CHAPTER 7

Conclusion

The present study was carried out to screen antiobesity activity of three indigenous drugs, *Boerhavia diffusa*, *Saccharum spontaneum* and *Dalbergia latifolia*.

The phytochemical investigation of selected drugs was carried out to determine the nature of compounds presented in the drug samples. Ethanolic extracts of selected drugs samples were fractionated into hexane, chloroform, n-butanol and water, subjected to preliminary phytochemical screening by performing chemical tests and also observed for total phenolic, flavonoids & HPTLC fingerprinting.

The pharmacological studies of the selected drugs showed antiobesity activity by investigating the body weight, food intake, organ fat pad weight and biochemical estimation (lipid profile, enzymatic activities, BUN and creatinine).

Several earlier studies have claimed that phenolic compounds and flavonoids play a vital roll in the management of obesity through various mechanisms like antioxidant activity which was observed in present study. Histopathological studies conducted on liver and kidney showed no signs of abnormality on structure of these organs.

These findings provided scientific support for the use of *Boerhavia diffusa*, *Saccharum spontaneum* and *Dalbergia latifolia* in Ayurveda for weight management.