

## **The efficacy of oral curcumin for weight and serum lipid reduction**

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Overweight, obesity and related diseases, such as dyslipidemia in Thailand has been dramatically increasing over the last decade. At present, none of weight reduction medications give satisfactory result. In addition some medications can cause harmful side effects. Accordingly, this research project was conducted to use turmeric extraction, Curcumin, a Thai local herb, which was safe for consumption, for weight and serum lipid reduction.

**Objective:** To study the efficacy and safety of oral Curcumin for weight and serum lipid reduction in overweight volunteers and volunteers' satisfaction.

**Materials and Methods:** 20 overweight volunteers which were randomly assigned into experiment and control groups. Fifteen participants in the experimental group received 1.5 gm. Curcumin per day. The control group, five participants, received placebo. The experiment was carried on for 12 consecutive weeks. At the end of the experiment, mean differences of body weight, body mass index (BMI), body mass fat and serum lipid between the experimental and control groups were evaluated and compared.

**Results:** Mean differences of body weight ( $\bar{x} = -3.49 \pm 1.05$  vs.  $-1.70 \pm 1.03$ ), BMI ( $\bar{x} = -1.40 \pm 0.44$  vs.  $-0.75 \pm 0.44$ ), and LDL ( $\bar{x} = -19.00 \pm 15.58$  vs.  $3.80 \pm 17.31$ ) between the two groups were statistically significant different. On the other hand, side effect, abnormal symptoms and liver enzyme between the experimental and control groups were not significant different.

**Conclusion:** Oral Curcumin 1.5 gram per day for 12 consecutive weeks resulted in lowering body weight, BMI and blood LDL. No side effect nor liver toxicity was found.

**Key words:** Curcumin/ Weight reduction/ Serum lipid reduction

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