

References

1. Badri.N et al., A review: herbs used as anti-obesity agents. Indo American Journal of Pharm Research. 2011;1 nt of obesity. World journal of gastroenterology: WJG. 2009;15(25):3073.
2. Stroes ES et al. Statin-associated muscle symptoms: impact on statin therapy—European Atherosclerosis Society consensus panel statement on assessment, aetiology and management. European heart journal. 2015;36(17):1012-22.
3. Verma RK et at., Herbal medicines used in the traditional Indian medicinal system as a therapeutic treatment option for overweight and obesity management: A review. Int J Pharm Pharm Sci. 2014;6:40e7.
4. Jebb SA et al., Contribution of a sedentary lifestyle and inactivity to the etiology of overweight and obesity: current evidence and research issues. Medicine and science in sports and exercise. 1999;31(11 Suppl):S534-41.
5. Schoeller DA. The importance of clinical research: the role of thermogenesis in human obesity. The American journal of clinical nutrition. 2001;73(3):511-6.
6. Gurevich-Panigrahi T et al., Obesity: pathophysiology and clinical management. Current medicinal chemistry. 2009;16(4):506-21
7. WHO. Guidelines for the Assessment of Herbal Medicines. WHO Technical Report Series, No 863. World Health Organization, Geneva, 1996.
8. EMEA. Guidelines on Quality of Herbal Medicinal Products/Traditional Medicinal Products, EMEA/CVMP/814OO Review. European Agency for the Evaluation of Medicinal Products (EMA), London, 2005
9. Blumenthal M, Brusse WR, Goldberg A, Gruenwald J, Hall T, Riggins, CW, Rister, RS. The Complete German Commission E Monographs. Therapeutic Guide to Herbal Medicines. The American Botanical Council, Austin, TX, 1998.
10. Bandaranayake WM. Quality Control, screening, toxicity and regulations of Herbal drugs. In: Modern Phytomedicine: Turning medicinal plants into drugs. pp. 25-57,2006.
11. Witkamp RF. Current and future drug targets in weight management. Pharmaceutical research. 2011;28(8):1792-818.
12. Ikarashi N, et al., Anti-obesity and anti-diabetic effects of acacia polyphenol in obese diabetic KKAY mice fed high-fat diet. Evidence-Based Complementary and Alternative Medicine. 2011;2011.

13. Rani N, Sharma SK et al.,. Assessment of antiobesity potential of *Achyranthes aspera* Linn. seed. Evidence-Based Complementary and Alternative Medicine. 2012;2012.
14. Subash AK, et al. Hypolipidemic effect of methanol fraction of *Aconitum heterophyllum* wall ex Royle and the mechanism of action in diet-induced obese rats. Journal of advanced pharmaceutical technology & research. 2012;3(4):224.
15. Lee M-H et al., Inhibitory effect of β -asarone, a component of *Acorus calamus* essential oil, on inhibition of adipogenesis in 3T3-L1 cells. Food chemistry. 2011;126(1):1-7.
16. Kumar R et al.,. Invitro studies on the effect of *Adhatoda vasica* nees. In adipocyte 3t3-l1 cell lines. 2017.
17. Kim I et al.,. Beneficial effects of *Allium sativum* L. stem extract on lipid metabolism and antioxidant status in obese mice fed a high-fat diet. Journal of the Science of Food and Agriculture. 2013;93(11):2749-57.
18. Misawa E et al. Administration of dried *Aloe vera* gel powder reduced body fat mass in diet-induced obesity (DIO) rats. Journal of nutritional science and vitaminology. 2012;58(3):195-201.
19. Kumaraswamy M et al., Free radical scavenging activity and lipoxygenase inhibition of *Woodfordia fruticosa* Kurz and *Betula utilis* Wall. African Journal of Biotechnology. 2008;7(12):2013.
20. Kumar A et al., Antihyperlipidemic activity of *Camellia Sinensis* leaves in triton wr-1339 induced Albino rats. Pharmacognosy magazine. 2008;4(13):60.
21. Kremmer T et al., Effect of Vincristine on Triton WR-1339 induced hyperlipidemia in mice. Biochemical pharmacology. 1974;23(23):3317-21.
22. Chithra V et al., Hypolipidemic effect of coriander seeds (*Coriandrum sativum*): mechanism of action. Plant Foods for Human Nutrition. 1997;51(2):167-72.
23. Patil UK et al., Hypolipidemic activity of seeds of *Cassia tora* Linn. Journal of ethnopharmacology. 2004;90(2):249-52.
24. Patil S et al., Antihyperlipidemic potential of *Cedrus deodara* extracts in monosodium glutamate induced obesity in neonatal rats. Indian journal of pharmacology. 2011;43(6):644.
25. Bhandari U et al., Antidiabetic effects of *Embelia ribes* extract in high fat diet and low dose streptozotocin-induced type 2 diabetic rats. Frontiers in Life Science. 2013;7(3-4):186-96.

26. Gopa B et al., A comparative clinical study of hypolipidemic efficacy of Amla (*Emblica officinalis*) with 3-hydroxy-3-methylglutaryl-coenzyme-A reductase inhibitor simvastatin. *Indian journal of pharmacology*. 2012;44(2):238.
27. Darji KK et al., Evaluation of antioxidant and antihyperlipidemic activity of extract of *Garcinia indica*. *Int J Pharm Sci Res*. 2010;1(12):175-81.
28. Rachh P et al. Antihyperlipidemic activity of *Gymenma sylvestre* R. Br. leaf extract on rats fed with high cholesterol diet. *IJP-International Journal of Pharmacology*. 2010;6(2):138-41.
29. Ali KM et al., Attenuation of diabetic disorders in experimentally induced diabetic rat by methanol extract of seed of *Holarrhena antidysenterica*. *Int J PharmTech Res*. 2009;1:1205-11.
30. Hossain M et al., Hypolipidemic and hepatoprotective effects of different fractions of methanolic extract of *Momordica charantia* (Linn.) in alloxan induced diabetic rats. *International Journal of Pharmaceutical Sciences and Research*. 2011;2(3):601.
31. Bais S et al., Antiobesity and hypolipidemic activity of *Moringa oleifera* leaves against high fat diet-induced obesity in rats. *Advances in Biology*. 2014;2014.
32. Kumar G et al., The hypolipidemic activity of Ayurvedic medicine, *Arogyavardhini vati* in Triton WR-1339-induced hyperlipidemic rats: A comparison with fenofibrate. *Journal of Ayurveda and integrative medicine*. 2013;4(3):165.
33. Bao L et al., Hypolipidemic effects of a new piperine derivative GB-N from *Piper longum* in high-fat diet-fed rats. *Pharmaceutical biology*. 2012;50(8):962-7.
34. Vijayakumar RS, Nalini N. Lipid-lowering efficacy of piperine from *piper nigrum* L. In high-fat diet and antithyroid drug-induced hypercholesterolemic rats. *Journal of food biochemistry*. 2006;30(4):405-21.
35. Pendurkar SR, Mengi SA. Antihyperlipidemic effect of aqueous extract of *Plumbago zeylanica* roots in diet-induced hyperlipidemic rat. *Pharmaceutical biology*. 2009;47(10):1004-10.
36. Sadeghipour A et al., Lipid lowering effect of *Punica granatum* L. peel in high lipid diet fed male rats. *Evidence-Based Complementary and Alternative Medicine*. 2014;2014.
37. Maruthappan V, Shree KS. Hypolipidemic activity of *Haritaki* (*Terminalia chebula*) in atherogenic diet induced hyperlipidemic rats. *Journal of advanced pharmaceutical technology & research*. 2010;1(2):229.

38. Shaila H et al., Hypolipidemic activity of three indigenous drugs in experimentally induced atherosclerosis. *International journal of cardiology*. 1998;67(2):119-24.
39. Israni DA et al., Anti-hyperlipidemic activity of aqueous extract of *Terminalia chebula* & *Gaumutra* in high cholesterol diet fed rats. *Pharma science monitor*. 2010;1(1):48-59.
40. Meriga B et al., Ethanolic fraction of *Terminalia tomentosa* attenuates biochemical and physiological derangements in diet induced obese rat model by regulating key lipid metabolizing enzymes and adipokines. *Pharmacognosy Magazine*. 2017;13(51):385.
41. Yang M-H, et al., Green, oolong and black tea extracts modulate lipid metabolism in hyperlipidemia rats fed high-sucrose diet. *The Journal of nutritional biochemistry*. 2001;12(1):14-20.
42. Kammar K. Efficacy of *Tinospora cordifolia* (Willd.) extracts on blood lipid profile in streptozotocin diabetic rats. Is it beneficial to the heart? *Biomedical research*. 2008;19(2).
43. Javed I et al. Antihyperlipidaemic efficacy of *Trachyspermum ammi* in albino rabbits. *Acta Veterinaria Brno*. 2009;78(2):229-36.
44. Khan S et al., Antihyperlipidemic potential of fruits of *Tribulus terrestris* linn. *Int J BiomedRes*. 2011;2:98-101.
45. Prasanna M. Hypolipidemic effect of fenugreek: a clinical study. *Indian journal of Pharmacology*. 2000;32(1):34-6.
46. CHEN C-y et al., Effect of the Extract of *Valeriana jatamansi* on the Blood Lipid and Liver Function in Experimental Hyperlipidemia Rats. *Chinese Journal of Experimental Traditional Medical Formulae*. 2012;19:046.
47. ElRokh E-SM et al., Antihypercholesterolaemic effect of ginger rhizome (*Zingiber officinale*) in rats. *Inflammopharmacology*. 2010;18(6):309-15.
48. Mandar BK et al., In silico analysis of phytoconstituents from *Tinospora cordifolia* with targets related to diabetes and obesity. *In Silico Pharmacol*. 2021 Jan 2;9(1):3. doi: 10.1007/s40203-020-00063-w. PMID: 33442530; PMCID: PMC7778662.