



## CONSOLATION

### Herbal Medication for Obesity

Hakeem Syed Amanullah Andrabi  
Pulwama, Jammu & Kashmir

Syed Amaanullah Andrabi (55), born in an agrarian middle class family, grew up to be a famous herbal practitioner in Pulwama. He learnt a number of herbal practices from his father, who was also a hakeem, one of the medications, he practices successfully, is related to treating obesity.

His father was a famous Hakeem of Lahore who relocated to India after the partition and continued his practice in Lajoura village, where mostly people engage in farming and small businesses. Amanullah learned herbal treatments for various diseases from his father as in absence of medical facilities, they had to rely on herbal medicines. Over time, he learnt the herbal treatment of many diseases like arthritis, cholesterol, hypertension, prostate, etc and claims to have treated lakhs of patients in his over two decade career as a healer. Syed Amanullah continued the tradition of herbal

medication while his elder brother took up teaching as profession. His spouse, who is a house wife, supports him in his work. His two sons are still in school.

As a student Amanullah had been good at studies, however, due to the untimely demise of his father, he had to discontinue studies and replace his father in his profession (*Hikmat*). Among the various medications he knows, his herbal practice for obesity was found to be unique after patent and non-patent literature review. More research is being undertaken as per statutory regulations. In the validation tests at Anand Pharmacy College, Anand, the herbal medication significantly reduced total cholesterol level, serum triglycerides level and Low density lipoproteins (LDL) level. The High density lipoproteins (HDL) increased after test drugs treatment as well as treatment with standard drugs.