

Preliminary Study the Effect of “Slimexol” on Overweight and Obesity

Introduction :-

Ischemic heart diseases and cerebral vascular accidents have become a major threat to the people of Sri Lanka today. Though the causes for these conditions are well known there are instances that the causing factors cannot be identified. Overweight ness is one of the common sign which can be seen with those patients. Even the causes can not be mentioned directly so many factors are attributed to this condition also. Anyhow there is a clear evidence of that a correlation is intact with cerebral vascular accidents and overweight.

According to all these evidences reductions of weight has become a basic rule in the regime of treatment for Ischemic Heart Diseases and Cerebral vascular diseases. But absence of the effective and safe drug to reduce the body-weight is the great problem for the physicians. This research has aimed to identify a suitable anti-obesity drug that can be used with least side-effects. Evidence of research report has shown that virgin coconut oil has weight reducing effect and the oil of black seed has lipid lowering effect in human. Combination of these two oils may be more helpful in treating the obesity and overweight ness. This research has planned to study the weight-lowering effect of Slimexol and to investigate whether it has any effect on lipid profile in the body. Slimexol is a mixture of virgin coconut oil and black seed oil, available in the form of capsules.

Materials and Method :-

Overweight patients who are attending our clinics were selected for the study. Inclusion criteria were,

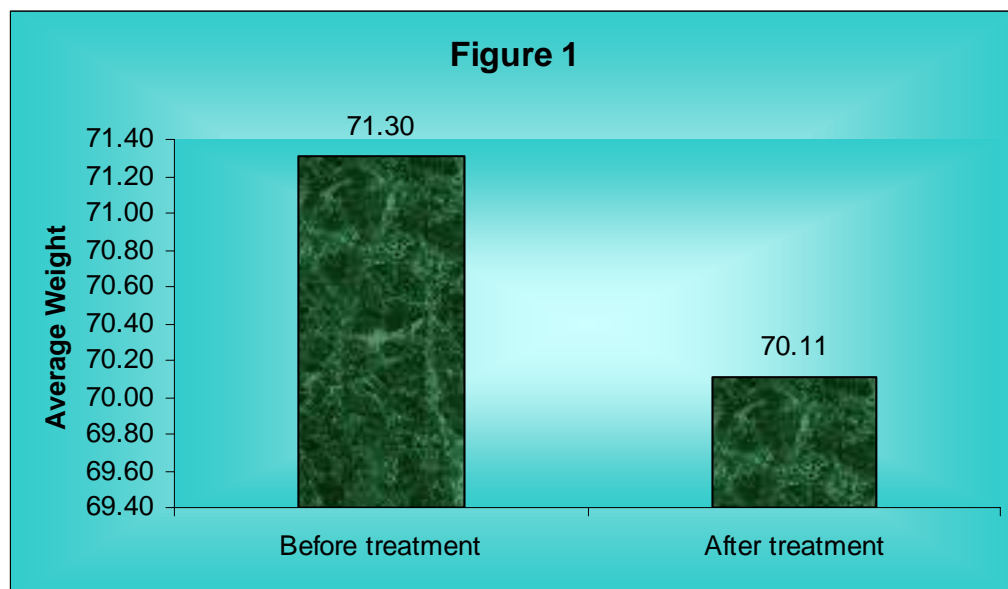
- i) Overweight is not due to any other illness of the body.
- ii) Their consent to use any medicament to reduce the weight of the body.
- iii) Weight reduction will be favorable to get rid of other problems of the body.

They were asked to continue their other medicine except the medicaments which may be cause to reduce the weight. Body weight and lipid profile were tested at the beginning of the trial. They were given 3 capsules of Slimexol three times a day after meals. Slimexol one capsule contains

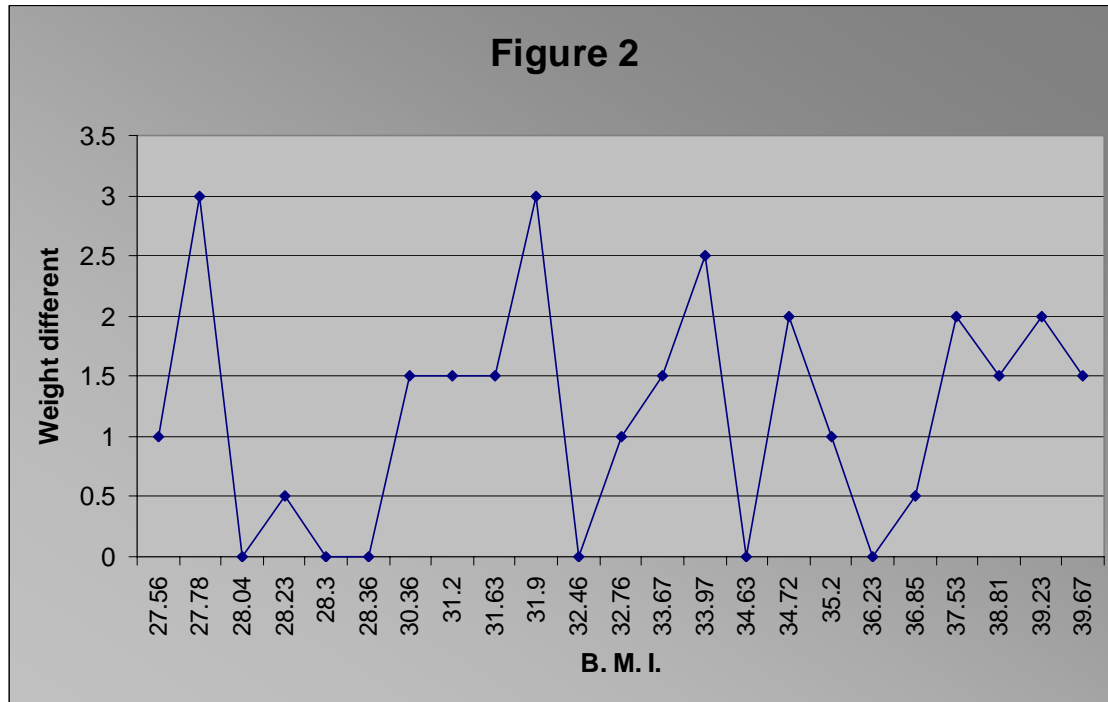
900mg. of virgin coconut oil and 100mg.of black seed oil. Drug was continued for thirty days. Body weight and lipid levels were checked at the end of thirty days in persons of who were received the drug continuously.

Result :-

Thirty nine persons were registered for the trail, necessary information could be collected only from twenty three persons. After using the drug for one month body weight was not increased in anyone of these patients. It was remained unchanged in five persons. When compare the body weight before and after the drug significant reduction could be observed. It is observed that reduction was not continued with further administration of the drug. Mean body weight of all person was 71.30Kg, before the drug and it was reduced to 70.11Kg.(figure 1) The difference is due to the administration of Slimexol. ($P=<0.001$). Long term use of drug shows that they felt better and comfort after using the drug. Lipid profile of the patients after the treatment did not show any significant change when comparing with the initial lipid values. The reduction of body weight is varies from 2.5Kg to 0.5Kg. Amount of reduction did not show any correlation with the body mass index,(figure 2) sex or age of the patients.



Average weight before and after the treatment



Weight different according to the B.M.I.

Conclusion :-

After using Slimexol, for one month body weight is reduced significantly. The discomfort was relieved from all the patients and they felt lightness of the body. The lipid remains unchanged after using Slimexol even for two month. But further reduction of body weight also could not be observed.

Reference:-

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