

## Overview of Obesity and its Medication

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### DESCRIPTION

Obesity is a medical disorder in which excess body fat has built up to the point where it may be harmful to one's health. When a person's Body Mass Index (BMI), which is calculated by dividing a person's weight by the square of their height despite known algometric errors, exceeds  $30 \text{ kg/m}^2$ , they are deemed obese; the range  $25\text{--}30 \text{ kg/m}^2$  is considered overweight. Lower values are used in some East Asian countries. Obesity has been linked to a number of diseases and ailments, including heart disease, type 2 diabetes, obstructive sleep apnea, cancer, and osteoarthritis. High BMI is a risk factor for diseases caused by nutrition, physical activity, and environmental variables, although it has not been demonstrated to be a direct cause. Obesity and depression have been proven to have a reciprocal relationship, with obesity raising the risk of clinical depression and depression increasing the risk of obesity. The carbohydrate-insulin hypothesis of obesity proposes that eating processed, high-glycemic-load carbs causes hormonal changes that enhance calorie deposition in adipose tissue, increase hunger, and decrease energy expenditure. Most cases of obesity, according to the calorie is a calorie concept, are caused by a combination of excessive dietary energy intake and a lack of physical exercise. A small percentage of cases are caused by genetics, medical conditions, or psychiatric disease. Increasing societal obesity rates, on the other hand, are attributed to an easily accessible and appetizing cuisine, growing reliance on automobiles, and mechanised manufacturing.

Anti-obesity drugs might be a final choice for some people who find that diet and exercise are not an option. Some prescription

weight reduction drugs are stimulants, which are only meant to be used for a short period of time and are thus ineffective for very obese individuals who need to lose weight over months or years. Medical issues have been linked to weight reduction drugs such as Redux and Fen-phen, which have caused deadly pulmonary hypertension and heart valve damage, and phenylpropanolamine, which has caused hemorrhagic stroke.

Advertisements in print, on television, and on the internet actively promote dietary supplements, foods, and weight loss regimens. Many of the claims of safety and effectiveness are unproven, and many of the studies purporting to demonstrate their effectiveness are supported by the manufacturers and suffer from a significant degree of bias, according to the US Food and Drug Administration. Diet pills, laxatives, and diuretic drugs are used by people with anorexia nervosa and bulimia nervosa, as well as some athletes, to regulate their weight, despite the fact that the latter two have no effect on body fat and only induce temporary weight loss due to dehydration. Both diuretics and laxatives can produce electrolyte imbalances, which can lead to cognitive, cardiovascular, and muscular disorders, as well as death. Pyruvate, a substance found in red apples, cheese, and red wine, is occasionally sold as a weight-loss supplement, although it has not been properly researched and no weight-loss benefit has been established. The causes of weight cycling are unknown, however they could include lower energy expenditure and an increased biological desire to eat during and after calorie restriction.

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