



ISSN: 2393-9583 (PRINT)  
ISSN: 2393-9591 (ONLINE)  
RNI No: TELENG/2014/60297

# AYUSHDHARA

International Journal of research in AYUSH & Allied Systems  
<https://ayushdhara.in>

## *Certificate Of Publication*

Is hereby awarding this certificate to

**MAHATHI M CHATRA, MEGHA B, ANANTA S DESAI**

In recognition of the publication of the Case Study entitled

**“UDVARTANA AND VIRECHANA IN EFFECTIVE WEIGHT MANAGEMENT FOR OBESITY”**

Published in AYUSHDHARA Journal  
VOL 11, ISSUE 6: NOVEMBER - DECEMBER 2024

EDITOR-IN-CHIEF  
AYUSHDHARA

PUBLICATION MANAGER  
MAHADEV PUBLICATIONS