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A clinical study of the efficacy of Acupuncture treatment for increasing weight

Lack of weight is the common metabolic disorder in Sri Lanka. The aim of this study was to evaluate the effect of Acupuncture treatment for weight gain. Fifty (50) patients have been subjected in this survey which was conducted in Acupuncture clinic at the National Ayurvedic Teaching Hospital, Colombo, Sri Lanka. Patients of either sex aged between 18-50 years, who have been diagnoses to get short height, hair loss, irregular menses, body weakness and memory loss condition were selected in this study. Especially considered healthy nutritional diet, they have taken in six months duration before the treatment. The result highlighted the maximum number had weight between 45-49.9 kg in 26.3% and BMI 18.5-22.9 was increased 63%. The study proved increased body weight by kidney tonification point of Acupuncture. All types of food ingested under goes Jatharagni paka at the outset. The function digestion and absorption both have been attributed to Jatharagni paka (Ca/Chi/15/9-11). Anna rasa absorbed from the Mahasrothasa goes in circulation. The circulating rasa is made available to different tissues for nutrition. The nutrients reaching the different tissues are acted upon by Dhatwagni. The function of Dhatwagni is to participate in the process of metabolism. There is breakdown of the nutrition and this causes low production of energy (Ch/Su/27/337). Acupuncture improves digestion by improving motility, the production of digestive enzymes and the absorption of nutritional substances. Lack of weight is the common metabolic disorder seen in the clinical practice and how to manage it through Acupuncture therapy is more practical, because Acupuncture treatment is quick in effect by short treatment and shows large effect by small expense. Therefore, this study will give awareness to build up health.

Biography

S M U C K Samarakoon is a Medical Officer In-charge of Acupuncture and Physiotherapy Clinic Ayurvedic Teaching Hospital, Colombo, Sri Lanka and Coordinator of Mobile Clinic Unit Department of Ayurveda. He is a Former Member of Advisory Committee of Ministry of Indigenous Medicine, Sri Lanka. He has completed his Bachelor of Ayurvedic Medicine and Surgery from the University of Colombo in 1997, Post-graduate Diploma in Hospital Management from University of Kelaniya in 2006, Master of Science in Hospital Management from University of Kelaniya in 2010 and Diploma in Acupuncture (KOICA 2013). He has completed his Training Course on Health Care Technique of Traditional Chinese Medicine for Asian and European Countries 2016, China and Training Course on Modernization of Traditional Medicine KIOM, South Korea 2017.

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