

## CLINICAL TRIAL OF FLATREX V

### **"Evaluation of the efficacy of "FLATREX V" in the management of Weight Reduction"**

-by Dr. Vinod C Mehta (B.A.M.S)  
April, 2015

---

#### **Reason: (HETU)**

Ayurved is a science that considers any disease from its origin to its treatment. It is to prevent disease from its recurrence. This is the need of today's mankind suffering from various diseases to get treated by natural way of healing. So is our step further to use modern technology, knowledge available, diagnostic help combine with Non Toxic, Non Narcotics, Non Metallic, Non Animal ingredient, purely Herbal Ayurvedic formulations to achieve this goal.

#### **Introduction: What Are the Health Risks of Overweight and Obesity?**

- Being overweight or obese isn't a cosmetic problem. These conditions greatly raise your risk for other health problems, a large waistline. This is called abdominal obesity or "having an apple shape." Having extra fat in the waist area is a greater risk factor for CHD than having extra fat in other parts of the body, such as on the hips.
- Metabolic syndrome, Such as,
  - Coronary heart disease ( C H D )
  - Heart attack.
  - Angina, chest pain or discomfort
  - Heart failure
  - High Blood Pressure
  - Stroke
  - Type 2 Diabetes
  - Abnormal Blood Fats
  - High Blood Cholesterol
  - Cancer
  - Osteoarthritis
  - Sleep Apnea
  - Obesity Hypoventilation Syndrome
  - Obesity hypoventilation syndrome (OHS)
  - Reproductive Problems
  - Gallstones

## **Overweight and Obesity-Related Health Problems in Children and Teens:**

Overweight children are more likely to become overweight or obese as adults, with the same disease risks.

### **Causes of Obesity or Overweight: (KARAN)**

- Lack of Energy Balance
- An Inactive Lifestyle
- Our environment doesn't support healthy lifestyle habits; in fact, it encourages obesity. Some reasons include:
  - Lack of neighbourhood sidewalks and safe places for recreation.
  - Not having area parks, trails, and affordable gyms makes it hard for people to be physically active.
  - Work schedules
  - Oversized food portions
  - Lack of access to healthy foods..
  - Genes and Family History
  - Health Conditions
  - Medicines
  - Emotional Factors
  - Smoking
  - Age
  - Pregnancy
  - Lack of Sleep

### **Clinical features: (LAKSHAN)**

#### **Signs and Symptoms of Overweight and Obesity**

- Weight gain usually happens over time.
- Most people know when they've gained weight.
- Some of the signs of overweight and obesity include:
  - Clothes feeling tight and needing a larger size.
  - The scale showing that you've gained weight.
  - Having extra fat around the waist.

### **Investigations: (PARIKSHAN)**

BODY MASS INDEX, DXA, LIPID PROFILE, LIVER PROFILE, ETC

## Diagnosis of Overweight and Obesity (Nidan)

Waist Circumference, balloon bally, arms, thighs, and buts should be measured and compared.

### Body Mass Index calculation

The most common way to find out whether you're overweight or obese is to figure out your body mass index (BMI). BMI is an estimate of body fat, and it's a good gauge of your risk for diseases that occur with more body fat.

BMI is calculated from height and weight. The chart below should be used to figure out BMI.

### Body Mass Index for Adults

This table was used to learn BMI. First, find your height on the far left column. Next, move across the row to find weight. Weight was measured without shoes. Once you've found weight, move to the very top of that column. This number is BMI.

Height	21	22	23	24	25	26	27	28	29	30	31
4'10"	100	105	110	115	119	124	129	134	138	143	148
5'0"	107	112	118	123	128	133	138	143	148	153	158
5'1"	111	116	122	127	132	137	143	148	153	158	164
5'3"	118	124	130	135	141	146	152	158	163	169	175
5'5"	126	132	138	144	150	156	162	168	174	180	186
5'7"	134	140	146	153	159	166	172	178	185	191	198
5'9"	142	149	155	162	169	176	182	189	196	203	209
5'11"	150	157	165	172	179	186	193	200	208	215	222
6'1"	159	166	174	182	189	197	204	212	219	227	235
6'3"	168	176	184	192	200	208	216	224	232	240	248

This table offers a sample of BMI measurements.

## Overweight and Obesity Prevention: (NIDAN PARIVARJAN)

Following a healthy lifestyle can help you prevent overweight and obesity. Many lifestyle habits begin during childhood. Thus, parents and families should encourage their children to make healthy choices, such as following a healthy diet and being physically active.

Make following lifestyle a family goal

- Follow a healthy eating plan. Make healthy food choices; keep your calorie needs and your family's calorie needs in mind.
- Focus on portion size. Cutting back on portion size will help you balance energy IN and energy OUT.
- Be active. Make personal and family time active. Find activities that everyone will enjoy. For example, go for a brisk walk, cycling, or train together for a walk or run.
- Reduce screen time. Limit the use of TVs, computers, DVDs, and to maximum 2 hours a day.
- Keep track of your weight, body mass index, and waist circumference. Also, keep track of your children's growth.

## Ayurvedic treatment: (CHIKITSA)

Apart from various drugs available in Ayurved we have selected a patented Ayurvedic herbal medicine named “FLATREX V” manufactured by “Veer Health Care”, Ahmedabad, India.

## Drug review: (AUSHADHI VIVECHAN)

Contains of FLATREX V TABLET

KUDUMPALLI (Garcinia Cambogia)	272.90 mg	A.B.	Fruit
GUDMAR ( Gymnema Syvestre)	90.90 mg	Bh.P	Leaves
SUNTH ( Zingiber officinale)	45.40 mg	A.B.	Rhizome
SHU.GUGGULU (Balsamodendron Mukul)	45.40 mg	A.B.	Exudate
KARELA ( Momordica Charantia)	45.40 mg	A.B.	Fruit

Hindi Name	Botanical Name	Properties
KUDUMPALLI	Garcinia Cambogia	It is the latest weight loss wonder supplement. It is said to work so well that it is called the “Holy Grail of weight loss
GUDMAR	Gymnema Syvestre	It has pungent and

		astringent tastes, with a net heating effect helps combat Obesity. It promotes Lipolysis, destruction of Fat Cells by reducing the sugar level and decomposing the melanocytes.
SUNTH	Zingiber officinale	It contributes to weight loss, because the bulking parts of ingested foods can be efficiently processed and eliminated from the body by use up the glucose in the blood as well as stored fat.
SHU. GUGGULU	Balsamodendron Mukul	It's warmth and stimulating metabolism action is one of the few botanicals that Ayurvedic texts dating back to 600 BC recommend for reducing fat levels from body and used as anti obesity agent
KARELA	Momordica Charantia	It is enriched with so many mineral elements which play a vital role in checking cholesterol levels, which in turn helps in checking obesity by inhibiting the enzymes that break down disaccharides to two monosaccharide.

#### **Method:**

The clinical study was planned by VAIDYA VINOD C MEHTA, BAMS (MUMBAI UNI) and DR MANAN V MEHTA, MBBS (MUMBAI UNI), in and around Mumbai, India.

#### **Plan of Study:**

The study was planned by the doctors and volunteers to evaluate the clinical efficacy of "FLATREX V" Tablet in weight management.

#### **Exclusion criteria:**

Patients with severe dehydration, Ulcerative Colitis, Toxic symptoms, Old Age, Pregnant and Lactating woman, children below 18 years.

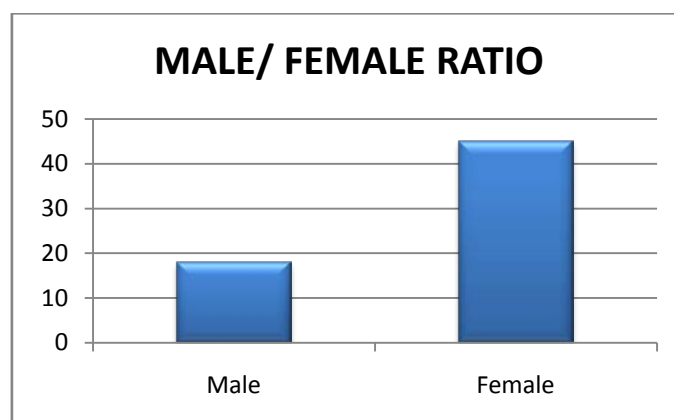
### Study procedure:

Total 63 patients were selected for the study.

Each patient's complete medical history including personal data, descriptions of symptoms were taken. All the patients underwent a thorough clinical and pathological examination.

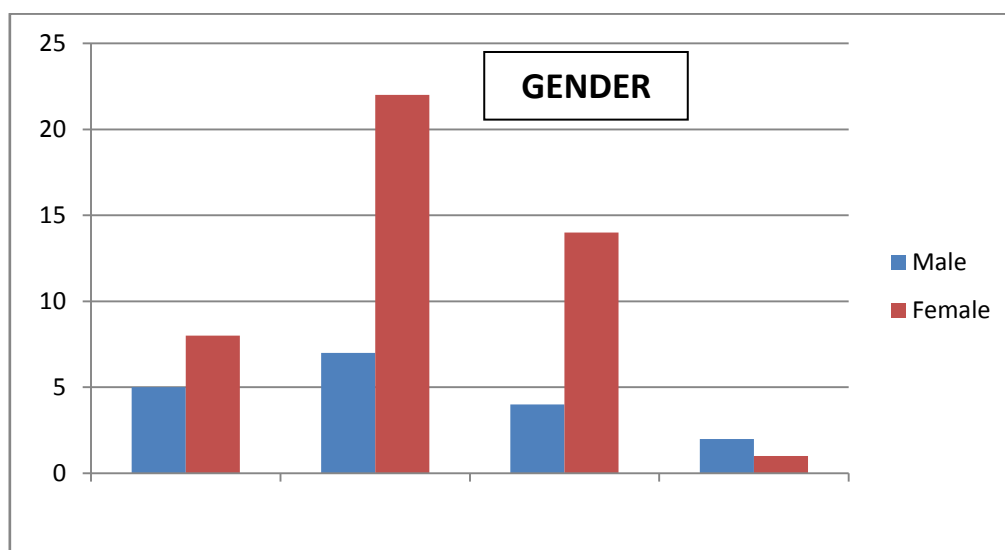
### Gender:

<b>Male</b>	18
<b>Female</b>	45
<b>Total</b>	63



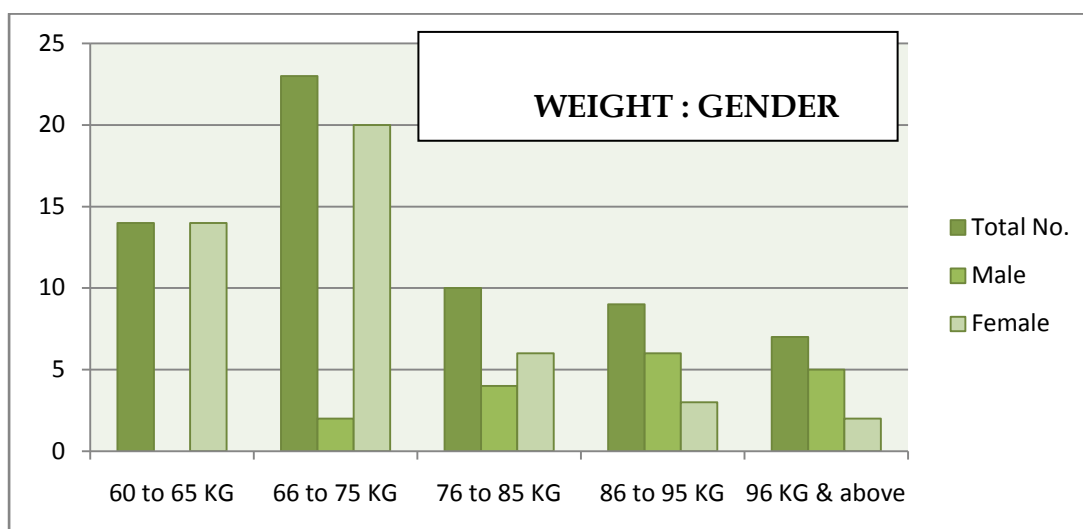
### Age: Gender

AGE	No.	MALE	FEMALE
20 to 30	13	5	8
30 to 40	29	7	22
40 to 50	18	4	14
50 to 60	3	2	1
Total	63	18	45



### Weight: Gender

Weight	No.	Male	Female
60 TO 65 KG	14	0	14
66 TO 75 KG	23	2	20
76 TO 85 KG	10	4	6
86 TO 95 KG	9	6	3
96 KG AND ABOVE	7	5	2
TOTAL	63	18	45



### Dosage:

2 tablets of "FLATREX V" were given to every one 3 times a day, with water, Before Breakfast, Lunch and Dinner.

### Health Plan: (VIHAR)

- Walking
- Massage
- Steam
- Sun bath
- Sweat
- Exercise
- Aerobics
- Gymnasium
- Dance
- Power yoga

**Diet (AHAR): To have: (PATHYA)**

- Plenty of Boiled water
- Glucose, Electrol. Lime water
- Moong, Moong soup, MasoorDaal
- Milk, Soya Milk, Paneer
- Fresh Chapaties, Daal, thoroughly cooked vegetables
- Dalia, Khichdi, Lapasi
- Upama, Poha
- Dudhi, Turiya, Galka, Parval, Tindori, Kohla, Spinach
- Papaya, Oranges, Sweet Lime, Water Melon, Musk Melon,
- Pomegranate

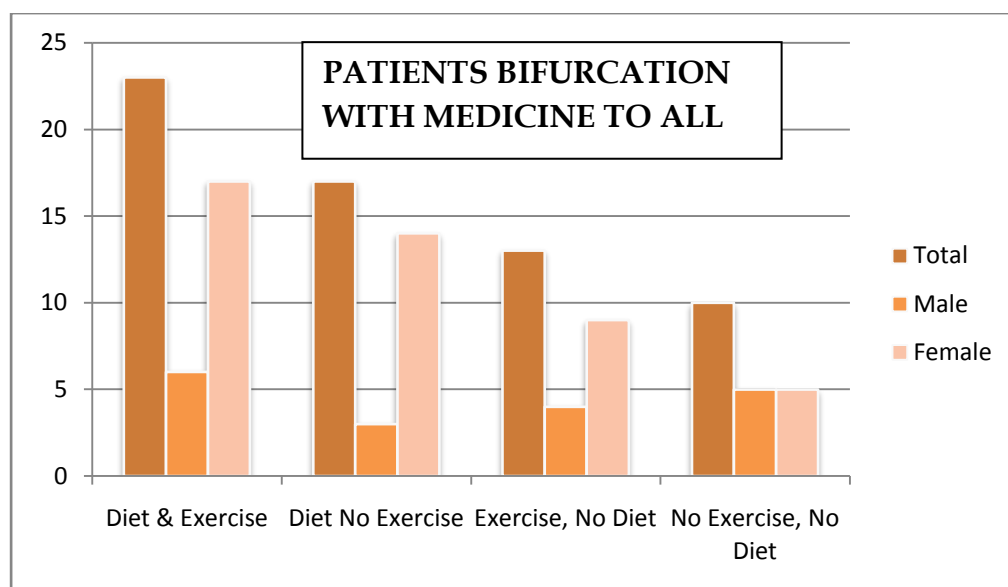
**Diet not to have: (APATHYA)**

- Eggs, Fish, Mutton, Chicken
- Fried food
- Outside eatables
- Ghee, Oil
- Mava Sweets
- Cheese, Butter
- Restricted Sugar and Salt

**Patients bifurcation with medicine to all**

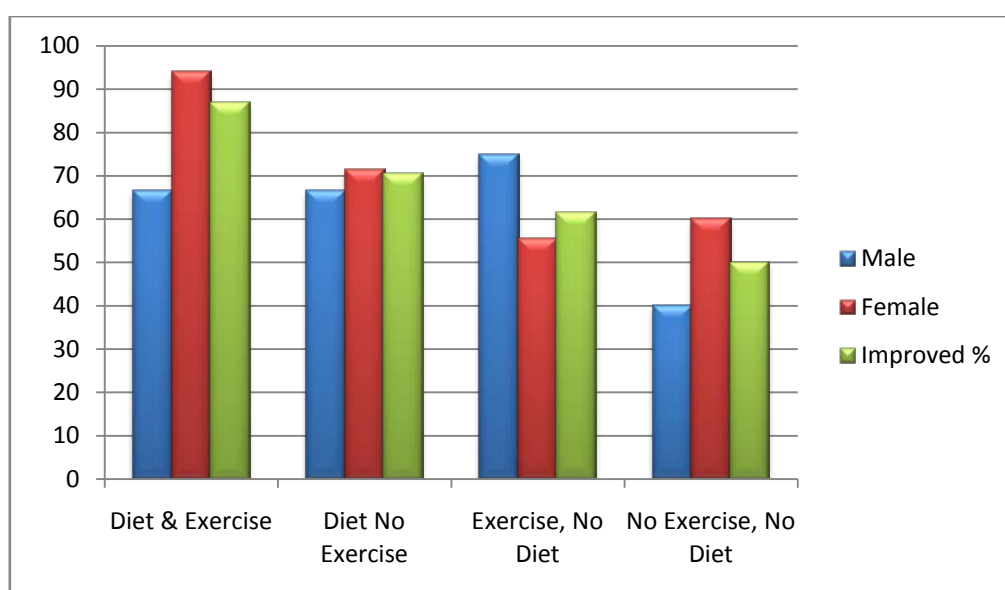
Medicines	Diet and exercise	Diet no exercise	Exercise no diet	No exercise no diet
Male 18	6	3	4	5
Female 45	17	14	9	5
Total 63	23	17	13	10





#### Assessment of result: (UPSHAY)

Weight lost	Diet and exercise	Diet no exercise	Exercise no diet	No exercise no diet
Male	4	2	3	2
Female	16	10	5	3
Total improved	20	12	8	5
Male %	66.6	66.6	75	40
Female %	94.1	71.4	55.5	60
%	86.9	70.5	61.5	50



**Conclusion:**

According to result data it is established that “FLATREX V”

Is effective in curbing Obesity by FLATREX V was in 86% patient with exercise and diet. FLATREX V is effective in 70% of patients with only diet and no exercise. It has proved its efficacy in and 61% persons with exercise and no diet restriction. FLATREX V is proved effective even in 50 % patients without diet restriction and exercise also.