

ABSTRACT

Background: Obesity, the most prevalent non-communicable diseases and a major concern for public health worldwide, mainly due to lifestyle modification and its alterations leads to, such as insulin resistance and diabetes, atherosclerosis, hypertension, or some types of cancer, among others. Obesity presents inflammatory component. Indeed, it is now widely agreed that obesity is also a state of low-grade chronic inflammation. However, to the best of our knowledge there are no studies evaluated the effects of moxibustion on C-reactive Protein (CRP) and Lipid profile in obese individuals. Thus, the present study was conducted to evaluate the effect of moxibustion on C-reactive Protein (CRP) and lipid profile levels in patients with obesity.

Methods: A total of 60 subject with obesity were included in the study. Due to Covid-19 pandemic n=20subjects where dropout only 40 subjects were taken into the study. Baseline and post-test assessments of CRP and lipid profile levels were measured before and after intervention with moxibustion. Anthropometric measurement was taking before and after the intervention. Statistical analysis was performed using statistical package for the social sciences, version 16. P value

Results: There is a significant reduction in CRP levels and lipid profile. There is no significant reduction in Waist Hip Ratio(WHR)

Conclusion: The present study demonstrated that 4 weeks of moxibustion is effective in reducing CRP and lipid profile in obesity