From introduction up to discussion described earlier it can be concluded that:

Sthaulya tend to die sooner than the people with normal weight.

Sthaulya is not just a calculation of caloric input and output. Present line of treatment for sthaulya viz. diet, drug, exercise, surgery and behavioural therapy has limited scope and results too. Diet and exercise play very important role in the treatment of sthaulya.

For the treatment of sthaulya it requires proper and prolong efforts.

Triphala Guggulu is very useful in the treatment of sthaulya.

Restricted diet of 1000-1200 kcal/day and 3 kms walking/day and Triphala Guggulu 2 tab thrice daily for 6 months with Koshna Jala as a anupan very much effective in the sthaulya Triphala Guggulu shows feeling of lightness in all patients i.e. “LAGHUTA”.

Triphala Guggulu does not affect appetite. Triphala Guggulu can be taken for prolong time.

Triphala Guggulu does not produce any side effect.

Triphala Guggulu is very much palatable.