



Natural anti-obesity agents

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Abstract:

Obesity is a complex disease caused by the interaction of a myriad of genetic, dietary, lifestyle, and environmental factors, which favors a chronic positive energy balance, and leads to increased body fat mass. The incidence of obesity is rising at an alarming rate and is becoming a major public health concern with incalculable social costs. Indeed, obesity facilitates the development of metabolic disorders such as diabetes, hypertension, and cardiovascular diseases in addition to chronic diseases such as stroke, osteoarthritis, sleep apnea, some cancers, and inflammation based pathologies. Recent researches demonstrated the potential of natural products to counteract obesity. Multiple-natural product combinations may result in a synergistic activity that increases their bioavailability and action on multiple molecular targets, offering advantages over chemical treatments. In this review, we discuss the anti-obesity potential of natural products and analyze their mechanisms.

Keywords:

Obesity; Natural products; Physical; Mechanism

Published In:

Bulletin of Faculty of Pharmacy, Cairo University , 52 , 269-284