

## Herbal remedy for obesity- An ideal approach

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Obesity is associated with significant morbidity and mortality. Reaching and maintaining a healthy weight is good for overall health and helps to prevent and control many diseases and conditions. Usually, obesity is treated with lifestyle-based intervention such as diet, exercise, behavior therapy etc. and medical or surgical intervention like pharmacotherapy or bariatric surgery. Dieting and binge eating can make the prospect of losing weight harder to achieve. Herbal remedy leads to efficient metabolism in the body that helps the digestive system by maintaining the natural breakdown of fats. This form of weight loss is considered safe and effective as this result in weight loss by not hurting body in the process. It supports healthy energy levels through nutrient absorption and acts in a supporting capacity to the nervous system and balanced mood. *Garcinia cambogia*, *Guar gum*, *Guggul*, *Green Tea*, *Ephedra sinica* *Coleus*, *St. John's Wort*, *Spirulina* (Blue-Green Algae), *Hoodia gordonii*, *Cayenne* & *Citrus aurantium* are the commonly used herbs for weight loss. The action of certain herbs makes the brain to think that the stomach is full, while others act thermogenically. Thermogenic herbs (stimulants) consist of substances like caffeine that accelerates body functions like heart rate, digestion and respiration. Their effects may give energy to keep you moving. In this way, herbal products for weight reduction may be effective in the management of obesity and associated disorders.

### Biography

Santosh Chopde has completed M.Tech (Dairy Engineering) from NDRI, Karnal (INDIA) and presently he is working as an assistant professor at College of Dairy Technology, Udgir.

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