SUMMARY
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- There is scarcity of safe & effective drugs for treatment of obesity in allopathy.

- Caralluma fimbriata is a herb reported to be useful in treatment of obesity in traditional system of medicine and hence we have selected it for present study.

- The anti-obesity effect of Caralluma fimbriata extract of the whole plant was evaluated by studying the effect on appetite, body-weight & lipid profile in rats fed with hyper-calorie/cafeteria diet [diet induced obesity (DIO) model].

- DIO model is widely accepted for induction of obesity. Hypercalorie/cafeteria diet inevitably causes hyperphagia resulting in increased body weight. It simulates clinical obesity and shares many features with human obesity.

- Cafeteria diet fed rats showed significant increase in gain in body weight, appetite, altered lipid profile, liver enzymes and renal function tests.

- Results of our study showed that CFE given as both pretreatment and its administration after induction of obesity led to significant reduction in the food intake, gain in body weight and improvement in lipid profile, liver enzymes and renal function tests.

- Treatment with CFE also resulted in significant reduction in blood glucose levels, which were increased by cafeteria diet.

- Excessive fat deposition in liver tissues caused by cafeteria diet was also reduced by CFE treatment.