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YOGA: A COUNTER TOOL FOR GYNECOMASTIA (MAN BOOBS)

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Abstract:

Gynecomastia is a condition in men that involves abnormal enlargement of one or both breasts. It is more common in overweight or obese men who have just reached puberty. Gynecomastia can also occur in older, overweight men. The usual cause is hormonal changes that occur in the body. Medications containing estrogen are also responsible for this condition. Practicing yoga for gynecomastia is an effective solution because yoga helps in weight loss. When you practice yoga for gynecomastia, the fatty tissue that mainly makes up the breast is reduced, helping to control gynecomastia. Inverted yoga poses like fish pose, wheel pose, and semi-wheel pose are very effective forms of yoga for gynecomastia. They help reduce cholesterol and fat deposits in the trunk. The arm stretch pose is also an effective yoga for male breasts as it helps to reduce cholesterol and fat deposits in the breast area. Any yoga exercises that help reduce weight, especially those that target the core area, will give you the results you want. Many studies prove that with vigorous resistance training testosterone levels increase, any increase in this male hormone will cause the enlarged mammary gland to disappear naturally. For effective treatment of gynecomastia, you need to involve other factors that influence the condition. The foods you eat also affect gynecomastia. A low-fat, balanced diet is recommended. When practicing yoga for gynecomastia, it is important that you seek advice from a qualified instructor, otherwise your condition may worsen.

Keywords:Gynecomastia, Male Boobs, Estrogen, Testosterone, Asanas.

Introduction

Gynecomastia, that is, the development of female breasts in men, has been recorded since ancient times. It was first discussed in the 1st century AD by Galen. The name comes from the Greek words 'gynaik' meaning 'female' and 'mastos' meaning 'breasts'. Until the 1970s, the only treatment for gynecomastia was direct surgery, which was then not only complicated but also left a large disfiguring scar. Although, now with the new surgical methods, the scars are barely visible. Gynecomastia is a medical and health condition in which there is excess fatty tissue, especially in the chest area, which gives men an embarrassing appearance of chest. There are no known specific reasons or causes for this condition, but obesity, certain medications, or hormonal imbalances are often blamed. Most men who look like boobs weigh more than their ideal body weight. Teenagers will also experience it during puberty. Gynecomastia can occur at any time in a person's life, from early adolescence to old age.

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Gynecomastia, also known as 'Bitch-Tits' in the bodybuilding world, is the enlargement of male breast tissue, which appears as a rubbery or firm mass that starts under the nipple and then spreads out over the breast area. It's not cancer. The tissue is an enlargement of glandular tissue, not adipose tissue. Obese men can look like they have man boobs because they have fatty tissue all over their bodies, including the breasts; however, it is not true gynecomastia. True gynecomastia occurs when there is growth of breast or glandular tissue that is present in small amounts in men.

Gynecomastia can occur when there is an imbalance in hormone levels such that estrogen levels rise relative to androgen levels. All individuals, women and men, have estrogens (the female hormone) and androgens (the male hormone). Estrogen is a very misunderstood hormone. There are 3 main types of estrogen in the male and female body, namely estrone (E1), estradiol (E2) and estriol (E3). Estradiol is the most potent of the 3 estrogen metabolites and is responsible for most of the known effects of estrogen. Testosterone is converted to estradiol by the aromatase enzyme. The average man produces very little estrogen, which can actually be beneficial. But when taken in large amounts, it causes effects such as water retention, development of female breasts (gynecomastia) and increased levels of body fat. This is why most athletes who use anabolic steroids take anti-estrogens like Nolvadex, Proviron or aromatase inhibitors like Arimidex, etc. When you use anabolic steroids, mostly synthetic testosterone, the body doesn't use it all. This unused testosterone is converted into estrogen (aromatization) and leads to gynecomastia.

Classification of Gynecomastia

American Society of Plastic Surgeons, Classify gynecomastia into 4 Grades

Grade I: Small breast enlargement with localized button of tissue around the areola.

Grade II: Moderate breast enlargement exceeding areola boundaries with edges that are indistinct from the chest.

Grade III: Moderate breast enlargement exceeding areola boundaries with edges that are distinct from the chest with skin redundancy.

Grade IV: Marked breast enlargement with skin redundancy and feminization of the breast.



The main problem with gynecomastia is social acceptability and the sense of taboo associated with it. Peer pressure can cause such a person to refrain from participating in various sports, the gym or other group activities. The main problem with men with

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gynecomastia is the interaction with the opposite sex, which he would generally avoid, and in extreme cases it can lead to the development of depressive symptoms.

Yoga for Gynecomastia

Excess fat in the chest is the cause of breast tenderness or gynecomastia in most men. These flabby fat deposits can spoil the physical shape and make it look unattractive. The shorter solution to this problem is liposuction, but it can be quite expensive and painful. However, many studies have shown that yoga is an excellent form of exercise. It helps in reducing the amount of body fat and improving the immune system and other body organs. Yoga helps to reduce the fatty tissue in the breast. The simplest and simplest solution for treating gynecomastia is to lose excess body weight. Breast tissue consists mainly of adipose tissue, so you lose weight and fatty gynecomastia is automatically under control.

There are many different yoga poses that specifically target male gynecomastia. First, the inverted poses of yoga, such as half wheel, wheel and fish poses. They help reduce body fat and cholesterol deposits that are stored in the trunk. Another effective yoga pose that eliminates fat is stretching the arms. It is an effective form that specifically targets the breast region. It will reduce fat and cholesterol deposits in the chest area. These yoga poses help reduce fat and improve blood circulation. Yoga asana can help you lose weight gradually. When yoga is practiced with the right diet, it helps in losing body fat and in turn building muscle in the body. It also helps to increase testosterone levels. This is an important aspect because any increase in this male hormone will lead to the natural disappearance of the enlarged mammary gland.

Asanas to get rid of Gynecomastia (Man Boobs)

1. Bhujangasana Or [Cobra Pose](#)

The intense backbend pose will tighten the pectoral muscles as well as expand your chest.



How to Do

- Lying on your stomach, straighten the arms to lift the chest off the floor.
- You should press the tops of the feet, thighs and the pubis should firmly into the floor.
- Lift the chest only to the height at which you can maintain a connection through your pubis to your legs.
- Distribute the backbend evenly throughout the entire spine.
- Hold this pose for 15 to 30 seconds, breathing easily. Return to the starting pose with an exhalation.
- Repeat it three times.

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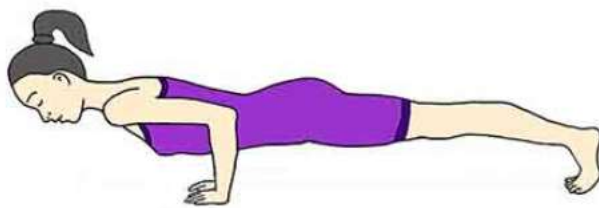
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2. Chaturanga Dandasana Or Four-Limbed Staff Pose

This yoga asana is an excellent workout for your [upper body](#) and core.

**How to Do**

- Start with a plank position
- Ensure that your back and legs form a straight line
- Now, slowly lower down with control squeezing your elbows into your body. Bend your elbows only to a 90-degree angle so that your shoulders are parallel with your elbows.
- Make sure your head and neck are aligned with your torso.
- Try to hold the pose for 10-30 seconds
- To make the pose more challenging, alternate between lifting one foot off the floor.

3. Virabhadrasana I Or Warrior I Pose

This intermediate standing yoga pose works the areas of your upper arms and chest that help build firm muscles in the chest region.

**How to Do**

- Stand straight, then step your right foot forward about four feet.
- Bend your knee into a lunge, keeping your left leg straight behind you.
- Raise your arms straight above your head, keeping your shoulders pressed down.
- Squeeze your shoulder blades together and lift your chin to gaze at your hands overhead.
- Hold this pose for eight deep breaths and then repeat on the left side.

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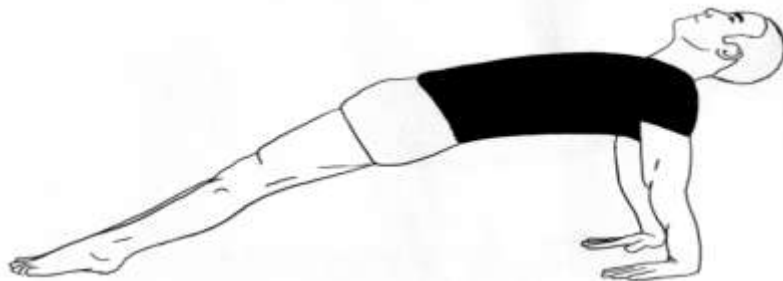
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4. Purvotannasana Or Intense East Pose

This pose challenges your shoulders, triceps and upper back.

**How to Do**

- Start with Dandasana (Staff Pose) with your hands placed several inches behind your hips and your fingers pointing forward.
- Bend your knees and place your feet on the floor
- Now, press your feet and hands down against the floor and lift your hips as high as you can until you come into a reverse tabletop position
- Maintaining the height of your hips, straighten your legs one at a time
- Slowly drop your head back.
- Hold for five breaths then sit back down in Dandasana with an exhale.

5. Bakasana Or Crane Pose

You will feel the crow pose working on your chest, shoulders, upper arms, upper back as well as your core. Stay in this position for around five breaths gazing at the ground below so that you are steady.



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How to Do

- Start in Malasana, a deep yogic squat. Bring your feet just a few inches apart and place your hands at the front of your mat, shoulder width apart.
- Begin to lean slightly forward, coming to the balls of your feet, and place your knees on the backs of your upper arms; gaze at the front of your mat, keeping your neck long.
- Activate your core muscles, lengthen your tailbone and squeeze your inner thighs as you continue to lean forward drawing your knees/shins up toward your armpits.
- From here you might just come to your tiptoes, or lift one foot off the mat at a time. If comfortable, you might float both feet off your mat, continuing to hug your knees toward midline and draw your heels toward your bottom. Stay in Bakasana for anywhere from 3-10 breaths. When ready, slowly release the pose by bringing your feet to your mat and then come into child's pose for a few breaths of rest.

Conclusion

The most likely cause of gynecomastia is a change or imbalance in the number of hormones in the body, resulting in the production of abnormally large amounts of body fat. Those who are often affected by the disease are obese or overweight men. Yoga has been proven by numerous studies as an excellent form of exercise. It helps in reducing the amount of body fat and improving the immune system and other body organs. Yoga for exercises will get rid of gynecomastia. Yoga helps to reduce the fatty tissue in the chest, keeping your fitness in check. While gynecomastia can be controlled with yoga, if the question of whether yoga poses help to reduce male breasts is still on your mind, talk to a professional about it. They can suggest a specific exercise program that you can follow, including yoga and cardio exercises, which can help you get rid of gynecomastia. Practicing yoga for gynecomastia is an effective solution because yoga helps in weight loss.

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