

ABSTRACT

Obesity a low grade chronic inflammatory disease with excess storage of adipose tissue, energy imbalance being the prime factor for pathogenesis of obesity through oxidative stress which results in long term complications such as type 2 diabetes mellitus, cardiovascular diseases, hypertension, arthritis, cancer.

Objective :

To evaluate the change in the anthropometric measurements after the classical acupuncture.

Methods :

This study was conducted on 30 adults between the age of 18 - 35 years not under any medication and fulfilling the inclusion criteria of this study. The study design is experimental pre post study, Acupuncture given to the recruited subjects thrice a week, up to 90 days; parameters were recorded primarily at the baseline, finally at the end were compared and evaluated at the end of the study.

Result :

Results of this study showed that a significant reduction in ($P < 0.001$) on the anthropometric measurements significant reduction of ($P = 0.05$) in Weight from 68.90 ± 5.70 to 61.83 ± 6.60 , ($P = 0.02$) in BMI from 31.50 ± 2.66 to 28.56 ± 4.20 , ($P = 0.04$) in HC from 98.24 ± 7.86 to 96.29 ± 5.50 , ($P = 0.04$) in WC from 85.60 ± 3.34 to

81.06±2.90,(P = 0.12) in WHR from 0.86±0.23 to 0.83±0.12, (P = 0.01) in Total score from 12.60±2.56 to 3.40±5.28.

R statistical software free version3.2.0 and paired T test were used for data analysis.

Conclusion :

The present study demonstrated the efficacy of classical acupuncture over obese individuals with spleen energy deficiency, influencing positively through reduction in weight, BMI, Waist circumference and Waist Hip Ratio.

Key words: Acupuncture, Obesity, Spleen Energy deficiency, BMI, Waist Circumference