

A clinical study on the efficacy of Acupuncture treatment for increasing weight

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Abstract

Lack of weight is the common metabolic disorder in Sri-Lanka. Acupuncture or Accue pressure treatment (*Nila Cikitsa*) is one of the oldest and most commonly used medical procedures in the world. The aim of this study was to evaluate the effect of Acupuncture treatment for weight gain. 45 patients have been subjected in this survey which was conducted in Korean Acupuncture clinic at the Borella, Ayurvedic teaching hospital. Patients of either sex aged between 18-50 years, who have been diagnosed to get short height, hair loss, irregular menses, body weakness & memory loss condition were selected in this study. Especially considered healthy nutritional diet, they have been taken in 6 months duration before the treatment. The result highlighted the maximum number had weight between 45-49.9 kg in 46.6% and BMI 16.5-17.4 was increased by 48.8%. The study proved that body weight was increased by kidney tonification point of Acupuncture.

Key words: Acupuncture, body weight, treatment, kidney tonification point

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