

Clinical Trial on Vyoshadi Guggulu in the Prevention and Management of Medoroga (Obesity)

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Abstract

Medoroga (obesity) is a syndrome which is characterized by deposition of Excess fat in the body. It is a mainly genetic predisposed disorder in which there is increased body weight, body mass along with exertional dyspnoea, varicose vein and reduction in sexual and psychological fitness of the body. Secondly diet enriched in fat and carbohydrate, metabolic disorders due to imbalance between energy in take and energy expenditure leads to obesity also. The classical literature has discussed many complications of Medoroga like Premeha, Prmeha Pidika, Bhagandara, Vidradhi Vataroga etc.

A series of Clinical trials have been conducted with Arogya Vardhani vati, Guggulu and its various extraction different lipid functions in the blood. It has been observed that Petroleum eather extract of Guggulu and Phytogenic Principle (Ketosteroids) showed the definite hypolipidemic anti obesity and anti-anthosclerotic effect in the experimental studies.

In the present clinical study out of 243 registered cases for trial, 29 showed good response, 69 fair response, 92 poor response and 24 cases showed no response while 29 cases drop out.

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