

A comparative clinical study on the efficacy of *Navaka Guggulu* and *Amritadya Guggulu* in the management of obesity (*Sthaulya*)

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Obesity is a medical condition which is excess body fat that has accumulated to the extent. It has an adverse effect on health and leads to reduced life expectancy as well as increased health problems. The World Health Organization has identified obesity a global epidemic. The term "*Sthaulya*" is described in Ayurveda for the obesity. This study was undertaken to identify the efficacy of *Navaka Guggulu* and *Amritadya Guggulu* which are mentioned in *Bhaishajya Ratnawali* for manage obesity.

Thirty overweight and obese patients (OPD level) were selected from Gampaha Wickramarachchi Ayurveda Teaching Hospital, Sri Lanka and randomly divided into two groups. Group A was treated with *Navaka Guggulu* and Group B was treated with *Amritadya Guggulu* (1g twice a day) for a period of two months.

According to the analysis p-values of weight reduction, BMI and body circumference that are related to Group A and Group B (compared with before and after the treatment) were less than 0.05. Weight, BMI and body circumference were decreased from 5% in both groups. According to the analysed data *Navaka guggulu* was affected for increase the HDL level of patients. These results could be helpful to interpret ($p < 0.05$) the efficacy of *Navaka Guggulu* and *Amritadya Guggulu* in the management of obesity (*Sthaulya*).

Key words: *Sthaulya, Navaka Guggulu, Amritadya Guggulu*

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