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Anti-obese effects of ginseng through leptin induced regulation among obese employees

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Office employees spend most of their work days in the sitting position, which is a serious problem and mostly gain weight or become obese. Recent studies have reported that ginseng root contains various saponins, which have anti-oxidative, anti-inflammatory, and anti-obesity properties. The present study design to demonstrate the anti-obesity effects of ginseng root extract through leptin regulation in obese employees. 485 female obese office employees of industrial development and renovation organization of Iran with age of 51.3 ± 14.7 years, and BMI 39.2 ± 7.5 participated in the study. They were consuming 3 g/day ginger daily among three months. The blood sample was collected before and at the end of three months to assess serum leptin hormone. Body weight and BMI were measured before and at the end of three months. Serum levels of leptin were measured 24-h before and 24-h after the last day of three months by ELISA kit. The concentration of leptin was significantly increased compared to pretest. BMI and body weight were significantly decreased compared to pretest of female obese office employees. Our results demonstrate that ginseng can inhibit obesity possibly through increasing adipogenic gene expression.

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