

P-062: EFFICACY AND SAFETY OF THE *COLEUS FORSKOHLII* EXTRACT FOR THE TREATMENT OF OBESITY

Seika Kamohara and Somboon Noparatanawong
Health and Science University, Japan

INTRODUCTION: *Coleus forskohlii* (CF) is an Indian botanical which has been used in Ayurvedic medicine. The root portion contains the active constituent, forskolin.

OBJECTIVE: To evaluate effect of the CF extract for the treatment of obesity.

METHODS: Fifteen volunteers participated in an 8-weeks open-label study under informed consent. Subjects received 500 mg of CF extracts (10% forskolin), twice a day with meals. Body composition measurements were conducted with the bioelectric impedance analyzer on every week. Body weight (kg), fat content (kg), lean body mass (kg) and basal metabolic rate (kcal) were obtained.

RESULTS: Twelve subjects (mean age; 32 ± 2.3) completed the study. The significant decreases of body weight (66.33 ± 3.00 to 63.96 ± 3.10 , $p=0.0038$), fat content (29.64 ± 2.19 to 27.77 ± 2.27 , $p=0.0038$), lean body mass (44.34 ± 2.98 to 43.93 ± 3.01 , $p=0.0044$) and basal metabolic rate (1379.1 ± 74.4 to 1363.9 ± 77.5 , $p=0.0254$) were detected after 8 weeks, compared to the baseline level.

CONCLUSION: Our findings indicate that CF extract has potential effect as an adjunct therapy in the treatment of obesity. Further studies with double-blind randomized placebo-controlled design are warranted to conclusively demonstrate effectiveness.