems with the Nerves around the Colon and Rectum:

Neurological problems can affect the nerves that cause muscles in the colon and rectum to contract and move stool through the intestines. Causes include: Damage to the nerves that control bodily functions (autonomic neuropathy), Multiple sclerosis, Parkinson's disease, Spinal cord injury, Stroke

Difficulty with the Muscles Involved in Elimination:

Problems with the pelvic muscles involved in having a bowel movement may cause chronic constipation. These problems may include: The inability to relax the pelvic muscles to allow for a bowel movement (anismus), Pelvic muscles that don't coordinate relaxation and contraction correctly (dyssynergia), Weakened pelvic muscles

Conditions that affect Hormones in the Body:

Hormones help balance fluids in your body. Diseases and conditions that upset the balance of hormones may lead to constipation, including Diabetes, Overactive parathyroid gland (hyperparathyroidism), Pregnancy, Underactive thyroid (hypothyroidism),

Risk factors of Chronic Constipation:

Being an older adult, being a woman, being dehydrated, eating a diet that's low in fiber, getting little or no physical activity, taking certain medications, including sedatives, opioid pain medications, some antidepressants or medications to lower blood pressure, having a mental health condition such as depression or an eating disorder

Complications:

Complications of Chronic Constipation:

Swollen veins in your anus (hemorrhoids). Straining to have a bowel movement may cause swelling in the veins in and around your anus. Torn skin in your anus (anal fissure). A large or hard stool can cause tiny tears in the anus. Stool that can't be expelled (fecal impaction). Chronic constipation may cause an accumulation of hardened stool that gets stuck in your intestines. Intestine that protrudes from the anus (rectal prolapse). Straining to have a bowel movement can cause a small amount of the rectum to stretch and protrude from the anus.

Prevention:

Include plenty of high-fiber foods in your diet, including beans, vegetables, fruits, whole grain cereals and bran. Eat fewer foods with low amounts of fiber such as processed foods, and dairy and meat products. Drink plenty of fluids. Stay as active as possible and try to get regular exercise. Try to manage

stress. Don't ignore the urge to pass stool. Try to create a regular schedule for bowel movements, especially after a meal. Make sure children who begin to eat solid foods get plenty of fiber in their diets.

Mars:

It is a Commander In Chief or Soldier of Celestial Cabinet. It shows our fighting ability and aggression. It provides us courage to tackle any situation. It is always in "Hurry" and ready to fight. It shows the "quick respond" or "activeness" of a person. It is a karaka planet of younger co-born, police, army, surgeon etc. It rules over "Aries" and "Scorpio" and gets exalted in "Capricorn". Mars is Blood Karaka, this planet responsible for physical Activeness, if the planet affected by its position or strength will lead inactive sedentary lifestyle which cause slower metabolism and obesity. Physical inactivity, sedentary lifestyle, and diet that can be responsible for weight gain or obesity. Regular physical activity is important for better physical and emotional well-being. weaker mars strength induce physical inactivity can decrease hemoglobin levels in the blood. sedentary lifestyle can decrease total Hb and red cell mass, which reduce oxygen-carrying capacity,

Saturn:

It is "Servant" of the Celestial Cabinet. It represents the masses or public. It is the planet which is known for its judgment. It judges you according to our Karma performed during current birth and gives you marks accordingly. It's a very slow planet and takes time to provide you results. It shows the "Patience" of a person. It is all about delaying the things. It gets exalted in "Libra" and debilitated in "Aries". It rules over Capricorn and Aquarius signs of the Zodiac Belt. Saturn planet acts as sanitary worker, during sleeping time Sleep is an important part of our daily routine—we spend about one-third of our time doing it. Quality sleep – and getting enough of it at the right times - is as essential to survival as food and water. Without sleep we can't form or maintain the pathways in our brain that let us learn and create new memories, and it's harder to concentrate and respond quickly. Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other. In fact, your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake. Everyone needs sleep, but its biological purpose remains a mystery. Sleep affects almost every type of tissue and system in the body – from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance. Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity. Sleep is a complex and dynamic process that affects how you function in ways scientists are now beginning to understand. This booklet describes how your need for sleep is regulated and what happens in the brain during sleep.

Mercury:

This planet reflects the quality of "Prince". Mercury is a planet which indicates the logical ability or calculative ability of a person. It deals with Mathematics and it also provides the knowledge of "Astrology". It is very closer to the Sun. It is also a "Messenger of God" and deals with our communicative ability. It represents our siblings and day to day activities and expressions. It rules over "Gemini" and "Virgo" signs in Astrology and gets exalted in "Virgo" sign. Mercury Planet is responsible for Communication. Humans have two types of communication systems. These are the nervous system (Electrical Communication) and the endocrine (Bio-Chemical Communication) (hormone) system. If the mercury affected leads to hormonal imbalance, this will gain overweight.

Moon:

It is considered to be an important planet among all as it represents "Mind" of a person. It is also known as "Queen" of Celestial Cabinet. It indicates private sectors or "Private Government". It represents our "Mother" in astrology. When Moon is directly opposite to the Sun in one's Birth Chart, then it forms a good Yoga as Sun's rays illuminates the energy of the planet Moon. Moon governs to the "Cancer" sign and gets exalted in "Taurus". Moon controlling our mind, if the moon affected the stress level increased during stress our brain needs relaxation by eating more diet and mental stress also conducted to physical stress so our body gets over weight. Moon is the feminine planet which is cold, moist, phlegmatic, watery and nocturnal. The Moon rules over the zodiac sign Cancer. The organs of the human body governed by the Moon are Breast, saliva, womb, water, blood and lymphatic and glandular system. The anatomical structures governed by the Moon are Pericardium, veins, lymphatic vessels, intestinal functions, eyes, alimentary canal and membrane. The diseases related to the Moon are genital and urinary derangement, testicles, wind and colic, bronchial catarrh, dropsy, tumours, insanity and defective eyesight.

Rahu:

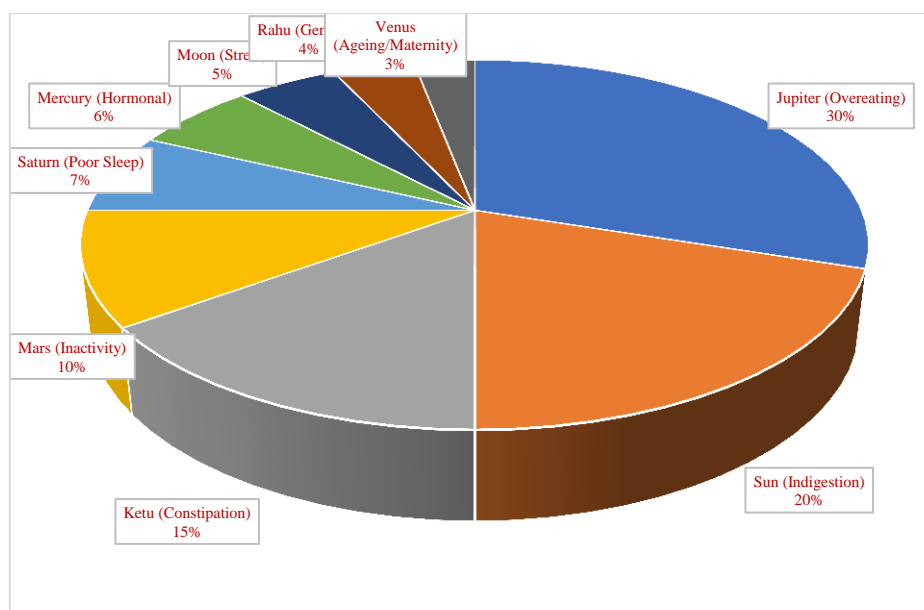
Though it is not a planet, it is basically a North node of a planet Moon. It is also known as "Chhaya Grah" in Vedic Astrology. It has only Head of the Demon. Rahu is always curious about the "Worldly Fame". It always runs after the materialistic things. It is commonly known as "Shanivrat Rahu", that means it behaves like a planet "Saturn". Since it's bodiless planet so it always wants more and more and never be satisfied with one thing at every aspect of one's life. It is assumed that it gets exalted in

"Taurus/Gemini" and debilitated in "Scorpio/Sagittarius". There is no specific sign for Rahu as it behaves like the sign or planet in which it sits. Rahu Planet carrying DNA information from our parents. If our parent obese more chance of obesity, genetically the body shape and size and other biological information are conducted

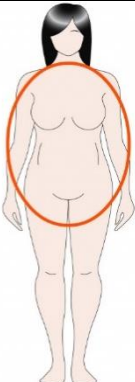
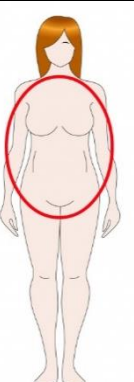

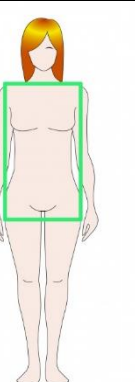
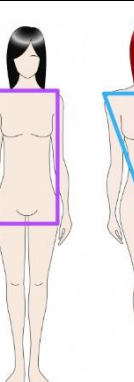
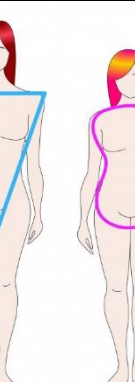



Venus:

This is the planet which everyone seeks for and it acts as a "Princess" in the Celestial Cabinet. Venus indicates Love, Romance, beauty and any kind of relations in one's life. It also represents the wife, girlfriend or any girl in Men's Birth Chart. It is Karaka planet for marriage too. It represents the monetary value or finances of a person. It rules over "Taurus" and "Libra" and gets exalted in "Pisces" sign of the Zodiac. Venus denotes Young Ladies, usually, after middle age, most of people gets body weight, similarly after pregnancy abdomen muscles lose control the elasticity

Scientific Causes and Planetary Impact of Fatness									
	Dietary causes of obesity			Non Dietary Factors of obesity					
Planetary Impact	Jupiter	Sun	Ketu	Mars	Saturn	Mercury	Moon	Rahu	Venus
Scientific Causes	Overeating	Indigestion	Constipation	Inactivity	Poor Sleep	Hormonal	Stress	Genetics	Ageing Maternity
Obesity Population %	30	20	15	10	7	6	5	4	3



Fatness and Navagrahas									
Planets Impacts	Jupiter	Sun	Ketu	Mars	Saturn	Mercury	Moon	Rahu	Venus
Scientific Causes	Excessive Diet Eating	Indigestion	Constipation	Sedentary lifestyle	Poor Sleeping	Hormones Imbalance Medicine Side Effects	Stress, Mindset	Genetics	Age, Gender, Maternity
Body Shape Name	Plus size	Round/Apple	PEAR	Rectangle	Lean column	Inverted triangle	Petite	Triangle	Hourglass
Body Shape Description	tall in height or bigger in size (or both) above a size AU 16 very curvy and carry extra weight great bust large hips & bottom	shoulders & hips are in proportion with a larger waistline/tummy, or softness through the tummy good legs often have a large bust	shoulders & waist are smaller than the hips and bottom small waistline full rounded bottom and extra weight on thighs	shoulders are quite square/athletic & are in proportion to the waist & hips Very little waist definition good legs	shoulders, hips, and waist are all in proportion and quite lean Le, narrow shoulders, small waist & hips flat chest or small bust flat bottom	Known as the swimmer shape. Shoulders are larger than the waist and bottom athletic shoulders small bottom great legs	short in height generally below 158cm short through the torso and short legs you can be a number of shapes but the main characteristic is height	tall in height or bigger in size (or both) very curvy and carry extra weight great bust large hips & bottom	shoulders & hips are in proportion, with a small defined waist (like an hourglass) great curves breast & bottom are full which creates the curves

									
BMI Range	≥ 40.00	37.50-39.99	35.00-37.49	30.00-34.99	25.00-29.99	18.5-24.99	17.00-18.49	16.00-16.99	< 16.00
Risk of Co-Morbidities	Very Severe Obese	Severe Obese	Morbid Obese	Obese	Overweight	Normal weight	Mild Thinness	Moderate Thinness	Severe Thinness
Percentage	30	20	20	10	5	5	5	3	2
BMI Range	60.00-50.00	39.99-49.99	37.50-39.99	35.00-37.49	30.00-34.99	28.50-29.99	27.25-28.49	26.00-27.24	25.00-25.99

Conclusion:

Nine planets giving obesity and overweight. Jupiter placed in ascendant, indicates overeating tendencies. Sun causes physical disorders and those arising from Dyspepsia and anorexia impaired function of digestive system. Constipation occurs when ketu gets affected. Mars is the action planet of the zodiac. If mars affected sedentary lifestyle. Weaker Saturn gives poor quality sleeping pattern. The messenger planet gives hormonal imbalance when it affected. Moon controlling mindset and stress, rahu carries the genetical obesity informations, venus gives ageing obesity

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