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Effect of Terminalia bellerica against high fat diet induced hyperlipidemia and obesity

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This study was done to investigate the anti-hyperlipidemic activity of Terminalia bellerica against high fat diet induced hyperlipidemia and obesity. Terminalia bellerica commonly known as Baheda, one of the most common plants being used in India since early times in many disorders one of the ingredients in many herbal formulations like Triphala, etc., used for cardiac disorders. The ethanolic extract of the fruits of Terminalia bellerica 250 mg/kg and 500 mg/kg body weight was administered p.o. for 20 days to test anti-hyperlipidemic activity. The parameters for evaluation of anti-hyperlipidemic activity are the physical parameters and the biochemical estimations. The physical parameters were gross examination of heart, heart weight and body weight ratio, liver weight, atherogenic index and basal metabolic index. In biochemical estimations, various cardiac enzymes like lactate dehydrogenase, and the lipid profile were measured. The results of present study show that alcoholic extract of Terminalia bellerica (500 mg/Kg) has significant reduction in various lipid levels as well as the elevated physical parameters like heart weight, body weight ratio, body weight gain and BMI against high fat diet induced hyperlipidemia and obesity compared to clinically used drugs, Atorvastatin (10 mg/kg) and Orlistat (pure drug 10 mg/kg).

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