ABSTRACT

Background:

The World Health Organization (WHO) considers obesity to be one of the most serious public health challenges of the 21st century. The health risks of obesity are a forever growing concern for societies worldwide. Obesity has a negative impact on health and quality of life. From the perspective of both the individual and society, it is therefore essential to identify strategies for managing this problem. Studies shows that Shatkriyas had reduced lipid profile and body weight. The aim of this review was to systematically assess and analyze the effects of Shatkriyas on weight-related outcomes. The present Pre and Post experimental study was planned to evaluate the effect of Laghoo shankaprakshalana on lipid profile and anthropometric measurements in obese individuals.

Methods:

A total of forty subjects, mean aged (Male 22.33± 1 & female28.87 ± 6.2) were assigned into study after satisfying the inclusion and exclusion criteria. Subjects were assessed at baseline and after 8 weeks for lipid profile like Total cholesterol, Triglycerides, Very Low density Lipoprotein(VLDL), High
Density Lipoprotein(HDL), Low Density Lipoprotein(LDL), and waist hip ratio. During these 8 weeks the subjects were practiced Laghoo Shankaprakshalana once a week.

**Results:**

Sample paired t test showed that study group had significantly improved in lipid profile and there is reduction in body weight, Body Mass Index and Waist Hip ratio. Therefore, Post-test data clearly indicates that there is a significant difference of BMI and waist & Hip Ratio, lipid profile than the pre-test data.

**Key words:** Obesity; shatkriya; Laghooshankaprakshalana; Lipid profile; Anthropometric measurements.