

A STUDY ON THE EFFECT AND EFFICACY OF *AMRITHADI GUGGULU* AND *MAHAPASMUL* DECOCTION IN THE MANAGEMENT OF OVERWEIGHT AND OBESITY WITH SPECIAL REFERENCE TO THE BODY MASS INDEX

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ABSTRACT

Overweight and Obesity is rising problem in the world and it define as a state of excess adipose tissue mass that may impair the health. BMI is the simple index to measure Overweight and Obesity. BMI is >25 consider as overweight and >30 consider as obesity. In 2014 more than 1.9 billion adults over 18 years older were overweight and of these over 600 million were obese. The study was design to identify the effectiveness of *Amrithdi Guggulu* and *MahaPasmul* Decoction which mentioned in Bhaisajya *Ratnavali* and Charaka samhitha for management of overweight and obesity. 60 patients of either sex, age between 20-55 years and BMI >25 were registered from O.P.D. of Meerigama Ayurveda Hospital and randomly divided into two groups as group A & B. Only 36 patients were completed the treatment. Patients of group A were treated with *Amrithadi Guggulu* and B was treated with *MahaPasmul* Decoction for duration of 3 months.

After completion of treatment, data were assessed by using students't' test (SPSS). *Amrithadi Guggulu* reduced BMI 1% and waist circumference 0.16% with a significant p value ($p<0.05$) in obese people. *Amrithadi Guggulu* reduced high density lipoprotein in 4.1% with a significant p value ($p<0.05$) in overweight people. *Maha Pasmul* decoction reduced BMI 2.5% and waist circumference 0.65% and waist to hip circumference ratio 1.06% with a significant p value ($p<0.05$) in obese people. As in subjective criteria *Amrithadi Guggulu* reduced dyspnea on exercision 27.32%, excessive hunger 19.65%, lack of enthusiasm 30.06%, and decreased ability of physical exercise 26% with a significant p value($p<0.05$). The group of *MahaPasmul* decoction reduced dyspnea on exercision 51.54% excessive sleepness 57.69%,excessive hunger 19.65%, lack of enthusiasm 50.29%, and decreased ability of physical exercise 41.61% significant p value($p<0.05$).

Keywords: *Maha Pasmul* decoction, *Amrithadi Guggulu*, Overweight, Obesity, BMI,