CONCLUSIONS
9. CONCLUSIONS:

- In this study, *Caralluma fimbriata* extract when given simultaneously with high calorie diet, prevented and reduced the gain in body weight and alterations in the lipid profile in experimentally induced obesity in rats.

- Its administration after the induction of obesity was also found to be useful in reduction of body weight and improvement in laboratory parameters.

- However, large multicentric randomized controlled clinical trials (RCCT) are necessary to confirm its anti-obesity effect and more experimental studies are required to elucidate its exact mechanism of action.