

**A COMPARATIVE CLINICAL STUDY ON THE EFFECTS AND
EFFICACY OF SELECTED HERBAL FORMULA CONSISTING
OF PURGATION IN THE MANAGEMENT OF
OVERWEIGHT AND OBESITY**

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ABSTRACT

Overweight and Obesity is a most important pathological condition and leading preventable cause of death worldwide. Furthermore overweight and Obesity has reached epidemic proportions in developed countries and it also increasing developing countries, as well as it is one of the most serious public health problems of the 21st century. The Primary objective of this study was to evaluate the effect and efficacy of purgation and selected herbal formula in the management of overweight and obesity. All patients were selected in Chamal Rajapaksha Ayurvedic Research Hospital, Hambantota. The selected patients were divided in to two groups (Group A and Group B) and consisting of 30 patients for each. The Group A and Group B was sub divided in to two small Groups (Male and Female). Group A were treated with selected herbal formula, and Group B were treated purgation with selected herbal formula for period of 14 days.

The patients of group A male showed were associated with deference of mean BMI before and after treatments (5.26%). The patients of group B male showed were associated with significant deference of mean BMI before and after treatments (6.1%). The patients of group A female showed were associated with deference of mean BMI before and after treatments (5.1%). The patients of group B female showed were associated with significant deference of mean BMI before and after treatments (8.4%).