

Group B: Lipidex Plus diet restriction
Chart Showing average reduction in weight (in kgs)

Name of patients	Wt. On Presentation	Wt. on 15th day	Wt. on 30th day	Wt. on 45th day	Wt. on 60th day	Wt. on 75th day	Wt. on 90th day	Result	Average reduction per 15 days
1. C.B.P.	80	80	79.5	77.5	77.5	76	74	Good	1.00
2. Miss K.	79.5	79.5	79.5	77	76.5	75	73	Good	1.08
3. Miss C.	45	44	43	41	40	38	35	Better	1.66
4. K.C.	82.5	81	80	79	78	76	73	Better	1.58
5. Mrs.P	79	77	77	74	73.5	72	69	Better	1.66
6. N.T.	90	89	88	85	85	84	79	Better	1.83
7. Mrs.K	90.5	87	86	83	81	78	76	Best	2.41
8. Mrs.T	93	90	88	86	84	81	79	Best	2.33
9. Miss.R	85	83	82	80	78	75	72	Best	2.16
10. S.K.	48	47	45	43	40	38	33	Best	2.50
11. Mrs. K.C	80	79	79	78	77	77	75	Poor	0.83
12. Mrs.P.	84	83	82	80	80	78	76	Good	1.33
13. P.T.	83	80	79	77	75	74	72	Better	1.83
14. Miss L	79	79	79	78	78	78	77	Poor	0.33
15. Mrs. M	80	78	76	73	72	67	64	Best	2.66
16. Mrs. M	81	80	78	76	75	74	70	Better	1.83
17. N.K	81	79	78	76	74	73	68	Best	2.16
18. Mrs.	81.5	81	80	80	79	79	78	Poor	0.58
19. L.K.	78.5	76	75	73	72	70	67	Better	1.91
20. Mr. K.C.	90	86	85	83	81	80	76	Best	2.33
21. C.K.	92	90	88	86	84	83	80	Best	2.00
22. Mrs.P.T.	84	82	80	76	76	74	71	Best	2.16
23. B.P	86	86	85	85	84	84	83	Poor	0.50
24. S.A.	89	87	85	83	81	80	76	Best	2.16
25. N.K.	79.5	78	76	74	72	70	66	Best	2.25

Note : Wt is in Kgs.

Result:-Average reduction is 1.72 Kg. for 15 days

Criteria of results :- if there was less than 1 Kg. reduction in 15 days then it was termed poor. If reduction in wt. was between 1 Kg. to 1.5 Kg. it was termed as good, between 1.5 to 2 Kg. it was termed better above 2 Kg. it was termed best.

Poor - 4 (16%)

Good 6 (24%)

Better - 5 (20%)

Best - 10 (40%)

Average reduction was 1.72 Kg. per 15 days and success result was 84%

Obesity and it's Treatment by an Indigenous Drug

'LIPIDEX'

CLINICAL TRIALS CONDUCTED BY

1. Dr. S.D. JEVARAJ, M.D. (MED). DM (Card) M.A.M.S, F.C.C.P. (U.S.A)
 F.I.C.A., (U.S.A.), F.R.S.H. (Lond.) F.R.S.T.M. (Lond)
 Consultant Cardiologist and Consultant Physician
 Institute of Cardiology
 Govt. General Hospital, Madras - 8

2. Dr. B.V. VARANDANI. M.B.B.S. M.C.C.P., U.S.A.
 Varandani's Clinic, Pipariya Hoshangabad. (M.P)

3. Dr. ACHANTA LAKSHMIPATHI GOVT. AYURVEDIC HOSPITAL VIJAYAWADA



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Web: www.kairaliprducts.com • E-mail: info@kairaliprducts.com

Tel: + 91 4259 271711 / 271722.

CLINICAL TRIAL OF LIPIDEX CONDUCTED BY

Dr. S.D. JEVARAJ

M.D. (MED). DM (Card) M.A.M.S, F.C.C.P. (U.S.A)
F.I.C.A., (U.S.A.), F.R.S.H. (Lond.) F.R.S.T.M. (Lond)

Consultant Cardiologist and Consultant Physician
Institute of Cardiology
Govt. General Hospital, Madras - 3

Corpulence is not a sign of Opulence (obesity is not a sign of prosperity). Obese individuals are more prone to Ischaemic heart disease, Hypercholesterolemia, Diabetes, Varicose Veins, and Arthritis involving the knees. Hence in the management of these illnesses the success depends on the effective control of over-weight.

10 obese individuals were taken up for the clinical study to assess the efficacy of LIPIDEX. The variations in excess weight was calculated according to the chart provided and the dosage of lipidex was adjusted according to excess weight (i.e. 2 caps/day if weight exceeds by 10 kgs, 4 caps/day if the excess in weight is between 10-20 kgs. 6 caps/day if it exceeds 20 kgs). The weight was recorded every 2 weeks in the same weighing machine.

Out of the 10 patients studied, one developed G.I. disturbance in the form of abdominal discomfort with loose motions which was relieved by reducing the dosage.

Patients were co-operative and willing to continue treatment since they were not asked to change their regime and the weight reduction was seen in the first fortnight itself. They did not complain of tiredness of tongue.

The study showed there is average fall in weight of 7 kgs in the 6 weeks of the study. Most of them were happy to continue the drugs as they were told not to worry about the Do's and Don'ts of the food. The fall in weight was noticed within 2 weeks and it continued to show further reduction as treatment was continued.

LIPIDEX is safe, effective and patient's compliance is excellent.

I thank **M/s. SPALABS PRIVATE LIMITED** (formerly known as MALABAR CHEMICALS CO.,) for the samples of LIPIDEX provided to complete the study.

MALES	FEMALES
5	5
TOTAL 10 CASES	

Age Range : 26 years to 48 years

TOTAL duration of treatment : 6 weeks

Reduction in weight (average) : 7 kgs.

Diet:- 66% were vegetarian and 34% non vegetarian

Family History:- 20% gave H o obesity in family. 4% gave H o B.P. and 6% gave H o diabetes in their family.

Diet Restriction

Patients in group B were advised not to take sweets, potatoes and rice and to restrict the use of milk and products.

Side Effects:

I have not noted any side effect but the manufacturers have informed that few patients may develop allergic rash, vomiting and feeling of heat in the system for which they have prescribed the following treatment.

Take one ounce each of Dannah (coriander seeds) and Zeer (Cummin Seeds) and powder together with one ounce of sugar and divide into 4 doses. Put one dose into some boiling water (about a glass) and keep it covered for 10 minutes. Strain and drink this water in the morning and at night.

Overall results are 84% in both series. Really very much encouraging. Personally I feel Lipidex is worth the use in obesity, as first line of defence.

Summary:

Clinical study showing effect of Lipidex in obesity gave 84% overall result. Under no diet restriction, average reduction was 1.51 kgs. in 15 days.

Acknowledgment:

I am thankful to **KAIRALI AYURVEDIC PRODUCTS PVT. LTD.** for their liberal supply of samples for this trial. I am also thankful to Dr. V.B. Varadani, A.V.M.S. for his help in the study.

Dr. (MRS.) SUSHILA, s. RAUT,

M.D., D.G.O., D.F.PMPCPC (Mumbai) Consulting Obstetrician & Gynaecologist.

I find that patients of mine who have been put on Lipidex have responded well as per reduction of weight and hence they agree to continue the treatment even for a longer duration.

2. Drugs metabolizing the deposited fat (Madohara)

- a. Guggulu
- b. Triphala
- c. Vidanga
- d. Shilajit
- e. Khadira
- f. Sowveera

3. Drugs which maintain the balance of the achieved state of health and prevent further fat deposition (Rasayanas)

- a. Guduchi
- b. Triphala
- c. Vidanga
- d. Shilajit
- e. Guggulu
- f. Sthalamuli
- g. Theekhana Loha

Trivruth encourages the elimination of accumulated doshas (Toxins) of the body and ursha due to its bitternes along with other durgs reduces kapha dosha, the causative factor of Agnimandya.

Thus, Lipidex is an ideal combination of various indigenous drugs which have potent action in reducing obesity and relieving the causative factors of it and also maintains the balance of achieved state of health by preventing further accumulation of fat in the body.

NAME	AGE yrs	WEIGHT BEFORE TREATMENT kgs	EXCESS WEIGHT BY kgs	DOSAGE OF LIPIDEX / DAY	2 WEEKS LATER kgs	4 WEEKS LATER kgs	6 WEEKS LATER kgs
1. Mr. Rajan	43	90	30	3	89	89	87
2. Mr. Rani	32	70	15	4	66	64	64
3. Mr. Chandran	48	85	20	4	82	80	78
4. Mr. Gangadaran	42	68	10	2	65	65	62
5. Miss. Sheila	26	68	15	4	63	60	58
6. Mrs. Prema	45	75	25	4	72	70	68
7. Mrs. Helen	32	64	18	4	62	60	57
8. Mr. Sahadevan	24	70	15	4	68	64	62
9. Mr. Bhaskaran	33	65	10	2	60	60	58
10. Mrs. Bharathi	47	70	15	4	66	64	62

Desirable weight (in kgs.) according to frame and Height (cms.) for adults aged 25 years and above indoor Clothing

Men			Height (cms)	Women		
Small Frame	Medium Frame	Large Frame		Small Frame	Medium Frame	Large Frame
50.7 - 54.4	53.5 - 57.1	57.1 - 63.9	157.5	41.7 - 44.4	43.5 - 48.5	47.1 - 53.9
52.1 - 55.8	54.8 - 60.3	58.5 - 65.3	160	42.6 - 45.8	44.4 - 49.9	48.0 - 55.3
53.5 - 57.1	56.2 - 61.6	59.8 - 67.1	162.5	43.5 - 47.1	45.8 - 51.2	49.4 - 56.7
54.8 - 58.5	57.8 - 63.0	61.2 - 68.9	165	44.9 - 48.5	47.1 - 52.6	50.8 - 58.0
56.2 - 60.3	59.0 - 64.8	62.6 - 70.7	167.5	46.2 - 49.9	48.5 - 53.9	52.1 - 59.4
58.0 - 62.1	60.7 - 66.6	64.4 - 73.0	170	47.6 - 51.2	49.9 - 55.3	53.5 - 60.7
59.8 - 63.9	62.6 - 68.9	66.6 - 75.2	172.5	49.0 - 52.6	51.2 - 57.1	54.9 - 62.6
61.6 - 65.7	64.4 - 70.7	68.4 - 77.1	175	50.3 - 53.9	52.6 - 58.9	56.7 - 64.4
63.4 - 68.0	66.2 - 72.5	70.3 - 78.9	178	51.6 - 55.8	54.4 - 61.2	58.5 - 66.2
65.3 - 69.8	68.0 - 74.8	72.1 - 81.1	180	53.5 - 57.5	56.3 - 63.0	60.3 - 68.0
67.1 - 71.6	69.8 - 77.1	74.3 - 83.4	183	54.8 - 59.4	58.0 - 64.8	62.1 - 69.8
68.9 - 73.4	71.6 - 79.3	76.1 - 85.7	185.5	57.1 - 61.2	59.8 - 66.6	63.9 - 71.6
70.7 - 75.7	73.4 - 81.6	78.4 - 87.9	188	58.9 - 63.5	61.6 - 68.4	65.7 - 73.9
72.5 - 77.5	75.7 - 83.9	80.7 - 90.2	190.5	60.7 - 65.3	63.5 - 70.3	67.5 - 76.2
74.3 - 79.3	78.0 - 86.1	82.5 - 92.5	193	62.6 - 67.1	65.3 - 72.1	69.4 - 78.4

Adopted from BUILD & BLOOD PRESSURE STUDY. SOCIETY OF ACTUARIES LIPIDEX REDUCES THE EXTRA POUNDS AND ENSURING COMPLICATIONS

NOTE : Considering the Indian Standard of Living and Health-Care approach it is advisable to follow small frame weights for medium fram people and medium fram weights for large frame people.

CLINICAL TRAIL OF LIPIDEX CONDUCTED BY

Dr. B.V. VARANDANI. M.B.B.S. M.C.C.P., U.S.A.
Varandani's Clinic, Pipariya Hoshangabad. (M.P.)

INTRODUCTION

Obesity is a day to day problem in general practice. It is the gift of civilisation bestowed on us as a result of over-eating and leading sedentary lives. Obesity is a most common nutritional disorder. The normal diet of many of us is far in excess of body requirement and this causes obesity. This is the result of metabolic deficiency by which obese People are unable to cope with the ingested food, so it is diverted towards the fat tissues. Usually obesity is the 'Disease of middle life', and more common in the fair Sex. Gone are days when people had respect for the obese. The modern slim ideal has made obesity a curse which of them will give anything to get rid of.

Obese is the term employed for an individual whose weight is 20% to 30% above the average weight for his age, sex and height. Simple obesity can be divided in to two groups. The first is due to causes outside the body i.e. exogenous. It may be due to over-eating, lack of exercise or even due to hereditary factors. The second is due to causes inside the body i.e., endogenous. It may be due to endocrine disease of pituitary, thyroid adrenal, gonads, pancreas and hypothalamus, or due to nervous origin, defective salt and water metabolism.

The usual treatment in allopathy is control of diet and organo therapy by administering thyroid pituitary or ovarian extracts. Medicines such as dinitrophenol and benzedrene are also used. Recently Fenfluramine has been introduced in the European market. They claim that it has least toxic effects. In fact, these medicines are toxic and they have side effects. It is felt that these medicines are becoming outdated. Some people do suggest certain exercises and massages but generally speaking such treatment is a difficult route to slimness. But there is no need for despair, for where allopathy has failed, ayurveda has shed a light - the renowned 'Lipidex' capsules manufactured by M/s Spalabs Private Limited (Formerly known as Malabar Chemicals Co.).

Pharmacological Basics of Therapeutic Action

The compound of Lipidex is taken from various standard books in Ayurveda (the science of human well being) like 'Bhava Prakash' and 'Chakradatha', in Bhava Prakash (Text book of Ayurveda) the Madyama Kanda Tritheeya Bhagam chapter on 'Medodikaram' (chapter on fat elimination) slokam 32 to 42 describes the composition and ingredients. Also in (2) Chakradatha Sithoulyadikara (Chapter on over-weight) the same composition is described in sloka (verse) 15 to 25th.

CAUSES OF OBESITY AND THE MULTIFACED ACTION OF LIPIDEX IN OBESITY

BY
Dr. N. GANGA SATYAM, M.D. (Ay.)
Professor
Dr. N.R.S. Govt. Ayurvedic College
VIJAYAWADA 2 (A.P)

Ayurveda described two discardables (1) Karsya (Emaciation) (2) Sthaulya (obesity). Both the conditions are discardable because emaciation is caused by undernourishment or malnutrition which may lead to the diseases like pthisis. Similarly obesity which may be due to over nourishment or malabsorption may produce diseases like Madhumeha (diabetes mellitus). Even among the both, obesity is worse than emaciation, due to the difficulty in its treatment.

Why obesity takes place? Apart from genetic cause, as per Ayurvedic Scientific principles it is the Mandagni (poor digestion), which may not be able to perform perfect or complete digestion thereby causing incomplete transformation of the dhatus, the seven components of the body i.e., Rasa, Rakta, Mamsa, Medas, asthi, majja, sukra, Mainly the meda (fat) gets stagnation in its further transformation, causing obesity, hence it becomes essential to set right - (a) The Agni (digestion), which encourages normal transformation of Dhatus, (b) Digestion or metabolization of the fat already deposited in the body, (c) To maintain the normal health i.e., free from obesity, which can be said as preventive aspect.

Lipidex contains various drugs which can be made into three groups, able to perform the three functions described above. There are the classical drugs described in our ancient text of Ayurveda, written by the saints and sages and also which are well known for their efficacy for reducing obesity. The grouping of the drugs used in Lipidex is as follows:

1. Drugs correcting and promoting digestion (Agnivardhaka)
 - a. Chitraka
 - b. Trikatu
 - c. Kaseesa

Dr. ACHANTA LAKHMIPATHI GOVT. AYURVEDIC HOSPITAL VIJAYAWADA

DEPARTMENT OF KAYACHIKITSA

CLINICAL TRIAL OF LIPIDEX

ON

OBESITY & OVERWEIGHT

Conducted by :

1. Dr. V. KRISHNA MURTHY, G.C.I.M. DM & S, U.G.T.T.C

Principal, Dr. N.R.S. Govt. Ayurvedic Hospital, Vijayawada.

2. Dr. M.MAHENDER RAJ, G.C.I.M

Supdt. Dr. A.L.G. Ayurvedic Hospital, Vijayawada

3. Dr. N.GANGA SATYAM, M.D. (Ay)

Professor, Dr. A.L.G. Ayurvedic Hospital, Vijayawada.

The individual pharmacological and therapeutic uses according to the Ancient Hindu Physicians are the following:-

1. AMRITA: (Tinosora Cordifolia) memispermum Cordifoliums. It is bitter in taste and good for diarrhoea. It gives longevity. Used in fever, excessive thirst, burning sensation of the body, jaundice, gout etc.,

2. AVALGUJA BEEJA: (Psoralea Corylfolia) Leguminacea.
It is used as an anti-helmenthic, releases phlegm, good for leprosy.

3. BRAHMI : (Herpestis Monniera)
It relieves oedema, cures Anaemia, it is pungent in taste, used as an anti pyretic. It relieves constipation and clears up intactable eye lesions. It also gives memory power.

4. CHITRAKA : (Plumbago Zeylancia) Linn Plumbaginaceae.
The root of this plant is quite well known and are references to it in the classical works of Charaka, Sustrutha etc., It increases the digestive power, promotes appetite, useful in dyspepsia, piles, anasarca skin diseases etc.,

MATERIAL AND METHOD

After taking the thorough history of the Patient along with routine investigation for fasting and Post-Lunch blood sugar and blood Cholestrol was got done. In all the patients as the Cholestrol was not above the normal level it was felt to take the second reading of Cholestrol. The known diabetics were allowed to continue their own treatment for diabetes. As no side effects took place in those cases the second reading was not taken.

DOSAGE :

All the Patients were given 6 capsules per day divided in three doses to be taken before meals or any other diet.

The patients were advised to avoid curds, fatty substances, sweets, over-eating and day sleep and not to be idle. No particular exercise was prescribed in this preliminary trial.

Lipidex has good effect on all varieties of obesity though it gave response in only one case out of two who have the history of heredity.

The patients responded at the rate of 1 kg. weight reduction on average for 15 days and 4 kgs. in two months' treatment.

Out of two cases of Post-tubectomy obesity while one got reduction of 4 kgs. weight in three months the other one got 6 kgs. reduction in three months.

The Patient under treatment of cancer hospital, Hyderabad, got reduction of 3 kgs. in three months.

Obesity due to other causes i.e., overnourishments vary in the reduction of weight from 3-6 kgs. in three months. Patients who followed diet restriction got good response and poor response for those who did not follow the diet restriction.

DISCUSSION:

It is observed in Preliminary Clinical trial that Lipidex has effect on all varieties of obesity. 50% of the cases with the history of heredity also responded well to Lipidex. In Post-Tubectomy obesity Lipidex has very good effect. In others i.e., due to overnourishment and day sleep, Restriction of diet and day sleep gives good effect and without diet restriction the effect of the Lipidex may not be sufficient in some cases.

CONCLUSION:

Lipidex has given good and encouraging effect on different varieties of obesity, specially with proper restriction of diet.

According to Ayurveda, the great ancient Indian Medical Science, there are two worst diseases-1, Sthoulya (obesity) and 2. Karsya (Emaciation or leanness). Out of the two, obesity is the worst because obese will suffer more with so many other diseases.

Apart from genetic factor, obesity is caused due to food which increase Sleshma in the body, Adhyashana (Eating again before the food already taken is digested) avoiding exercise, day sleep etc. The obese one may suffer from dyspnoea, thirst, unbearable appetitie, over sleep, over sweating, bad smell of the body, showing pains all over the body, difficulty in speech etc. Due to over accumulation of fat (Medas) the formation of further dhatus i.e. Asthi (Bones) Majja (Bone Marrow) and sukra (Semen) will not properly take place. He may feel difficulty in intercourse. The obese may easily be occupied by the diseas like-Ulcers, sinus and fistula in anus, vata Vyadhi like Paralysis etc. and Urinary diseases like diabetes mellitus and may also become prey to premature death. All the diseases occuring to the obese are difficult to cure and may also become prey to premature death. All the diseases occuring to the obese are difficult to cure.

Susrutha Samhita/Sutrasthanam/15/32

Hence, one should get rid of the obesity, one of the worst diseases.

The classical text books of Ayurveda like Charaka Samhita, Sushruta Samhita and Ashtanga Hrdaya, Bhava Prahora, Rasa Ratna Samucchaya etc., gave wonderful line of treatment with highly effective drugs, but herbal and mineral. Lipidex of Spalabs,

Bangalore is a beautiful combination of highly effective classical drugs of Ayurveda which are well known for their efficacy since the ages. Lipidex, though it is an Ayurvedic formula originally, has been subjected to trials mostly by the Allopathic doctors. Hence, it was proposed to conduct a clinical trial on Ayurvedic lines too. With this intention a preliminary trial was under taken to have an idea about the efficacy of Lipidex, the report of which is as follows:-

Even though more than twenty patients came forward only fifteen have taken care and co-operated for the 'Lipidex Preliminary Clinical Trial'. Among the fifteen two had discontinued for their own personal inconvenience and one due to relapse of her old piles complaint after she started treatment for obesity with Lipidex. Among the remaining twelve, two were known diabetics and were allowed to continue their own treatment for diabetes and were given Lipidex simultaneously. One among the patient was a patient of cancer of gums, almost cured and was under the treatment of the cancer Hospital, Hyderabad. No patient reported any side effects during the period of treatment. The incidence of obesity in treated cases is as follows:

AGE:

Below 20 years	-	2
20-30 "	-	NIL
30-40 "	-	2
40-50 "	-	7
above 50 "	-	1

SEX:

Males - 2
FEMALES-10

OCCUPATION:

1. Employees	-	3
2. Student	-	1
3. Housewives	-	8

As per causative factor :

1. Heridity	-	2
2. Post tubectomy	-	(obesity) 2
3. Overnourishment and day sleep	-	8