RESULTS
As only interested patients were selected,

Total Subjects : 122 dropped out 22

Placibo Subject : 062 dropped out 12

Hence there was Total subjects : 100

Placibo Subjects: 50

In all these subjects entered in my study out of Triphala Guggulu received subjects 22 and placibo subjects 12 which are completely dropped out because they are not came at the included in the final evaluations.

Every patient was examined carefully after every months. It was strictly observed that the patient is following the advise regularly.

Result of each clinical finding's as follows:--

1. BODY WEIGHT:--

In sthaulya body weight has very much importance. Every patient was very much interested to see weight loss. Significant weight loss was observed in the Triphala Guggulu received subjects with diet and exercise. Total subjects 100 show. In general (Male & Female) 2.17 Kgs. i.e. Average weight loss 64 Male patients 2.14 Kgs. 36 female patients 2.22 Kgs. Weight loss was not observed in patients of group who were received placibo. In some patients of this placibo group weight gain is observed.
(2) **BODY MEASUREMENTS:**

Body Measurements live PARINAH, BAHU, JANDHA, URA, UDARA. This circumference were noted carefully at every months which gives following results.

Body measurements were remarkably reduced in the patients who were received Triphala Guggulu groups. which as follows:—

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Before Drug Therapy</th>
<th>Triphala Guggulu No.100 patients after drug therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARINAH i.e. Measurements in Cm.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BAHU Circumference Cm.</td>
<td>30</td>
<td>27</td>
</tr>
<tr>
<td>ANDHA Circumference Cm.</td>
<td>48</td>
<td>46</td>
</tr>
<tr>
<td>URA Circumference Cm.</td>
<td>92</td>
<td>89</td>
</tr>
<tr>
<td>UDRA Circumference Cm.</td>
<td>95</td>
<td>93</td>
</tr>
</tbody>
</table>
There was no change observed in the placibo group. There was a remarkable reduction in the serum cholesterol and triglyceride levels in subjects who were receiving the Triphala Guggulu as compared to placibo group.

Subjective improvement like LAGHAV (Feeling of lightness)

SWED PRAVRUTI (Sweating)

SWAS (Breathlessness)

SANDHISHOOL (Joint Pains)

NIDRA (Sleep)

TRISHNA (Thirst)

LIBIDO

KSHUDHA (appetite)

were better in who received Triphala Guggulu as compared placibo group. "DRAVAMALAPRAVRUTI" is observed in this patients but it is the function of Anulomanas and pachanas.

Pulse, Blood pressure, and temperature was not change observed in this patients who received Triphala Guggulu.