

A Review of Ayurvedic Herbal Formulations in the Treatment of Obesity

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Abstract: Globally, the prevalence of obesity is rising, and it is beginning to surpass infectious diseases and malnutrition as the leading cause of ill health. Particularly, diabetes mellitus, coronary heart disease, some cancers, and respiratory issues are associated with obesity. The components of a decoction from a genuine manuscript included *Cinnamomum tamala* and *Curcuma longa*. The goal of this review was to find out how well the herbal brew from the *Rasaratna Samuccya* treated obesity. Ayurvedic scriptures, modern writings, and previous research investigations (from primary and secondary sources) provided information concerning obesity. Two of the herbs in the chosen decoction were the subject of a review of the literature, which looked at their pharmacological properties and *Pancha Padārtha* (the five constituents of the plant) in relation to managing obesity. According to an Ayurvedic *Pancha Padārtha* study, certain herbal formulas have anti-obesity properties because they are compatible with *Guna*, *Shleshma Prakurti*, *Lēkhana* (scraping quality), and *Shōshana* (absorbing quality). The bulk of research has shown the anti-obesity properties of herbal formula; reviewed articles have also emphasized other attributes that help reduce excess fat in obese people. The *Pancha Padārtha* analysis and literature evaluation indicate that a certain herbal formula can be beneficial in treating obesity.

Keywords: Ayurvedic Herbal Formula, Obesity Management, Traditional Medicine