



CRITICAL STUDY OF THE DISEASE STHAULYA (OVERWEIGHT AND OBESITY) AND ITS MANAGEMENT BY SAMSHODHAN AND SAMSHAMANA THERAPY

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According to the Ayurveda, the principles of management of Sthaulya, Kaphahara Medahara, Vatahara drugs are advised by various Acharyas. Hence in this study its management is planned with Snehana -By Tila Taila (A.H.Su. 3) , Swedana -Ruksha Udwartana (Ch.Su. 6/13), Virechana - Eranda Taila (Ch.Su. 13/12), Basti- Lekhana Basti (Sha. U. 6/22).

In this study total Sthaulya patient were divided in two groups, 21 patient was in 1st group with trial drug and 15 patient were registered in second group who were treated as control, only total 19 patient have completed, 10 in treatment group and 9 in control group.

The trial therapy is a safe herbal formulation and act not only on a weight but on variety of these factors. By increasing good lipid levels and decreasing bad lipid levels in blood. Thus it helps to control hyperlipidemia. Further Clinical trial proved more desired output by decreasing lipid levels in combined therapy of Virechana and Vasti, rather than them being used separately. Lipid level was significantly reduced by the drugs, specially Virechana having more effect over triglycerides.

Weight and BMI reduction was highly significant in both groups. Drug therapy, especially Basti showed more effect. Drug therapy produced significant reduction in systolic BP and highly significant reduction in diastolic BP. Results suggest possibility of more productive output in combination of drug therapy and dietary control and physical exercise together.

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RECENT ADVANCEMENTS IN THE MANAGEMENT OF STHAULYA (OVERWEIGHT AND OBESITY)

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