

## A Review on Herbal Treatment Of Obesity

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### INTRODUCTION

Obesity refers to excessive amount of fat deposition in form of adipose tissue in our body. Obesity health problems are increasing annually in India. Statistically, obesity affects approximate 1/ 3<sup>rd</sup> of Indian adults, with potential social, health and emotional problems.

Actually there is a difference between obese and being overweight. An obese person has more deposited extra fat in body that can cause various health problems. While an overweight person gets relief of overweight only by losing some extra amount of fat. There are a number of treatment options including drug therapy, psychotherapy, surgery, lifestyle changes and herbal and homeopathic remedies and it is important that you weigh up each option before making a decision.

### HOODIA GORDONII

Hoodia gordonii is a leafless plant succulent in nature having various medicinal uses. It is found mainly in South Africa. Smell of plant is just like rotten meat. Bushmen call the plant as hoba also. Hoodia gordonii comes under CITES (the Convention on International Trade in Endangered Species of Wild Fauna and Flora) as it is a species threatened with extinction and ii not exported from Africa until export commission got permission from CITE.Active ingredients extracted from this species can be used for treatment of obesity as the extracts of plant act as appetite suppressants.Plant species actively used by pharmaceutical company for the synthesis of drugs which

actively act as appetite suppressant and are useful to control obesity.



### KUNDRU

Coccinia grandis or kundru is a perennial herbaceous vine also known by the name of cephalandra indica". It is known for its various medicinal properties such as its antioxidant property, anti diabetic property and most important is its hypoglycemic action because of which its aqueous and ethanolic extracts can be used for control of obesity. Thailand prepares tonic drinks from the plant for control of hyperglycaemia.



### PARSLEY

Parsley, or Garden Parsley is a species of Petroselinum in the family Apiaceae, also known by the name of Petroselinum crispum and is found in Iran, Algeria and Tunisia), It can be used as a herb ,spice,

or as vegetable. Along with its use as herb, spice it is also known for its use against obesity.



### COMMIPHORA MUKUL

Guggul botanically known as Commiphora Mukul, it is from Burseraceae family, and commonly known as Commiphora Mukul, Guggul and Balsamodendrom Mukul. Guggul is a small shrub or a tree; it bears thorns on its branches. Guggul contain small leaves those very similar to that of a neem tree flowers of guggul are red in color and bears fruit that are elliptical in shape and soft in nature. Guggul is known for treatment of obesity and associated lipid disorders it has recently come into prominence as an effective treatment for high blood cholesterol. It contains resins as lipid soluble steroids including guggulsterones E and Z.



### HEMIDESMUS INDICUS

Indian Sarsaparilla botanically known as hemidesmus indicus of family Asclepiadaceae is a species of plant that is found in South Asia. Chemical analysis of the root showed the presence of coumarins, the chief component of which is p-methoxy salicylic aldehyde, two sterols and a pregnane glycoside.



### LAGERSTROEMIA SPECIOSA

Lagerstroemia speciosa is a species of Lagerstroemia native to tropical southern Asia of family Lythraceae. It is found in many parts of Southeast Asia including the Philippines, India, Vietnam, Malaysia and southern China. It contains alpha- and beta-penta-O-galloyl-D-glucopyranose (PGG) and derivatives of tannic acid which are responsible for its antiobesity action.



### GARCINIA

Garcinia is a plant genus of the family Clusiaceae and is found in southern Africa and Polynesia. Also known by the name of monkey fruit. Due to habitat destruction the plant comes under the category of endangered species. Plant extract acts as an appetite suppressant agent due to the presence of hydroxyl citric acid. This burns more calories and excess of stored fat promoting thermogenesis process.



### MODIFICATION IN DIET AND LIFESTYLE

Along with the herbal treatment various modifications in diet, lifestyle are also

required for control of obesity as well as diseases associated with obesity. Following are some important points which should be kept in mind

- Food taken should not be spicy, oily and fatty.
- Alcoholism and smoking can cause various complications in person with excessive fat
- Red meat should be avoided.
- Do sit ups and push ups as they tone the abdominal muscles and buttocks
- Try to live free from stress and be optimistic in life
- Eat green salads along with tomatoes and leaves of mint as they can easily burn excess fat
- Drink cabbage juice or eat cabbage as it is very beneficial for controlling obesity.
- Fruits like papaya, apple, and carrot must be taken as they are helpful in relieving from obesity.
- Luke warm must be taken after every lunch and dinner as it helps in proper burning of excess fat.

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