

# Commiphora Mukul



It is one of Ayurveda's strongest purifying herbs, used for thousands of years to treat obesity and manage agents concerned with obesity like High Cholesterol. A pure commiphoramukul helps in removing excess cholesterol and burns lipids inside the body.

**Among Studies conducted on CommiphoraMukul are as follows:**

## **Source**

Department of Molecular and Cellular Biology, Baylor College of Medicine, Houston, Texas 77030, USA. nurizar@bcm.tmc.edu

## **Abstract**

The resin of the Commiphoramukul tree has been used in Ayurvedic medicine for more than 2000 years to treat a variety of ailments. Studies in both animal models and humans have shown that this resin, termed gum guggul, can decrease elevated lipid levels. The stereoisomers E- and Z-guggulsterone have been identified as the active agents in this resin. Recent studies have shown that these compounds are antagonist ligands for the bile acid receptor farnesoid X receptor (FXR), which is an important regulator of cholesterol homeostasis. It is likely that this effect accounts for the hypolipidemic activity of these phytosteroids.

# Green Tea Extracts



Studies show that green tea can increase your metabolic rate safely and without side effects. In other words, it can help you raise your metabolism and burn fat, without exercise! Green tea also contains Theanine, a naturally occurring amino acid that helps you relax and promotes a sense of well being by boosting GABA levels (another "feel good" neurotransmitter) in the body.

**Among Studies Conducted on Green Tea Extracts are as follows:**

Ingestion of green tea leads to a reduction in body fat and malondialdehyde-modified LDL in men. In the study, 38 healthy Japanese men were divided into two groups and fed the same diet. One group consumed a bottle of tea containing 690 mg catechin antioxidants per day. After 12 weeks, body weight, BMI, waist circumference, body fat mass and subcutaneous fat area were significantly lower in the green tea extract group than in the control group.

Source: Health Care Food Research Laboratories, Kao Corporation, 2-1-3, Bunka, Sumida-ku, Tokyo, 131-8501, Japan. [nagao.tomonori@kao.co.jp](mailto:nagao.tomonori@kao.co.jp).

Link: <http://www.ncbi.nlm.nih.gov/pubmed/1755798>

## **Garcinia Cambogia**



It is a subtropical species of Garcinia native to Indonesia. (-)-Hydroxycitric acid [(-)-HCA] is the principal acid of fruit rinds of Garcinia cambogia, Garcinia indica, and Garcinia atroviridis.. Research suggests that garcinia might prevent fat storage and control appetite. Garcinia helps when taken as directed & combined with a regular exercise regime is a highly effective adjunct to healthy weightcontrol.

Among Studies Conducted on *Garcinia Cambogia* are as Follows:

**Efficacy of a novel calcium/potassium salt of (-)-hydroxycitric acid in weight control.**

**Source:** Department of Physiology and Biophysics, Georgetown University Medical Center, Basic Science Building, Room 231 B, 4000 Reservoir Rd., N.W., Washington, DC 20057, USA. [preusshg@georgetown.edu](mailto:preusshg@georgetown.edu)

In this research The weight-loss efficacy of a novel, water-soluble, calcium-potassium salt of (-)-hydroxycitric acid (HCA-SX) was re-examined in 90 obese subjects (BMI: 30-50.8kg/m<sup>2</sup>). Subjects were randomly divided into three groups and given daily doses of HCA-SX 4 along with 2,000 kcal diet/day and participated in a supervised walking program for 30 min/day, 5 days/week. At the end of 8 weeks, in group A, both body weight and BMI decreased by 5.4%, low-density lipoprotein and triglycerides levels were reduced by 12.9% and 6.9%, respectively, while high-density lipoprotein levels increased by 8.9%, serum leptin levels decreased by 38%, serotonin levels increased by 44.5% and urinary excretion of fat metabolites increased by 32-109%. Group B demonstrated similar beneficial changes, but generally to a greater extent. No significant adverse effects were observed.

It was concluded that dosage levels, timing of administration, subject compliance and bioavailability of HCA-SX significantly affect results and that when taken as directed, HCA-SX is a highly effective adjunct to healthy weightcontrol.

## MedoharGuggulu



MedoharGuggulu is a unique Ayurvedic Weight Loss ingredient which is used to maintain proper cholesterol and weight levels. It reduces kapha concentration from our bodies slowly and effectively. In Ayurveda Guggulu is used to for treatment of "Santarpana" born

disorders.

**Among Studies conducted on CommiphoraMukul are as follows:**

GUGULIPID: a natural cholesterol-lowering agent.

**Source**

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**Abstract**

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## Fenugreek



Fenugreek aids digestion. It has been found potent for patients of type 2 diabetes to loose weight effectively. Not only body mass some studies have also found people taking fenugreek seeds to have experience inch loss around abdominal & hip areas. Fenugreek has been found to reduce fat consumption in healthy volunteers.

**Among Studies Conducted on Fenugreek are as follows:** In a clinical trial, 25 individuals newly diagnosed with type 2 diabetes were randomized to either a daily dose of fenugreek seed supplement or standard diet and exercise for two months. At the end of the study, glycemic tests showed no difference from baseline levels. However, area under curve of glucose as well as insulin showed a marked reduction, with a statistical sensitivity of  $P < 0.001$ . As with the rat model, serum triglycerides were also decreased, and HDL cholesterol levels increased. Obesity is the most talked about marker of metabolic syndrome and insulin resistance. Fenugreek not only slows gastric glucose absorption but improves cellular uptake of glucose as well. Because of its

high fiber content, fenugreek consumption with meals increased satiety, causing participants to eat less.

Canadian researchers randomized 24 adult obese subjects to either fenugreek-containing supplement daily or placebo. Study examiners monitored the participants' weight and abdominal and hip circumference at baseline and at the end of the six-week trial. The subjects did not change their daily habits or diet. Compared with the placebo group, patients taking fenugreek lost 5 lb and more than 4 inches of abdominal and hip circumference, compared with 0 lb and 0.5 inches lost by the placebo group.

Sources: Gupta A, Gupta R, Lal B. Effect of *Trigonella foenum-graecum* (fenugreek) seeds on glycaemic control and insulin resistance in type 2 diabetes mellitus: a double blind placebo controlled study. *J Assoc Physicians India*. 2001;49:1057-1061.

- Mathern JR, Ratz SK, Thomas W, Slavin JL. Effect of fenugreek fiber on satiety, blood glucose and insulin response and energy intake in obese subjects. *Phytother Res*. 2009;23:1543-1548.

- Woodgate D, Conquer J. Effects of a stimulant-free dietary supplement on body weight and fat loss in obese adults: a six-week exploratory study. *Curr Ther Research*. 2003;64:248-262.

## ZingiberOfficinale



It can improve digestion by increasing the pH of the stomach and stimulating the digestive enzymes. Because ginger also has a high fiber content, it increases gastrointestinal motility. The combination of these two effects means that essential nutrients are absorbed quickly while the non-essential foods that cause bloating and constipation are excreted quickly.

**Among Studies Conducted on ZingiberOfficinale are as follows: Source:** Biochemistry and Nutrition Department, Women College, Ain Shams University Cairo, Egypt.

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**Objective:** To evaluate the effect of ginger and orlistat on rats fed high fat diet.

**Conclusion:** ZingiberOfficinale (Ginger) has a great ability to reduce body weight without inhibiting pancreatic lipase level, or affecting bilirubin concentration, with positive effect on increasing peroxisomal catalase level and HDL-cholesterol.

## Piper Nigrum



It aids digestion by stimulating the release of digestive enzymes from the pancreas and hastening the movement of food through the gastrointestinal tract. A 2010 clinical study performed at the University of Oklahoma found that supplement containing piperine has the potential to burn a similar amount of calories as taking a 20-minute walk.

**Among Studies Conducted on Piper Nigrum are as follows:**

**Source:** <http://www.pharmscidirect.com/Docs/IJPBR-2011-02-45.pdf>

- Department of Anatomy, University of Uyo, PMB 1017, Uyo, AkwaIbom State, Nigeria (234)

- Department of Pharmacology and Toxicology, Faculty of Pharmacy, University of Uyo, PMB 1017, Uyo, AkwaIbom State, Nigeria (234)

DepartmentofBiopharmacy and Clinical Pharmacy, University of Uyo, PMB 1017, Uyo, AkwaIbom State, Nigeria (234)

**Objective:** Effect of piper nigrum on stomach of wistar rat

**Conclusion:** Piper nigrum enhances and encourages thermogenesis of lipids (fat molecules) and accelerates energy metabolism in the body. It traps and enhances the thermogenesis of saturated fat which are most difficult to be used by physical activity. From the outcome of the study, it could be concluded that piper nigrum is safe and effective spice and could be used locally as an aid to relieve digestive disorders.