



Appetite suppressing Phytonutrients for combating Obesity

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ABSTRACT (upto 300 words)

An appetite suppressant can be an excellent tool in weight management if used safely and effectively. There are some medicinal plants that have been reported to be acting as appetite suppressors or appetite killers. Some of these plants are *Caralluma fimbriata*, *Hoodia gordonii*, *Camellia sinensis* (Green Tea), *Capsicum annuum* (Sweet/Bell Pepper), *Plantago ovata* (Psyllium/Plantain Fiber), Saffron Extract, XanoLean, Flaxseeds, Ginger, Umeboshi Plums, *Prunus dulcis* (Almonds), *Ilex paraguariensis* (Yerba Mate) and *Garcinia cambogia*, *Aloe vera*, Bee Pollen and Evening Primrose Oil. These types of herbal plants/supplements can be especially useful for people suffering from obesity for their weight management. Obesity increases risk of diseases and health problems, such as heart disease, diabetes and high blood pressure. This talk therefore aims to explore and provide an insight about the medicinal plants and the important phytochemicals with appetite suppressing activity and potential for combating obesity.

BIOGRAPHY (upto 200 words)

Dr. Charu Gupta, Professor, Amity Institute of Herbal Research & Studies, Amity University Uttar Pradesh, Noida carries with over 14 years of experience in teaching and research at University level. She has successfully completed four gov. funded projects by DST & DSIR. Presently, she is working on the project funded by DST-SERB in collaboration with Malaysia & Thailand under ASEAN-India Collaborative research project. She has over 130 publications that have been cited over 2500 times, and her publication h-index is 23. She has been granted 8 Indian patents, transferred 3 technologies, and serving as an editorial board member of several reputed journals.

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