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Unani formulation "*givone*" in the management of obesity – Animal trials

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Abstract

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, and/or increased health problems. Body mass index (BMI),defines people as obese when it is greater than 30 kg/m^2.Obese persons are prone to various type of disorders like heart disease, type 2 diabetes, obstructive sleep apnea, high blood pressure, high blood cholesterol and high triglycerides level, certain types of cancer and osteoarthritis. The World Health Organization claimed that 1.5 billion individuals over the age of 20 are considered obese. In India also obesity has reached an epidemic proportion with 5% population falling in morbid obese category.

Dieting and physical exercise are the main line of treatment in obesity. In adjuvant to these line of treatment anti obesity drugs are prescribed to reduce appetite or inhibit fat absorption by Allopathic System of Medicine. These drugs have various side effects. Unani Herbal Medicines are known as effective, safe and economic. "*Givone"* is a Unani polyherbal formulation. To evaluate its efficacy in the management of obesity and safety after prolonged used an animal clinical trial was carried out. All the animals appeared normal and showed no clinical signs of intoxication till the end of the study. The heart, aorta, liver and kidney showed no abnormal findings when studied histologically when compared to the control group animals. Hence it can be concluded that Unani Medicine "Givone" is EFFECTIVE and SAFE for obesity.

Key words: Obesity, Givone, Unani, animal experiments

Biography

Dr. Ghazala Mulla has completed her BUMS and M. Phil in Ayurveda faculty from University of Pune during the year 1992 and 2008 respectively. She is HOD of Physiology department of Z.V.M.Unani Medical College & Hospital. She is teaching Human Physiology subject to under graduate students and Genetics to post graduate students. She has presented 8 papers in various International Conferences and 8 papers in National Conferences. She has 3 research projects and 5 publications to her credit. She is also appointed as a Reviewer at Journal of Ayurveda and Integrative Medicine (J-AIM) [ISSN 0975-9476],which is a peer reviewed, open access international circulating professional journal led by the Institute of Ayurveda and Integrative Medicine (www.iaim-frlht.org).