

### Obesity

1) Garcinia pericarp "- Malabar tamarind"	2)Kelp thallus "Fucus vesiculosus"	3) Psyllium"plantago seeds"	4) Green "unroasted"- coffee beans	5) Guar gum "Cymopsis tetragonolobus"	6) Chitosan
AI: 30% hydroxycitric acid (HCA)	AI: Iodine, Polysaccharides (alginate, fucoidan)	The ripe seeds are used. Caution: ground seeds are not used because the seed coat pigment accumulates in kidney tubules.	AI: chlorogenic acid & caffeine	AI: Polysaccharides of D-galactose & D-mannose, fiber	Not a herbal product. It's a fibrous substance from exoskeleton of crustaceans.
MOA: - inhibits ATP-citrate lyase--> inhibits acetyl coA formation--> no FA (reduced lipogenesis) -Inhibits pancreatic alpha amylase & intestinal alpha glucosidase--> appetite suppression - Increases hepatic glycogen stores	MOA: Iodine increases thyroid hormones--> increases cholesterol & carbohydrates metabolism, enhanced lipolytic response - Polysaccharides reduce fat absorption - Expands in stomach (satiating)	- Fiber supplements bind to fat & carbohydrates--> reduced absorption - Mucilage increases elimination, so reduced intestinal fat absorption	- Thermo-genesis & lipolysis -Inhibits a-glucosidase - Prevents fat storage	MOA: given with meals to reduce glucose & C blood levels - Fibers reduce food absorption	MOA: binds and reduces fat absorption.

No CNS effects (increased acceptability)



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### Diabetes mellitus

1) Gymnema      2) Bitter melon seeds (karela) "Momordica charantia"      3) Opuntia      4) Heglig "Balanites aegyptiac"      5) Fenugreek "Trigonella foenum-graecum"

AI: <b>gymnemic acid</b>	AI: steroidal glycosides, bitter principles (cucurbitacins, polypeptide P, terpenoids)	AI: <b>high m.wt. polysaccharides</b>	AI: <b>furanocoumarins</b> , sugar, organic a', saponins	AI: <b>Trigonelline</b> (N-methyl. deriv. of nicotinic acid)
MOA: - Increase insulin (either its secretion or regenerating pancreas cells) - Increases glucose uptake - Reduces glucose absorption	MOA: the bitter principles are insulin-mimetic (SC). - increases glucose uptake and storage in ms. & liver & reduced its intestinal absorption	MOA: reduces glucose & cholesterol absorption	MOA: anti-hyperglycemic	MOA: increases glucose uptake.
Uses: hypoglycemic & weight loss	Uses: hypoglycemic (DM2 & insulin resistance specf.)			

### E defi.

1) Soy, glycine mix      2) Red clover "Trifolium pratense"      3) Evening primrose oil (EPO)  
AI: isoflavones, saponins      AI: isoflavones      AI: GLA  
MOA: precursor of PGE1

### Menstrual pain ttt.

Emmenagogues: stimulate blood flow to pelvis & uterus.

Mugwort, parsley, ginger "Zingiber off." (most used), chamomile, cinnamon, basil "Ocimum basilicum"

Menstrual pain due to prostaglandins causing uterus contractions.



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