

**EVALUATION OF EFFECT OF HERBAL FORMULA MENTION IN  
*ASHTANGAHRDAYA SAMHITHA* IN THE MANAGEMENT OF  
OVERWEIGHT**

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**ABSTRACT**

Overweight has been declared one of the major threats to human health in 21st century. It has become the center of much clinical attention and especially clinical laboratories, whose aim is to reduce this new world syndrome. Dietary fat is associated with well - known diseases like diabetes, hypertension and cardiovascular diseases.

Overweight is most commonly caused by a combination of excessive food intake, lack of physical activity, and genetic susceptibility. A few cases are caused primarily by genes, endocrine disorders, medications, or mental disorder. The view that Overweight people eat little yet gain weight due to a slow metabolism is not generally supported. On average, overweight people have a greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass

The study was to determine the effect and efficacy of treatment protocol consisting of powder of selected herbal formula mentioned in *Ashtangahrdaya samhitha* in the management of overweight .All patients were selected randomly. The selected patients divided in to two groups. (Group 1 and 2) consisting of 15 patients for each group. The group 1 were treated the powder of selected formula with bee honey and dietary management during the period. After treatment period patients of group 1 showed significant reduction of BMI ,Waist – hip ratio, Arm circumference, Skin folder thicknesses.so that, This selected formula could be recommended for the management of overweight.

**Key wards:** Overweight