SUBJECTS AND METHODS
SUMMARY:---

Hundred obese subjects were randomised in this groups. Triphala Guggulu tablets 2 T.D.S. for the period of Six months. Anupan Koshna Jal was given. Restricted diet of 1000 -- 1200 Kca/day and 3 Kms walking exercise per day advised to every sthauya patients where as other group recived placibo. All the necessary Physical, clinical and Pathological, investigations were carried out at every month. A significant weight loss was observed in Triphala Guggulu drug therapy group when compared with placibo.

The body measurement like. PARINAH i.e. Bahu, Jandha, Ura, Udara etc.. were significantly decreased. A remarkable decrease in serum cholesterol and triglyceride level was observed. No side effects of any kind were observed during the treatment period and even after completion of the trial.
MATERIAL AND METHODS:

Hundred subjects referred to the Ayurvedic Hospital and Research center Wagholi, Pune and my O.P.D. Clinic were entered into the trial. All were at least 20% in excess of their ideal body weight as defined by the Life Insurance Corporation of India's height and weight recommendations.

At the time of entry into the study they had a stable weight and none was receiving any drugs to reduce their weight. All were in good health and biochemically euthyroid and non-diabetic. Their characteristics on entry were recorded.

Treatment was planned according to Ayurvedic concept and Triphala Guggulu was given to all the hundred patients and among the other groups, patients who received placebo for the purpose of analysis.

The subjects were interviewed individually with restricted diet of 1000 - 1200 Kca/day and 3 Kms/day walking exercise and were advised suitably. The treatment was continued for a period of six months and patients were examined every fourth weeks and during these visits their body weights body measurements like waist and hip circumferences, blood pressure, temperature, pulse rate and other clinical examinations were carried out.

Triphala Guggulu 2 T.D.S. x for 6 months.

Anupan -- Koshna Jal.
Diet -- Restricted diet of 1000 -- 1200 Kcal/day and 3 Kms. walking exercise per day, advised to every Sthaulya patient.

The subjective findings like appetite, feeling of lightness, sweating, breathlessness, Joint pains, were individually noted. Side effects of the drugs, if any were carefully noted down. On entry and at the end of the study biochemical investigations such as haemogramme, urine examinations, Sr. triglycerides and cholesterol were estimated.