

Research articles claiming benefits of Hoodia Gordonii

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Overview

Hoodia gordonii has emerged from just being a spiny desert plant to a widely consumed appetite suppressant herbal product. The claims made by authentic sources about the ability to reduce or suppress the appetite are based on a number of studies conducted by various researchers all over the world.

While some of the studies have analyzed the presence of hoodia gordonii in the products being promoted others have concentrated on the substances that are present in the plant that suppress the appetite. Some of the studies that enumerate the benefits of hoodia gordonii have been discussed below.

Hoodia gordonii act as a natural appetite suppressant

Van Heerden from South Africa conducted a study on the available material that support the uses of hoodia gordonii. Most of the books and scientific journals verified by van Heerden supported the claim that hoodia gordinii was a thirst quencher.

Many other supported the use of hoodia as an appetite suppressant. Hoodia gordonii contains numerous chemicals known as glycosides which confer the benefits of the plant. The study emphasised the role of hoodia gordonii as a natural appetite suppressant.¹

The use of hoodia gordonii as a natural appetite suppressant has gained popularity in the western world. The appetite suppressant effect of hoodia gordonii has been attributed to a glycoside known scientifically as P57AS3 (or P57 in short).²

The use of specific chemical and light in the procedures known as high-performance liquid chromatography (HPLC)-UV enables one to analyse the presence of hoodia gordonii in the supplements that claim to contain these natural appetite suppressants. These methods can also quantify the products and accurately detect the amount of hoodia present in each of the supplement analysed.³

Another study conducted at the School of Chemistry in South Africa compared the effectiveness of hoodia gordonii against a commonly consumed diet pill called fenfluramine. The study was performed on two groups of rats that were fed with either hoodia or fenfluramine supplements in the prescribed dosages.

It was noted at the end of the study that rats fed on hoodia not only reduced the consumption of food but also lost weight to a certain extent. While on the other hand, rats fed on fenfluramine reduced the food intake only to a small extent and were noted to gain weight.⁴ The study thus substantiated the use of hoodia gordonii. Hoodia not only suppressed the appetite but also helped in reduction of body weight.

Hoodia gordonii affects the hunger centre of the brain

A study was performed in the Brown Medical School, USA to check whether P57 the main ingredient of hoodia gordonii had any effect on the brain cells. This study performed on rats used pure P57 extracts from hoodia and injected them into the cells involved in transmission of impulses.

It was noted that on injection of P57, the 24 hour food intake was reduced by 40-60%. This was directly related to the increase in the substance known as ATP in the brain cells and other nerve cells.

The study concluded that ATP levels sense the energy levels in the body and are necessary for signalling the nerve cells during hunger and satiety. P57 raised the ATP levels thereby reducing the appetite of the rats involved in the study.⁵

Conclusion

It can be concluded that the use of hoodia gordonii as an appetite suppressant is not based on false claims but on authentic studies performed by various researchers. As the use of hoodia increases, further researches confirming the benefits of hoodia supplementations in humans will be published in the time to come.

References:

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