

Centaurea Specie Effect on Diabetes Therapy and Obesity Reduction

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Abstract:

Weight reduction is basic therapy for obese and or diabetic persons. Since it is difficult to achieve through conventional therapy, medicinal plants have developed alternative therapy for these patients in current time due to its significant effectiveness in terms of glucose-weight reduction and stability. Obesity is a major risk for the diabetes development and predisposes individuals to hypertension and dyslipidaemia. It raises a serious challenge, explicitly, how to control blood glucose, blood pressure, and lipids when many antidiabetic agents cause weight gain and thereby exacerbate other cardiovascular risks associated with Diabetes. Many obese diabetic patients who are, hypertensive, and/or hyperlipidaemic fail to achieve blood pressure, lipid and glycaemic goals, and this failure may in part be explained by physician reluctance to utilize complex combination regimens for fear of off-target effects. While conventional drug therapy remains an subtle average, newer medicinal plants, including *Centaurea* species, may offer greater diabetes therapy and obesity reduction and cardiovascular risk reduction and reduce weight and blood pressure and improve lipid profiles than other antidiabetes therapies, Integration of *Centaurea* species therapies into the therapeutic trials is a promising approach to improving outcomes in obese health, and perhaps even in reducing complications of diabetes, such as hypertension and dyslipidaemia. Additional long-term studies will be necessary to determine the appropriate places for therapies. Some *Centaurea* species had long been used in folk medicine for treating various diseases such as gynecological problems, digestive and dermatological complaints; in addition they are said to be weight neutral but also appear to improve lipid profiles. Chemical studies showed the presence of many compounds belonging mainly to the groups of sesquiterpene lactones, flavonoids and lignans. The present paper is devoted to assess the traditional uses, the current phytochemical and biological investigations of extracts and non volatile compounds of *Centaurea* sp., in order to highlight their potential as candidates for new drugs discovery, and natural diabetes therapeutic targeting and obesity reduction management. The general effects of *Centaurea* species possibly strongly relate to structure-activity relationships; although definitive clinical trial data are needed.

Keywords:

Centaurea species; obesity; diabetes; weight reduction; glucose reduction.