



Keywords: A... ..

Introduction:

Figure 1: Comparison of weight reduction in obese individuals across three interventions: Diet, Exercise, and Auricular Vagus Nerve Stimulation (AVNS). The graph shows the percentage of weight reduction over time (0 to 12 weeks) for each group. The AVNS group shows the highest weight reduction, followed by the Exercise group, and the Diet group shows the lowest weight reduction.

| Week | Diet (%) | Exercise (%) | AVNS (%) |
|------|----------|--------------|----------|
| 0 | 0 | 0 | 0 |
| 2 | 10 | 15 | 20 |
| 4 | 20 | 30 | 40 |
| 6 | 30 | 45 | 55 |
| 8 | 40 | 60 | 70 |
| 10 | 50 | 75 | 85 |
| 12 | 60 | 90 | 100 |

4) ($p < 0.05$).
 4) ($p > 0.05$).
 4) ($p > 0.05$).
 4) ($p > 0.05$).

Q / $p < 0.05$

36) ($p > 0.05$).
 ($p < 0.05$).

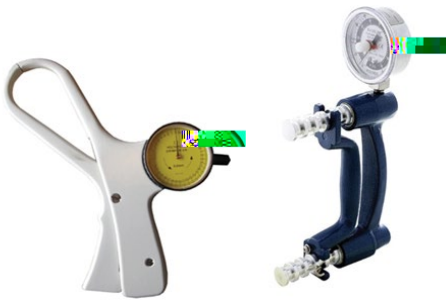
D / $p < 0.05$

2020
 A
 10.4
 3)
 (A
 2)
 1.5 ; A
 0.7
 ($p < 0.05$)
 ($p > 0.05$)

A
 A
 A
 3.6
 0.5
 A
 ($p > 0.05$)
 0.5
 3
 2016)
 ($p < 0.05$)
 ($p > 0.05$)



Tanita Device



Caliper JamarH andG ripD dynamometer

Figure 3

... (2007; ... 2010). ... (4.3 ...)

... 12%

... (6 ...)

6-

2.4 ... 0.7 / ² ... 36.8 / ² ... 1.9 ... 1.2 / ² ... 36.1 / ² ... 34.9 / ² ... 30-

A

5%-10%

3%

5%

A ... -36 ... 6

10%; ... 6%; ... 4%). A

... 3 ...

A