ABSTRACT

Background:

In the 21st century, obesity is considered a major public health challenge by the World Health Organization (WHO). Obesity is causing increasing health concerns in societies all over the world. Health and quality of life are negatively impacted by obesity. It is important to identify strategies for tackling this problem both from the perspective of individuals and society. Studies show that cold exposure has reduced body weight by activating non-shivering thermogenesis. The aim of this review was to systematically assess and analyze the effect of full wet sheet pack on weight-related outcomes. The randomized control study was planned to evaluate the effect of full wet sheet pack on anthropometric measurement and metabolic parameters on obese persons.

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 4 weeks of post data. During these 4 weeks the subjects were given full wet sheet pack once in two days for one month.

Results: There is a significant reduction in body weight, compared with the control group.

Key word: Obesity, Full wet sheet pack, Metabolic parameters, Anthropometric measurements.