

# EVALUATION OF THE EFFECT AND EFFICACY OF *AMALAKYADI* POWDER IN THE MANAGEMENT OF OVERWEIGHT AND OBESITY

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## ABSTRACT

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and increased health problems. Obesity greatly raises a risk for other health problems such as hyperlipidemia, sleep apnoea, hypertension, cancers, cardiovascular diseases, bone and joint diseases, type 2 diabetic, gallstone, infertility and early death. This study was to determine the effect and efficacy of *Amalakyadi* powder in the management of overweight and obesity. All patients were selected from the medical clinic of Gampaha Wickramarachchi Ayurveda Teaching Hospital. The selected patients were assigned into two groups (group A and group B as test and control) consisting of 20 patients for each group. The patients of group A were treated with the *Amalakyadi* powder and with dietary management for one month and group B were not treated with *Amalakyadi* powder only dietary management for a period of one month. Before and after one month BMI, body circumferences, waist/hip ratio, skin fold thickness and lipid profile were estimated. Observed through this study P value in the comparison between before and after treatment of Test group and Control Group. For all parameters P value was less than 0.005 of Test group after treatment except Serum Triglyceride and LDL. But P value was increased than 0.005 of all assessment criteria in control group after treatment. According to the clinical study *Amalakyadi* powder is effective on management of Obesity and Overweight while considering the result, there is a marked improvement of reducing the symptoms after 4 weeks of treatment period also. After considering the results, this clinical study gives conclusion that *Amalakyadi* powder is more effective on the management of Obesity and Overweight.

(Key words : BMI , LDL , *Amalakyadi* )