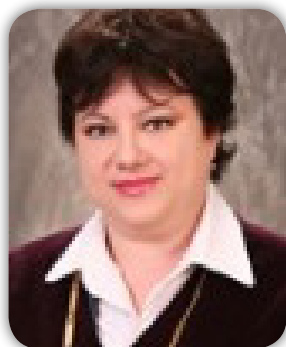


Satellite Symposium for Euro Global Summit & Medicare Expo on **Weight Loss**



Safety and efficacy of herbal medicines in the management of obesity

Valentina Pavlova
Univeristy of Bitola, Macedonia

Obesity is becoming one of the most prevalent health concerns among all populations and age groups worldwide, resulting into a significant increase in mortality and morbidity related to coronary heart diseases, diabetes type 2, metabolic syndrome, stroke and cancers. Prevention and treatment of this problem are an important deal for health systems, whose aim is to reduce the obesity and overweight prevalence, and related complications over the world.

Nigella Sativa, Camellia Synensis, Green Tea, and Black Chinese Tea seem to have satisfactory anti-obesity effects and shown significant decrease in body weight. Nigella sativa and green tea decrease lipid peroxidation in plasma or liver, which seem a mechanism of anti-obesity effect. Higher anti-oxidant and anti-obesity activity showed green tea due to its high concentration of catechins, including epicatechin (EC), epicatechin-3-gallate (ECG) and epigallocatechin-3-gallate (EGCG). Significant decrease in body fat was seen by Catechin-enriched green tea and black Chinese tea. Safety of these plants still remains to be elucidated by further long-term studies.

Biography

Valentina Pavlova is Doctor of Science (Ph.D.) in Chemistry, degree obtained at "Ss. Cyril and Methodius" University, Faculty of Natural Sciences and Mathematics, Institute of Chemistry, Skopje in 2007. She has completed her postdoctoral studies at Alexander Technological Educational Institute of Thessaloniki, Thessaloniki, Greece in 2015. Associate Prof. Pavlova is the author/coauthor of more than 100 articles; participate in 73 diploma works and 10 research projects. She is a Reviewer of four international journals. From May 2013 till today she is a Dean at Faculty of Technology and Technical Science-Veles.

valentina.pavlova@uklo.edu.mk

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