

عنوان مقاله:

THE EFFECTS OF CURCUMIN SUPPLEMENTATION ON BODY WEIGHT, BODY MASS INDEX AND WAIST CIRCUMFERENCE: A SYSTEMATIC REVIEW, META-ANALYSIS AND DOSE-RESPONSE OF RANDOMIZED CONTROLLED TRIALS

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

Background and Aim: Inconsistent data are available about the effect of curcumin supplementation on body weight. This systematic review and meta-analysis was done to summarize data from available clinical trials on the effect of on curcumin supplementation on body weight, Body Mass Index (BMI), and Waist Circumference (WC). Methods: PubMed, SCOPUS, Cochrane Library and Google Scholar were searched to find relevant articles up to January 2018. The effect sizes were expressed as weighted mean difference (WMD) and 95% confidence intervals (CI). Between-study heterogeneity was assessed using I². Subgroup analysis was done to find possible sources of heterogeneity. Results: Totally, 10 studies that enrolled 792 subjects (54% women) were included. Combining effect sizes suggested a significant effect of curcumin administration on body weight (Weighted Mean Difference (WMD): -1.28 kg, 95% CI: 0.12, -2.44, P= 0.02) and BMI (WMD: -0.53 kg/m², 95% CI: 0.86, -0.19, p= 0.002), respectively. However, no significant effect of curcumin supplementation on WC was found (WMD: -1.51 cm, 95% CI: -4.041, 1.003, P= 0.23). Based on subgroup analysis, we found that the effect of curcumin on WC was significant in studies that prescribed ≥ 1000 mg/d curcumin (P=<0.001), those with the intervention duration of ≥ 8 weeks (P=<0.001), and those that was performed on overweight subjects (P=<0.001). Conclusion: We found a significant effect of curcumin supplementation on body weight and BMI, but not on WC. However, the effect of curcumin on WC was significant in studies done on overweight subjects, used ≥ 1000 mg/d curcumin, and ≥ 8 weeks of duration.

کلمات کلیدی:

Curcumin; Obesity; Dose-response; Meta-analysis

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