

**A COMPARATIVE STUDY ON THE EFFECT AND EFFICACY OF
TREATMENT PROTOCOL CONSISTING OF HERBAL FORMULATION
DERIVED FROM SRI LANKAN OLA LEAVE MANUSCRIPT IN THE
MANAGEMENT OF OBESITY**

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ABSTRACT

Obesity has become a major global health challenge due to established health risks and substantial increases in prevalence. Ayurveda medicine may help to decrease the high Body Mass Index (BMI) levels, high Cholesterol levels and body circumferences. With this aim; a clinical study undertaken on two groups for duration of 60 days, to evaluate comparative efficacy of purification treatment with palliative treatment and only palliative treatment. The current study planed in 40 patients of obesity. Group 1 -20 patients, were treated only with decoction which the selected formula derived from Ola leave manuscript. The patients of Group 2 treated with purgative treatment with palliative treatment. The patients of Group 2 received internal oliation with sesame oil followed by external oliation with sesame oil. After observations of proper signs of oliation; purgative therapy performed with *samsarjana karma* followed for five days. Subsequently all the patients were given the trial drug. In both groups, the doses were same. Body mass index (BMI), cholesterol levels, fasting blood sugar (FBS), blood pressure and body circumferences measured at the beginning and after the treatment program for both groups. The results of this study revealed a significant decrease in serum cholesterol levels in Group 2, while there was insignificant change in Group 1.

BMI, abdominal circumferences, hip circumferences and FBS were decreased in both two groups. No side effects observed during the clinical trial.

Key words: Purification, palliative treatment, oliation, purgative therapy, *samsarjana karma*.