

## عنوان مقاله:

The Nanocurcumin Reduces Appetite in Obese Patients with Non-Alcoholic Fatty Liver Disease (NAFLD): A Double-Blind Randomized Placebo-Controlled Clinical Trial

## محل انتشار:

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## خلاصه مقاله:

**Objective(s):** Various beneficial effects of curcumin have been seen specially as anti-inflammatory and antioxidant agent. However, until now no human studies have been done on curcumin's role in control of appetite. So, the present study was done to determine the effect of nanocurcumin on appetite in obese Non-Alcoholic Fatty Liver Disease (NAFLD) patients. **Materials and Methods:** This study was done in the central hospital of Oil Company, Tehran. According to the eligibility criteria, 84 NAFLD patients with obesity were enrolled. The patients were divided randomly to 2 equal groups (nanocurcumin and placebo, 80 mg/day with meals, follow-up monthly for 3 months). In addition, lifestyle advises were presented. The general questionnaire, appetite sensations (using visual analogue scales [VAS]), weight and height at the beginning and the end of the study were recorded. **Results:** The mean age and body mass index (BMI) were 41.8( $\pm$ 5.6), 30.67( $\pm$ 2.14) and 42.5( $\pm$ 6.2) yrs and 30.75( $\pm$ 2.35) kg/m<sup>2</sup> for nanocurcumin and placebo groups respectively. The baseline characteristics and dietary intakes were similar between patients, exception for energy, total fat, saturated fat, monounsaturated fatty acid, vitamins D, B1, B6, and folate (DFE). The appetite significantly reduced according to both unadjusted and adjusted analysis models. **Conclusion:** This study was the first assess of nanocurcumin's role in control of appetite among obese NAFLD patients. Overall results showed the nanocurcumin supplementation reduced appetite significantly. However, determining the potential role of curcumin in managing of NAFLD- and obesity-related conditions need further study.

## کلمات کلیدی:

Appetite, Nanocurcumin, Non-Alcoholic Fatty Liver Disease (NAFLD), Obesity, Trial

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