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The anti-obesity effects of traditional Korean medicine (*Platycodi Radix* and *Cyperi Rhizoma* complex) on obese mouse induced by 45% high fat diet

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The researcher investigated the anti-obesity effect of water extract (*Platycodi Radix* and *Cyperi Rhizoma* complex; PC) in mice, fed with a high fat diet and focused on the analysis of local area adipose tissue. Male ICR mice were divided into four groups, which were fed either the normal AIN diet (N group) a high fat diet (HFD group) or a high fat diet and orally administration with a concentration of 300 mg/kg body weight (P group or PC group) for eight weeks. In food intake, no significant changes were detected among normal mice group, HFD group and P group or PC group. Compared to mice in the HFD group, mice in the P group or PC group showed significant reductions in weight gain and relative weight of total fat. Compared to mice in the HFD group, mice in the P group showed significant reductions in relative weight of liver. In blood biochemistry analysis, AST, ALT, triglyceride, total-cholesterol and low density lipoprotein (LDL)-cholesterol, AI levels of P group or PC group were significantly lower than those of the control group AI. But serum high density lipoprotein (HDL)-cholesterol levels from the P group or PC group were significantly higher than those of the HFD mice in serum. And serum adiponectin levels from the P group or PC group were significantly increased that those of the HFD mice. And serum glucose and leptin were not shown significant changes. And adipocyte number in the fat tissue from the P group or PC group was significantly higher than those of the HFD mice. These results suggest that PC has an anti-obesity effect in mice and that the effect is mediated by inhibition of fat gain.

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