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## Clinical evaluation of haridra and chitrak in the management of obesity (Medoroga)

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**O**besity is a metabolic disorder, generally occurring in affluent societies, because of imbalance between energy intake and energy expenditure. It is associated with mortality and predisposes to the development of fatal diseases like diabetes, hypertension, M.I., etc., and hormonal imbalance. Higher socioeconomic group of society leading to sedentary life style is more vulnerable to medoroga. There is an excessive accumulation of fat in the patients affected from medoroga. Certain drugs like steroids, oral contraceptives, phenothiazines and insulin are supposed to cause medoroga.

The present study may be considered as pilot study, considering all the factors. It is to conclude that both the herbal drugs (haridra and chitrak) are effective against cardinal as well as general signs and symptoms of medo vriddhi (hyper lipidaemia) in patients. In the present clinical study, efficacy of chitrak is better than haridra in the alleviation of symptoms of medovriddhi.

The results and its observation will be discussed during the seminar.

### Biography

Puja Sansare is M.D. scholar at Rasashastra & B.K., National Institute of Ayurveda, Jaipur, working on different dosage form of medicaments. She participated in many national and international conferences and presented papers.

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