



Review article

Green cure to obesity- A review

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Abstract

The World Health Organization in 1997, described obesity as an epidemic hazard worldwide, based on the data analysis of body mass index since then, obesity incidence increased at an alarming rate and is becoming a major public health concern. Indeed, obesity facilitates the development of metabolic disorders like diabetes, hypertension, and cardiovascular diseases in addition to chronic diseases. The potential of natural products for treating obesity is under exploration. This may be an excellent alternative strategy for developing future effective, safe anti-obesity drugs. A variety of natural products, including crude extracts and isolated pure natural compounds can induce body weight reduction and prevent diet-induced obesity. Therefore, they have been widely used in treating obesity.

Key words: Obesity, body mass index, Herbs.

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