Original Article

Association of chakra personality type and obesity

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Abstract

Introduction: Personality is thought to affect risk for Obesity. Studies have shown a possible linkage between personality/personality trait and obesity. **Aim:** To assess the Chakra personality types in normal and overweight/obese individuals and to determine the association between chakra personality types and obesity. **Study design and method:** Observational cross sectional study conducted in Physiology department. One hundred and fifty enrolled participants` body mass index (BMI) was calculated and dichotomized into normal weight and overweight/obese group based on BMI. Chakra personality types were analyzed using chakra personality questionnaire in both the groups. **Results:** Out of the total one hundred and fifty subjects, 24 were Satvik, 107 were Rajsik and 19 Tamsik using the Chakra personality test. There was a strong association between chakra personality type and overweight/obesity (P value of <0.01). There was significant difference in the proportion of Tamsik in overweight /obese group. **Conclusion:** Study suggests that Tamsik chakra personality type may predispose to overeating behaviour and physical inactivity leading to obesity.

Keywords: Chakra personality, obesity, overweight, Satvik, Tamsik, Rajsik.

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INTRODUCTION

World Health Organization (WHO) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.[1] It is a dynamic state of well-being characterized by a physical and mental potential, which satisfies the demands of life commensurate with age, culture, and personal responsibility.[2] A good health reflects mental, physical and spiritual state of an individual. Weight normalcy is perceived as an important aspect of good health. According to National Family Health Survey (NHS-3),[3] the percentage of overweight and obesity are exponentially rising and vexing public health issue across India.[3] Overweight and obesity are now well recognized and directly associated with several diseases, including diabetes mellitus, hypertension, dyslipidaemia and ischaemic heart diseases.[4] Mental component is the backbone of total health and well being. Individuals perceive, feel, think and react to the external environment in a distinctive manner.[5] Personality traits can be defined as stable, fundamental dimensions of personality, influencing our thoughts and behaviours in a variety of situations. Personality is thought to affect obesity risk.[6,7,8,] Studies have shown a possible linkage between personality/personality trait and obesity.[6,7,8,] Obese individual's temperament and character are more irascible, impulsive, passive, insecure, nervous, and frail compared to non- obese/healthy individuals.[9,10] The Bhagwad Gita describes three broad personality types Satvik (insight, perspective and balanced), Rajsik (aggressive and passive behaviour) and Tamsik (physically lazy and lack motivation). Every person is a combination of these three (i.e Satva, Rajas, Tamas).[5,11,12] With the Chakra approach it is possible to analyze the proportion of the 3 basic natures in the overall personality of an individual. The chakra personality test questionnaire provides a valuable tool to evaluate the basic nature or temperament of an individual, a key component of personality and can reveal individuals mental health status.[5,12] To date, there is paucity of data regarding chakra personality profiles influencing abnormal weight /obesity risk. Therefore this study was conducted to assess the Chakra personality types in normal and obese individuals by using Chakra personality questionnaire and to determine the association between chakra personality types and obesity.

MATERIAL AND METHODS

This was an observational, cross sectional study conducted in department of Physiology at a tertiary care teaching hospital in Navi Mumbai. Approval of Institutional Ethics Committee was obtained. The study duration was from 2007 to 2009 with a sample size of 150 subjects. One hundred and fifty random samples of adults, apparently healthy, of either sex were included in this study after obtaining their informed consent. Subjects with any known systemic diseases, psychiatric disorders, consuming psychotropic medication and not willing to give informed consent were excluded. Subject's socio-demographic and anthropometric details were recorded. All subjects were initially screened for obesity and later chakra personality type was determined. Obesity was determined by body mass index (BMI). Weight was measured in kilograms (kg) on a calibrated weight scale and standing body height was measured in centimeters (cm) without shoes with the use of height stand with shoulders in relaxed position and arms hanging freely. Body Mass Index (BMI) was calculated as body weight in kilograms divided by square of body height in meters. Based on the BMI value the subjects were divided into two groups. Subjects with BMI < 25 were included in Normal /Reference weight group and those with BMI >25 were included in Overweight/ Obese group. Chakra Personality type of the subjects in both groups was evaluated using the English version of Chakra personality test questionnaire [12] and the responses obtained. Based on the number of prominent, adequately functional and weak chakras, subjects were classified into Satvik, Rajsik and Tamsik chakra personality type/ dimension.

Statistical Analysis

Descriptive statistics were performed. Data was entered and analyzed with Statistical Package for Social Sciences (SPSS) 17.0 version. Values were expressed as percentage or mean +SD as applicable. Chi Square test for association between attributes was used and Z test for difference in proportion. Significance level was set at 5%.

RESULTS

Total number of subjects analyzed in this study was one hundred and fifty. The subjects were then dichotomized into normal/reference weight group (n=112) and overweight/obesity group (n=38) based upon BMI values. Table 1 shows the descriptive anthropometric data in the two groups.

Table 1: Descriptive anthropometric measurement in the two groups

Parameter	Group	Minimum	Maximum	Mean ± SD
Age (Years)	Normal Weight	20	44	24±4
	Over weight / Obese	20	42	29±7
Weight (kg)	Normal Weight	40	78	57±9
	Over weight / Obese	60	98	74±10
Height (cm)	Normal Weight	141.5	180	162.7±9
	Over weight / Obese	140	182	165.8±9.5
BMI	Normal Weight	16.41	24.83	21.32±2.4
	Over weight / Obese	25	37.03	26.97±2.92

Normal /reference weight(n = 112), Overweight/ Obese (n= 38)

Out of the total150 subjects, 24 were Satvik, 107 were Rajsik and 19 Tamsik using the Chakra personality test. Table 2 shows the chakra personality types (Satvik, Rajsik and Tamsik) in normal weight group and overweight/Obese group and their association. There was a strong association between chakra personality type and overweight/obesity with a *P* value of <0.01. In the normal weight group 16.7% (n=18) were Satvik and in the overweight/obese group 15.78% (n=6) were Satvik (figure 1 and table 3) and there was no significant difference in the proportion of Satvik (Z=0.041, *P* >0.05). In the normal weight group 76.79% (n=86) were Rajsik and in the overweight/obese group 55.26% (n=21) were Rajsik (figure 1 and table 3) and there was significant difference in the proportion of Rajsik (Z=2.392, *P* <0.05). In the normal group 7.14% (n=8) were Tamsik and in the overweight/obese group 28.94% (n=11) were Tamsik (figure 1 and table 3) and there was significant difference in the proportion of Tamsik (Z=-2.814, *P* <0.05).

Table 2: Analysis of comparison of normal weight and overweight/obese groups and their association with chakra personality types Chakra Personality Type * BMI Cross tabulation

Chakra Personality Type	Body Mass Index		Total n=150
	Normal Weight n=112	Overweight / Obese n=38	
Satvik	18	6	24
Rajsik	86	21	107
Tamsik	8	11	19

Chi-square = 12.494, Degree of freedom= 2, *P* value < 0.01, Highly significant

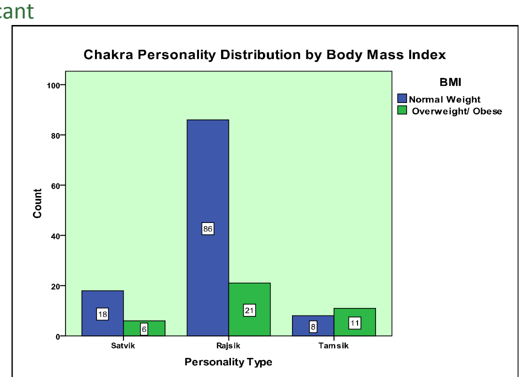

Figure 1: Showing Chakra personality distribution by BMI

Table 3: Showing test of significance (proportional Z test)

Chakra personality type	Normal weight group	P1 (%)	Overweight/ obese group	P2 (%)	Z Value
Satvik	18	16.7	6	15.78	0.041

Rajsik	86	76.79	21	55.26	2.392
Tamsik	8	7.14	11	28.94	-2.814
Total	**112**	**100**	**38**	**100**	

DISCUSSION

A performance based psychological technique enables a study of underlying personality aspects affecting behaviour. Chakra personality test is a good predictor of overall personality. Several other tests have been used to determine persoanlity traits in different studies. The Temparement and Character Inventory (TCI) and Karolinska scale of personality (KSP) have been widely used to assess personality traits in obese.[13,14,15] In the present study personality analysis of the two groups (normal weight and overweight/obese) was compared using chakra personality test. The relationship between personality and obesity can be viewed in 3 possible ways 1) Personality predisposes to overeating and /or a physically inactive life style resulting in weight gain. 2) Being obese itself may have an effect on personality because of social embarrassment and negative self image which leads to mental weakness or psychasthenia. 3) Complex interaction between personality and obesity itself. In this study we found a strong association between personality types and obesity by using Chakra personality test, which is similar to observation of earlier studies that have documented the association between personality traits and Obesity. [7,8,9,10,13,14,15] There are 3 chakra personality types. Persons with Satvik personality are equanimous, serine and poised, those wth Rajsik are passionate, desiourus and agitated, and Tamsik are steeped in total ignorance and inertia and lead a dull and inactive life.[5,12] In this study with the chakra personality test, percentage of Satvik personality type in normal weight group and overweight/obese group was almost the same and that of Rajsik personality type was 76.8% in the normal weight group and 55.3 % in overweight/obese group (table 3). The percentage of subjects with Tamsik personality type was 7.1 % in the normal weight and 28.9% in overweight/obese group. Statistically, "Z" values for Rajsik and Tamsik personality types between normal weight and overweight/obese group are 2.392 and -2.814 respectively which is statistically significant. This suggests that Tamsik personality type may predispose to overeating behaviour as well as indolence, psychasthenia and physical inactivity leading to obesity.

CONCLUSION

Study suggests that Tamsik chakra personality type may predispose to overeating behaviour and physical inactivity leading to obesity.

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