

## Control Diet and Appetite in Obesity: Treatment and Management

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### **ABSTRACT**

Obesity is a common problem now a days because of lifestyle, stress, and eating habits. Obesity, associated with many diseases as diabetes, coronary heart disease, certain forms of cancer, and sleep-breathing disorders. Randomly selected patients visited in college OPD. Here, in this study patients were given a diet plan, breathing exercise (Anulom vilom), Ayurvedic drugs as triphala tab/triphala rasayan for three months. Here recorded, patient reduced weight 90% as it before treatment. This ayurvedic treatment gives excellent results in losing weight.

### **KEYWORDS**

Obesity; Triphala rasayan; Stress; Diabetes

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