

Nutraceuticals in the Prevention and Management of Obesity Comorbidities

Dr. Nisha Sharma*

Associate Professor, School of Pharmaceutical Sciences,
Chhatrapati Shahu Ji Maharaj University, Kanpur

*Corresponding author

ABSTRACT

There is significant research indicating that being overweight or obese is a primary factor contributing to the development of other health conditions, which can ultimately result in increased illness and death rates. Obesity is a complicated and multifaceted condition marked by an excessive buildup of fat due to an imbalance among the amount of energy consumed and the amount of energy expended. Recent investigations over the past twenty years have uncovered that obesity, a significant contributing factor to the development of comorbidities like type 2 diabetes, atherosclerosis, cancer, and other long-term illnesses characterized by inflammation. Among naturally occurring compounds currently employed to modulate obesity related comorbidity, nutraceuticals exerting physiological effects by offering protection against certain illnesses are highly increased in demand. Administering nutraceuticals to control obesity also hinders the advancement of oxidative stress and inflammation, hence preventing the onset of obesity & related comorbidities. Research indicates that worldwide food trends can serve as a means to combat obesity, hence reducing the risk of developing associated diseases. These trends are characterized by their abundance of specific components, including fiber, minerals, vitamins, and antioxidants, which are well documented for their positive impact on human well-being indicating the possible nutraceutical efficacy of certain dietary constituents. The talk gives a comprehensive overview on obesity, its types, etiology of obesity, various comorbid diseases like diabetes, cancer, hypertension etc. and a nutraceutical approach in addressing obesity related comorbidities.

Keywords: Obesity, antioxidants, diabetes, cancer, curcumin, ginger, prebiotics, probiotics

