

**EVALUATION OF THE EFFECTS AND EFFICACY OF TREATMENT
PROTOCOL IN THE MANAGEMENT OF OVERWEIGHT AND OBESITY**

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ABSTRACT

Obesity has reached epidemic proportions globally, with at least 2.8 million people dying each year as a result of being overweight or obese. Obesity and overweight has a huge impact on people and their lifestyle. Since overweight and obesity is identified as a major risk factor for non-communicable diseases such as cardiovascular diseases, diabetes, musculoskeletal disorders and some types of cancers. A Sample of obesity and Overweight was selected for this study with objective of evaluating the efficacy of Treatment Protocols. Researcher compared the efficacy of selected herbal formula (kashaya) (Group A) vs selected herbal formula (kashaya) with Purgation (vireechana) treatment (Group B) in Over weight and Obesity condition.

The Two groups with 30 patients in Pussalla and Molligoda Ayurvedic hospital obesity clinic. All the patients measure before and after body weight, BMI, Body circumference, Skin fold thickness, lipid profile, FBS and BP. The Group A and Group B showed significant decrease in weight, BMI level and FBS in comparison to before the treatment. Group B reduce more weight (Group B: 68.26 ± 1.41 , Group A: 68.57 ± 1.15). BMI level of Both Groups (Group B: 29.17 ± 0.53 , Group A: 29.72 ± 0.55).

The Group A and Group B showed significant decrease in Body Circumference of Mid Arm, Mid-Thigh, Triceps and Skin Fold Thickness of Supra iliac in comparison to before the treatment. The Group A and Group B showed significant increase in Triglycerides and Group B significant increase VLDL. According to results, Purgation procedure and Herbal formula (*Moringa oleifera*, *Dolichos biflorus*, *Zingerber officinale*, *Ricinus communis*) very successfully with overweight and obesity control. As dietary – behavior modification plays vital role for obesity. Purgation and panchkarma procedure and traditional formula also play vital role to reduce overweight and obesity.

Key words- Obesity, Herbal formula (kashaya), Purgation (vireechana)