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## An Observational Case Study on the Effectiveness of Varanadi Kashaya in Managing Obesity of an Individual with Metabolic Disorders

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Obesity is increasing at epidemic proportions globally giving rise to many serious non-communicable diseases like cardiovascular diseases, hypertension, type 2 diabetes and dyslipidemia. Even though there are Food and Drug Administration (FDA) approved drugs and synthetic pharmaceuticals in the market they have many more side effects and don't have any direct effect on adipocytes which play a major role in making an individual obese. But the polyherbal drug Varanadi kashaya (VK) addresses the root cause by downregulating adipogenic genes, preventing proliferation and hypertrophy of adipocytes and pre-adipocytes without any side effects. Moreover hypocholesterolemic, anti-diabetic, anti-oxidant and free radical scavenging characteristics of the herbals which constitute VK make it a possibility to address metabolic disorders as well. However, the efficacy of VK in managing obesity in individuals with metabolic disorders has not yet been evaluated in detail. The aim of this study is to determine the efficacy of VK in an obese individual with metabolic disorders. Materials and methods: VK was given for 30 days to an obese person with diabetes and hyperlipidemia.

Ayurveda parameters and laboratory investigations such as SGOT, SGPT, FBS, HbA1C and lipid profile. Results: High-risk apple shape body was shifted into a ratio between apple and pear threshold which is of moderate risk to health problems by reducing the weight/hip ratio from 0.95 to 0.84. Markedly reductions in LDL levels were observed from 112.6 mg/dl to 106.2 mg/dl. The reduction of Total cholesterol levels from 180 mg/dl to 171 mg/dl, and Non-HDL levels from 132 mg/dl to 129 mg/dl were noticed in laboratory findings while some other parameters were constant throughout

### Biography

Ayesha Perera (Corresponding author) is reading Bachelor of Ayurveda Medicine and Surgery in the Institute of Indigenous Medicine, University of Colombo, Sri Lanka, and is in the final year. As per the interest in carrying out research studies in Ayurveda, has participated in expert talks, webinars, and national and.

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