

Literature review on medicinal value of Agnimantha in management of obesity (Atisthaulya)

L. M. S. P. H. De Silva¹, K. I. W. K. Somarathna²

¹*Postgraduate Institute of Indigenous Medicine, University of Colombo, Sri Lanka*

²*Department of Ayurveda Medicine and Indigenous Medicine, Faculty of Indigenous Medicine,
University of Colombo, Sri Lanka*

Obesity or Sthaulya/Atisthaulya in Ayurveda is a growing global health issue requiring drug-free reward-based therapeutic measures. Agnimantha (*Premna serratifolia L.*) churna is amongst the Ayurvedic classical medicines with claimed weight control efficacy. To critically review the published literature on the effectiveness of Agnimantha churna in obesity treatment, taking into account traditional applications and contemporary research findings. Systematic literature search was conducted through diverse databases including PubMed, Ayurvedic classical literature, and research databases. Research studies comparing the anti-obesity effect of Agnimantha churna, its phytochemical profile, and clinical applications were included. Literature provides overwhelming evidence for the therapeutic effectiveness of Agnimantha churna in the treatment of obesity through various mechanisms such as metabolic improvement, lipid control, and inflammation modulation. Clinical trials depict significant reductions in body weight, BMI, and anthropometric values. Agnimantha churna is effective for the treatment of obesity with good safety, justifying its classical use in Atisthaulya chikitsa.

Keywords: *Agnimantha churna, Obesity, Sthaulya, Atisthaulya, Premna serratifolia, Ayurveda, Weight management*