



A Comparative Single Blind Placebo Controlled Clinical Study to Evaluate the Efficacy of Eranda Patra Kshara In The Management of Sthoulya W.S.R. to obesity

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ABSTRACT

Sthoulya is the abnormal and excessive accumulation of meda dhatu. Frequent and excess intake of kapha increasing factors, sedentary life style, lack of mental and physical activities are the most common etiological factors. In Ayurveda, Sthoulya is considered as a Santarpanajanya Vyadhi and the Atisthoola is considered one among the Asta Nindita Purasha's. One who is suffering from Sthoulya roga becomes miserably pathetic due to the effects of Astha Doshas explained in the context of Sthoulya by the Acharyas. Obesity has reached epidemic proportion in India in 21st century, with morbid Obesity affecting 5% of the country population. In the present study total 30 patients diagnosed cases of Sthoulya were selected and divided into two groups 15 patients each. Group A patients were administered with Eranda Patra Kshara and Group B patients were administered with the Placebo for 30 days. The results were assessed based on the subjective and objective parameters on 60th day. Over all the percentage of mean reduction in Group A and Group B of Subjective parameters is 46.67% and 35.56% respectively. Group A with Eranda Patra Kshara has better results on Subjective Parameters of Sthoulya than Group B with Placebo. Over all the percentage of mean reduction in Group A and Group B of Objective

parameters is 11.68% and 5.6% respectively. Eranda Patra Kshara has highly encouraging results over the Sthoulya.

Key words: Eranda Patra Kshara, Sthoulya, Obesity, Placebo

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