

Obesity treatment in ayurveda

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Perspective

Obesity is one of the biggest concerns now -a -days in all the age groups. Excess weight diminishes health, from reproductive and respiratory function to memory and mood. 1 out of every 3rd person is suffering from obesity or overweight which increases the risk of having problems like:

- a. High blood pressure
- b. Diabetes
- c. Heart diseases
- d. High Cholesterol level
- e. Infertility
- f. Cancer
- g. Pain in various parts of body
- h. Psychosocial effects

And many others out of which some are not even easily curable. The various reasons for these problems can be:

- a. Improper/irregular diet habits
- b. Lack of exercise & physical activity
- c. Weak immune system & metabolism
- d. Hormonal or genetic problem
- e. Lack of sleep
- f. Stress

In our routine life, every person starting from very early stages is suffering from any of the above symptoms which finally lead to weak digestive system. Food we eat not get digested properly, fats continue to store in our body & not get burned easily which ultimately leads to Obesity (Figure 1).



Figure 1 Ayurvedic Medication Packages.

Many people start taking medicines for weight reduction but those medications have many side effects in long run. Many other people try to have safe measures for weight loss like:

- a. Doing regular exercises
- b. Taking honey with warm water in morning
- c. Having sound sleep
- d. Reduce stress & be happy
- e. Having some specific juices like of Karala, Pineapple
- f. Having correct diet plans

The above mentioned options have good impacts but not in many cases because it is not always easy to have sound sleep or being happy even if you know it is very much required. May be you are having regular exercises but still you find it ineffective. So, what next.....

It may be due to mental tension or some hormonal problems. In these cases, our body requires internal deep healing. We at DEEP AYURVEDA provide purely herbal treatment for weight loss. It may be through various ayurvedic therapies, herbal medicines or oil massage or herbal food supplements which will help in complete deep healing of your body which will not just help in your weight loss but will also give you a refreshing feel. All Medicines are 100% natural & self prepared under the guidance & supervision of Dr. Baldeep Kour, Medical Director.

These medicines have various benefits like

- a. Effective weight regulator
- b. Inhibits Fatty acids synthesis
- c. Reduce bad cholesterol levels
- d. Reduces craving for foods
- e. Improves your metabolism

For weight loss treatment, we recommend following Ayurvedic and Panchkarma treatment packages:

- a. Panchkarma Treatment
- b. Ayurvedic Medicine
- c. Life Style Modification

First we detoxify the entire body with Panchkarma Therapy which is very effective for weight loss :

- a. Snehan Svedan
- b. Vaman/Virechan
- c. Vasti
- d. Patar/ Potli Massage
- e. Udavartan
- f. Obesity Herbal Powder - 1 tsp twice a day before food with warm water
- g. Obesit Capsules – 2 capsules twice a day with water

h. Other medicines are Medohar Guggul, Guggul Capsules, Karala capsules & Neem capsules

- i. Garcinia capsule-2cap twice a day
- j. Spirulina capsule-2 cap twice a day.

Apart from panchakrma therapy and medication, Life style modification will also play a big role to manage obesity naturally and to live a healthy life forever.

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