Contents

Subject	Pages
Acknowledgment	
List of Abbreviations	
List of Tables	
List of Figures	
Introduction	1
Aim of the Work	3
Review of Literature	
Chapter 1: Obesity	4
Definition of obesity.	4
Techniques for estimating body fat.	5
Adipose tissue	12
Physiological regulation of energy balance	17
Regulation of energy expenditure	22
Genetics of obesity	24
Classification and evaluation of obesity	26
Chapter 2: Consequences of Obesity	23
Psychological consequence of obesity	33
Behovioural consequence of obesity	33
Medical consequence of obesity	34
Chapter 3: Treatment of Obesity	47
Benefits of weight loss	49
Diet control	51
Exercise	62
Behavioural therapy	71

Pharmacological therapy	**73**
Herbal products	**83**
Surgical treatment	**87**
Chapter 4: Acupuncture	**91**
Introduction	**91**
Channels and organs	**93**
Mechanisms of acupuncture effect	**100**
Acupuncture technique	**105**
Auricular acupuncture	**117**
Complications of acupuncture	**125**
Chapter 5: Acupuncture and Obesity	**127**
Introduction	**127**
Results of clinical trials with acupuncture in obesity	**129**
Material and Methods	**137**
Statistical analysis	**156**
Results	**157**
Discussion	**190**
Summary and Conclusion	**202**
Appendix	**212**
References	**221**
Arabic Summary	

List of Figures

Figure	Title	Pages
1	Nomogram for determining body index.	**10**
2	Factors released by the adipocyte.	**14**
3	Peripheral signals and central pathways involved in the control of food intake.	**21**
4	Risk classification algorithm.	**48**
5	The large intestine channel	**96**
6	The stomach channel	**97**
7a, b	The spleen channel	**98**
8a, b	The conception channel	**99**
9	Parts of acupuncture needle	**106**
10	Different posture of the patients during acupuncture application	**107**
11,12,13	Proportional cun measurements	**109**
14	The length of various parts of the body by Cun	**110**
15	Different methods of needle insertion	**112**
16	Angles of acupuncture insertion	**113**
17	Anatomical structure of the auricular surface	**119**
18	Schematic diagram of distribution of auricular points	**122**
19	The thumbtack needle	**124**
20	Scheme of distribution of the vagus nerve	**128**
21	A tentative scheme to explain the effects of bilateral auricular acupuncture	**135**
22	Tianshu (ST25), Huaroumen (ST24) and Wailing (ST26) points	**146**
23	Xiawan (Ren 10) and Shimen (Ren 5)	**147**

24	Quchi (LI 11) point	**148**
25	Zusanli (ST 36) point	**149**
26	Portable point detector (stimul 3) made in Czechoslovakia	**150**
27	Methods for needle insertion	**151**
28	Methods for needle insertion	**152**
29	Electric stimulator control	**153**
30	The major auricular acupoints selected for body weight control	**155**
31	Female to male ratio of the studied group	**169**
32	Percentage of changes in weight in the studied group	**170**
33	Percentage of changes in BMI in the studied group	**171**
34	Percentage of changes in SBP in the studied group	**172**
35	Percentage of changes in DBP in the studied group	**173**
36	Percentage of changes in right arm circumference in the studied group	**174**
37	Percentage of changes in right thigh circumference in the studied group	**175**
38	Percentage of changes in chest circumference in the studied group	**176**
39	Percentage of changes in abdominal circumference in the studied group	**177**
40	Percentage of changes in head circumference in the studied group	**178**
41	Percentage of changes in waist hip ratio in the studied group	**179**
42	Percentage of changes in biceps skinfold thickness in the studied group	**180**

43	Percentage of changes in triceps skinfold thickness in the studied group	**181**
44	Percentage of changes in subscapular skinfold thickness in the studied group	**182**
45	Percentage of changes in subrailiac skinfold thickness in the studied group	**183**
46	Percentage of changes in triglycride level in the studied group	**184**
47	Percentage of changes in total cholesterol level in the studied group	**185**
48	Percentage of changes in HDL level in the studied group	**186**
49	Percentage of changes in LDL level in the studied group	**187**
50	Percentage of changes in serotonin level in the studied group	**188**
51	The best model for improvement with acupuncture treatment of obese patient	**189**

List of Tables

Table	Title	Pages
1	Weight reduction treatment options based on health risk.	**49**
2	Benefits of a 10% loss in body weight.	**50**
3	Advantage of physical activity.	**64**
4	The approximate energy expenditure in selected activities for people of different weights.	**70**
5	Pharmacokinetics of anolectic medication.	**76**
6	Herbal products used in treatment of obesity.	**83**
7	Technique for estimating serum serotonin level.	**141**
8	Sex of the studied groups.	**169**
9	Age in years of the studied groups.	**169**
10a	Weight in kg before and after treatment and the percentage of changes in weights in the studied groups.	**170**
10b	Comparison of the percentage of reduction in weight after treatment between each of the studied groups.	**170**
11a	Body mass indices before and after treatment and the percentage of changes in weights in the studied groups.	**171**
11b	Comparison of the percentage of reduction in BMI after treatment between each of the studied groups.	**171**
12a	Systolic blood pressure (SBP) in (mmHg) before and after treatment and the percentage of changes in weights in the studied groups.	**172**
12b	Comparison of the percentage of reduction in SBP	**172**

	after treatment between each of the studied groups.	
13a	Diastolic blood pressure (DBP) in (mmHg) before and after treatment and the percentage of changes in weights in the studied groups.	**173**
13b	Comparison of the percentage of reduction in DBP after treatment between each of the studied groups.	**173**
14a	Right arm circumference (Rtac) in (cm) before and after treatment and the percentage of changes in weights in the studied groups.	**174**
14b	Comparison of the percentage of decrease in Rtac after treatment between each of the studied groups.	**174**
15a	Right thigh circumference (Rttc) in (cm) before and after treatment and the percentage of changes in weights in the studied groups.	**175**
15b	Comparison of the percentage of decrease in Rttc after treatment between each of the studied groups.	**175**
16a	Chest circumference (Chc) in (cm) before and after treatment and the percentage of changes in weights in the studied groups.	**176**
16b	Comparison of the percentage of decrease in Chc after treatment between each of the studied groups.	**176**
17a	Abdominal circumference (Abc) in (cm) before and after treatment and the percentage of changes in weights in the studied groups.	**177**
17b	Comparison of the percentage of decrease in Abc after treatment between each of the studied groups.	**177**
18a	Hip circumference (Hc) in (cm) before and after treatment and the percentage of changes in weights in	**178**

	the studied groups.	
18b	Comparison of the percentage of decrease in Hc after treatment between each of the studied groups.	**178**
19a	Waist to hip ratio (WHR) before and after treatment and the percentage of changes in weights in the studied groups.	**179**
19b	Comparison of the percentage of decrease in WHR after treatment between each of the studied groups.	**179**
20a	Biceps skinfold thickness in (cm) before and after treatment and the percentage of changes in weights in the studied groups.	**180**
20b	Comparison of the percentage of decrease in biceps skinfold thickness after treatment between each of the studied groups.	**180**
21a	Triceps skinfold thickness in (cm) before and after treatment and the percentage of changes in weights in the studied groups.	**181**
21b	Comparison of the percentage of decrease in triceps skinfold thickness after treatment between each of the studied groups.	**181**
22a	Subrascapular skinfold thickness in (cm) before and after treatment and the percentage of changes in weights in the studied groups.	**182**
22b	Comparison of the percentage of decrease in subrascapular skinfold thickness after treatment between each of the studied groups.	**182**
23a	Suprailiac skinfold thickness in (cm) before and after treatment and the percentage of changes in weights in	**183**

	the studied groups.	
23b	Comparison of the percentage of decrease in suprailiac skinfold thickness after treatment between each of the studied groups.	**183**
24a	Triglycride (TG) level in (mg/dl) before and after treatment and the percentage of changes in weights in the studied groups.	**184**
24b	Comparison of the percentage of decrease in TG after treatment between each of the studied groups.	**184**
25a	Total cholesterol (TC) level in (mg/dl) before and after treatment and the percentage of changes in weights in the studied groups.	**185**
25b	Comparison of the percentage of decrease in TC after treatment between each of the studied groups.	**185**
26a	High density lipoprotein (HDL) cholesterol level in (mg/dl) before and after treatment and the percentage of changes in weights in the studied groups.	**186**
26b	Comparison of the percentage of increase in HDL after treatment between each of the studied groups.	**186**
27a	Low density lipoprotein (LDL) cholesterol level in (mg/dl) before and after treatment and the percentage of changes in weights in the studied groups.	**187**
27b	Comparison of the percentage of decrease in LDL after treatment between each of the studied groups.	**187**
28a	Serotonin level in (ug/ml) before and after treatment and the percentage of changes in weights in the studied groups.	**188**
28b	Comparison of the percentage of elevation in	**188**

	serotonin level after treatment between each of the studied groups.	
29	The best model for improvement with acupuncture treatment of obese patient.	**189**