

## **Clinical Evaluation of the Hypolipidaemic Effects of Certain Ayurvedic Herbal Drugs in Patients of Medoroga (Obesity) W.S.R. to Dyslipidaemias**

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### **Abstract**

The World Health Organization recognizes obesity as the greatest health threat of the twenty-first century. Obesity and Dyslipidaemia are some of the most common disorders of metabolism in humans and perhaps some of the oldest documented metabolic disturbance in Ayurveda. In modern system of medicine, the treatment of obesity is unsatisfactory and basic concept of treatment of obesity remains “low caloric diet” and “increase in physical activities”. Moreover most of the allopathic drugs used for the purpose possess serious side effects. Therefore, it was decided to evaluate clinically the therapeutic and hypolipidaemic effects of certain Ayurvedic herbal drugs in a series of patients of Medoroga (Obesity & related Dyslipidaemias). In the present clinical trial, three groups of patients of Medoroga have been studied to evaluate the therapeutic & hypolipidaemic effects of Medohara Yoga -1 and Medohara Yoga-2. The first group of 20 patients was given Medohara Yoga-1 containing equal quantity of *Lashuna*, *Guggulu* and *Haritaki* in the dosage of 6gm, twice daily with luke warm water. The second group of 20 patients was given Medohara Yoga-2 containing equal quantity *Vidanga*, *Methika* and *Kutaki*, in dosage of 6gm, twice daily with luke warm water. The third group of 20 patients was given 500mg of Starch Powder, twice daily with luke warm water. The trial was conducted for 8 weeks and Lipid & Anthropometric profiles (Body weight, BMI & SFT) were periodically evaluated to assess the therapeutic and hypolipidaemic effects of drugs under trial. At the end of the trial, group first and second exhibited their therapeutic and hypolipidaemic efficiency over the control. Medohara Yoga-1 is more effective than Medohara Yoga-2.

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