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**The Anti-Obesity Effect of *Bryophyllum pinnatum* leaves on high fat diet induced obesity in mice**

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**Abstract**

**Background**

Over the years there have been research on the anti-obesity of the *Bryophyllum pinnatum* but a dearth of research on the leaves, which has consumes/use as medicine that is diabetes, dissolving kidney stones, respiratory tract infection as well as applied to wounds and insect bites.

**Objective:**

To evaluate the protective effect of *Bryophyllum pinnatum* in High Fat Diet induced obesity in mice.

**Materials and Methods:**

The study was carried out on swiss albino mice and were fed high fat diet for 49 days. Methanolic extract of *B. Pinnatum* was administered in dose of 100 and 200 mg/kg, p.o. from day 22<sup>nd</sup> to day 49<sup>th</sup> along with high-fat diet for 49 days. On day 49<sup>th</sup> of treatment, body weight, body temperature and various biochemical parameters like serum glucose, total cholesterol, triglyceride and organs weights were recorded.

**Results:**

There was a significant reduction in body weight, organs and increased body temperature after treatment with plant extract. *Bryophyllum pinnatum* decreased serum glucose, total cholesterol and triglyceride, low density lipoprotein (LDL) and very low density lipoprotein (VLDL) Levels and increased high density lipoprotein (HDL) significantly has compared to high fat diet induced mice. *Bryophyllum pinnatum* extract possesses anti-obesity properties in high fat diet induced obese mice.

**Key Words:** High fat diet, *Bryophyllum pinnatum*, obesity

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