ABSTRACT

**Background:** The implementation of lifestyle modification and increase of physical activity has been proven to reduce the fat content in NAFLD subjects. Regular exercise is known to a) reduce subcutaneous and visceral adipose tissue mass; b) reduce availability of adipose-derived FFAs to the liver; c) enhance adipose insulin sensitivity leading to lower FFAs and possibly reduced *de novo* lipogenesis. Rodent studies demonstrate that exercise increases d) β-oxidation; e) VLDL synthesis, removal and clearance and f) decreases *de novo* lipogenesis.

**Methods:** Forty healthy volunteers of age group between 25-50yrs will participate in the study. After obtaining informed consent, the selected individuals were screened by ultrasonography. Then they are taught with the practice of Surya Namaskar and they are followed up for three months of time. After three months, the individuals are made to undergo ultrasonography imaging again. The collection of first data is before the practice, Second data is taken immediately after the procedure.

**Results:** The study group showed reduction in fat accumulation in liver, with improvement in the heterogenecity and echogenecity of liver parenchyma.
Interpretation and Conclusion: Regular practice of Surya namaskar restores liver functions, reduces the fat accumulation, improves the lifestyle of the NAFLD subjects.

Key Words: Surya Namaskar, Ultrasonography, Non alcoholic fatty liver.