

Formulation and Evaluation of Herbal Fat Burning Obesity Powder

Renuka Funde*, Vishal Nagre, Komal Chavan

B Pharmacy, Gajanan Maharaj College of Pharmacy

ABSTRACT

The rising global prevalence of obesity has increased interest in safe, natural alternatives for weight management. This study explores the development and evaluation of a herbal fat-burning powder formulated from plant-based bioactive ingredients traditionally associated with metabolic support. The formulation incorporates standardized extracts rich in thermogenic, antioxidant, and digestion-enhancing compounds. Key objectives include assessing the powder's potential effects on lipid metabolism, energy expenditure, appetite regulation, and overall metabolic wellness. Preliminary analysis focuses on phytochemical composition, safety profiling, and in-vitro evaluation of lipid-reducing activity. While initial findings suggest that selected herbal constituents may support metabolic efficiency, further clinical investigation is required to validate efficacy, determine optimal dosage, and confirm long-term safety. fat-burning powder formulated from plant-based bioactive ingredients traditionally associated with metabolic support. The formulation incorporates standardized extracts rich in thermogenic, antioxidant, and digestion-enhancing compounds. Key objectives include assessing the powder's potential effects on lipid metabolism, energy expenditure, appetite regulation, and overall metabolic wellness. Preliminary analysis focuses on phytochemical composition, safety profiling, and in-vitro evaluation of lipid-reducing activity. While initial findings suggest that selected herbal constituents may support metabolic efficiency, further clinical investigation is required to validate efficacy, determine optimal do sage, and confirm long-term safety.

Keywords: Thermo genics, antioxidant, digestive, Phyto chemical, lipid metabolism

INTRODUCTION

Obesity and overweight are major contributors to the global burden of chronic diseases and complications, including cardiovascular diseases, diabetes, and cancer. In 2014, it was reported by World Health Organization (WHO) that more than 1.9 billion adults were overweight, and of these over 600 million were obese. Once mainly a concern for higher income countries, overweight and obesity are also on the rise in low- and middle-income countries, especially in urban areas. There are many different options for obesity treatments, including dietary control, exercise, life-style changes, prescription weight-loss medications, and weight-loss surgeries. According to the “Pharmacological Management of Obesity: An Endocrine Society Clinical Practice (ESCP) Guideline”, recommended by the National Heart, Lung, and Blood Institute the most ideal treatment modality for weight loss should be appropriate dietary and lifestyle changes plus moderate-intensity

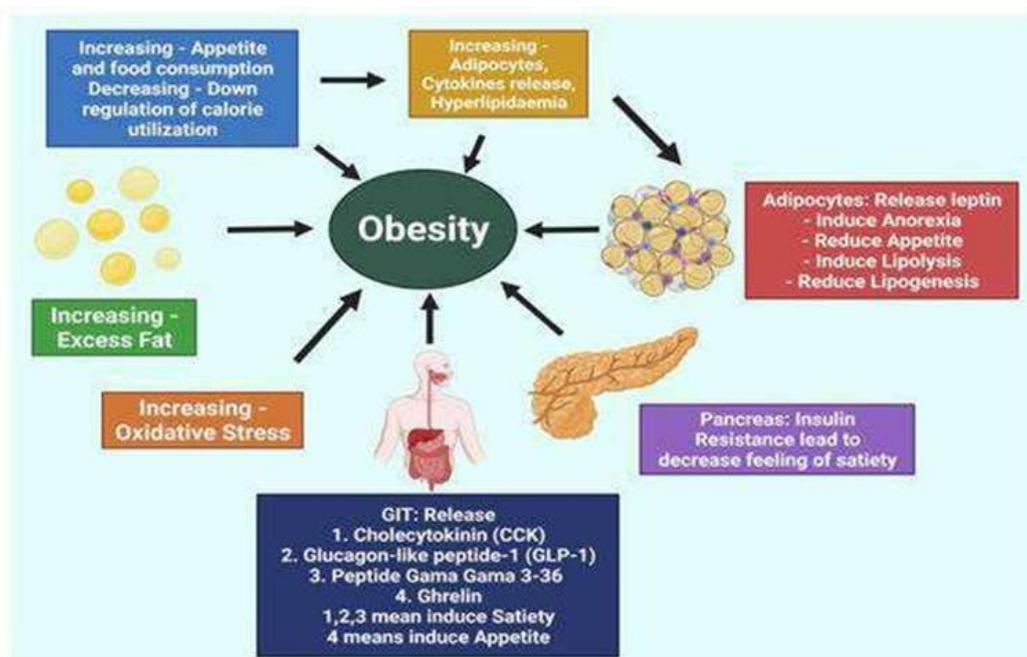
exercise. However, many epidemic and clinical studies have shown that it is a great challenge to maintain long-term lifestyle modification. Obese patients are easily frustrated during the painful and seemingly endless lifestyle changing progression. Providing ways to accelerate weight loss could inspire obese patient's confidence to accomplish their goals and give them more motivation to change their lifestyle behavior. In 2007, the Nutrition Business Journal showed that the aggregate market value of dietary supplement reached nearly 20 billion dollars in sales for the USA. It was estimated that there was at least a 700 million dollars market for weight loss products alone in 2008. By the end of 2015, the global dietary supplements market is estimated to reach nearly 123 billion dollars. In terms of the market segmentation by application, the weight loss segment is one of the major contributors to the overall revenue of the dietary supplements market. The development of the weight loss segment is anticipated to register a compound annual growth rate of 7.4% over the

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forecast period 2015–2025. Thus, natural supplements products primarily helping consumers to fight the battle against obesity have been widely explored. A variety of natural plants (e.g., herbs, fruits, and vegetables), functional fatty acids (e.g., polyunsaturated fatty acids and conjugated fatty acids), and other natural dietary compounds have been used in different anti-obesity products. Natural plant products are expected to be potential ingredients for the development of nature-sourced anti-obesity products in the weight loss segment due to rising

consumer health awareness. In this study, the anti-obesity effects of different dietary or herbal products, and their active ingredients and mechanisms of action against obesity will be discussed. Obesity is a metabolic disorder characterized by an excess accumulation of fat in the body due to energy intake exceeding energy expenditure. Obesity is an increasingly common phenomenon all over the world. Body mass index (BMI) is the most commonly used measure to evaluate the degree of obesity.



List of Ingredients:

- | | |
|-----------------|----------------------|
| 1) Ginger | 5) Turmeric |
| 2) Cumin | 6) Cinnamon |
| 3) Cardamon | 7) Green Tea Extract |
| 4) Black Pepper | 8) Caffeine |

Plant Profile

1) Ginger: -



Ginger powder helps with fat burning by boosting metabolism (thermogenesis), increasing fullness (reducing overeating), improving digestion, and reducing inflammation, often used in teas, smoothies, or added to food, with 1-2 teaspoons daily recommended, especially mixed with warm water and honey in the morning.

How it Works (Mechanisms)

- **Boosts Metabolism:** Compounds in ginger, like gingerol, increase body heat (thermogenesis), burning more calories.
- **Increases Satiety:** It helps you feel full longer, reducing overall calorie intake.
- **Improves Digestion:** Ginger stimulates digestive enzymes, reduces bloating, and aids nutrient absorption, supporting metabolism.
- **Reduces Inflammation:** Its anti-inflammatory properties help combat inflammation that can hinder fat loss.
- **May Limit Fat Absorption:** Some research suggests it can limit fat absorption during digestion.

How to Use Ginger Powder for Fat Burning

- **Ginger Tea:** Mix 1-2 teaspoons of ginger powder with warm water and honey, drinking it on an empty stomach in the morning.

- **Smoothies & Dishes:** Sprinkle it into smoothies, soups, curries, or baked goods.

- **Capsules:** Take in capsule form for convenience, as suggested by some studies.

- **With Other Spices:** Combine with turmeric (haldi) for enhanced effects.

Dosage & Precautions

- **Daily Intake:** Aim for 1-2 teaspoons (around 2 grams) daily for weight management benefits.

- **Moderation:** Overconsumption can cause acidity, heartburn, or stomach upset.

- **Best Time:** Morning or before meals.

Ginger Profile: -

- **Synonyms:** Adarak (Hindi), Zingiber.

- **Biological Source:** Dried or fresh rhizomes of *Zingiber officinale* Roscoe.

- **Family:** Zingiberaceae (Ginger family).

- **Key Chemical Constituents:** Gingerols (e.g., -gingerol), Shogaols, Paradols, Zingerone, sesquiterpenes.

2) Cumin: -



Cumin powder supports fat burning by boosting metabolism, improving digestion, controlling appetite, and reducing fat storage, often by mixing it into yogurt, water (like "jeera water"), smoothies, or sprinkling it on meals, especially when combined with a healthy diet, exercise, and hydration, as it contains antioxidants and compounds like thymoquinone that help regulate blood sugar and break down fat.

How to Use Cumin Powder for Fat Burning:

- **With Yogurt:** Mix 1/2 to 1 teaspoon of cumin powder into plain yogurt with a pinch of black salt or honey and eat as a snack.
- **In Water (Jeera Water):** Boil cumin seeds or powder in water, let it steep, strain, and drink warm, sometimes with lemon juice, on an empty stomach.
- **In Smoothies:** Add a pinch to your green smoothies or protein shakes.
- **Sprinkled on Food:** Add to soups, salads, or other dishes to enhance flavor and benefits.
- **Detox Drinks:** Combine with ginger, mint, or lemon in detox drinks.

How it Works:

- **Boosts Metabolism:** Cumin's antioxidants may help increase calorie burning and metabolic rate.
- **Aids Digestion:** It helps reduce bloating and supports better digestion.
- **Controls Appetite:** It can help with appetite control and reduce overall fat storage.

- **Regulates Blood Sugar:** Cumin helps cells respond better to insulin, keeping blood sugar stable and decreasing fat deposits over time.

Important Considerations:

- **Support, Not Magic:** Cumin powder works best as a supplement to a balanced diet and regular exercise, not as a standalone solution.
- **Dosage:** Stick to about 1/2 to 1 teaspoon of powder per day and avoid overconsumption.
- **Black Cumin vs. Cumin:** Don't confuse regular cumin (*Cuminum cyminum*) with black seed (*Nigella sativa*), as they are different.
- **Synonym:** Jeera (common name).
- **Biological Source:** Dried ripe fruit (often called seed) of *Cuminum cyminum*.
- **Family:** Apiaceae (or Umbelliferae, the parsley family).
- **Main Chemical Constituents:** Cuminaldehyde (4-isopropylbenzaldehyde), γ -terpinene, ρ -cymene, β -pinene, flavonoids, saponins, tannins, terpenes, phenolic compounds.

3) Cardamom

Cardamom supports fat burning indirectly by boosting metabolism, improving digestion (reducing bloating/water retention), controlling sugar cravings, and potentially modulating fat tissue via compounds that increase energy expenditure, often used in powders by adding ground seeds to warm water, teas, or meals for a metabolic lift and better nutrient absorption, though moderation (1-2 pods/pinch powder daily) is key.



How it works

- **Metabolic Boost:** Its thermogenic properties encourage your body to burn calories more efficiently.
- **Digestion Aid:** It aids in breaking down fats, reducing indigestion, and acting as a diuretic to shed water weight, easing bloating.

- **Cravings Control:** It helps curb sweet cravings, reducing intake of sugary foods that hinder weight loss.

4) Black Peeper



Black pepper helps with fat burning through its active compound, piperine, which boosts metabolism (thermogenesis), reduces fat cell formation, improves nutrient absorption (especially for curcumin), and helps regulate blood sugar, leading to better weight management and increased calorie burn when added to meals or drinks. You use it by grinding fresh pepper onto food, making teas, or combining it in health drinks with other ingredients like turmeric to enhance its benefits.

How it works:

- **Boosts Metabolism:** Piperine increases thermogenesis, making your body burn calories more efficiently.

- **Blocks Fat Cells:** It can help prevent the creation of new fat cells.

- **Enhances Nutrient Absorption:** Piperine significantly increases the bioavailability of other nutrients, like curcumin in turmeric, helping your body use them better.

- **Regulates Blood Sugar:** It improves insulin sensitivity, preventing sugar spikes that lead to fat storage and reducing cravings.

- **Increases Satiety:** Spicy foods, including black pepper, can make you feel fuller, reducing overall calorie intake.

5) Turmeric



Turmeric powder aids fat burning by boosting metabolism, reducing inflammation (linked to obesity), and improving digestion, primarily through its active compound, curcumin; it's used in drinks like golden milk, smoothies, and detox water, often paired with black pepper for absorption, and can be taken as supplements, but requires a balanced diet and exercise for best results.

Key Benefits for Fat Burning

- **Metabolism Boost:** Helps convert fat into energy and may increase calorie burning.
- **Anti-Inflammatory:** Reduces chronic inflammation associated with weight gain.
- **Appetite Control:** Can help regulate hunger hormones like leptin.
- **Gut Health:** Acts as a prebiotic, improving digestion.

• **Synonyms:** Indian Saffron, Haldi (Hindi), Curcuma, *Rhizoma curcumae*.

• **Family:** Zingiberaceae (Ginger family).

• **Biological Source:** Dried rhizome (underground stem) of *Curcuma longa* Linn. (syn. *C. domestica* Valetton).

• **Chemical Constituents:**

• **Curcuminoids:** Curcumin (major, crystalline yellow-orange, C₂₁ H₂₀O₆), Demethoxycurcumin (DMC), Bisdemethoxycurcumin (BDMC).

• **Volatile Oils:** Turmerones (e.g., ar-turmerone), zingiberene, curcumene.

• **Other compounds:** Polysaccharides (turmerin), minerals, proteins.

6) Cinnamon



Cinnamon is used in fat-burning powders by boosting metabolism through thermogenesis (body heat production), stabilizing blood sugar to control hunger, and improving digestion, with its key compound cinnamaldehyde activating pathways in fat cells. People incorporate it by mixing powder into water,

tea, or yogurt, often with honey, to leverage these effects as part of a healthy diet for modest weight and fat reduction.

How Cinnamon Works for Fat Burning

- **Boosts Metabolism:** Cinnamaldehyde in cinnamon triggers thermogenesis, making your body produce heat and burn more calories.
- **Controls Appetite:** By stabilizing blood sugar, it helps reduce sudden hunger pangs and cravings for sugary foods.
- **Improves Digestion:** It aids digestion, potentially preventing undigested food buildup and improving nutrient absorption, supporting weight management.
- **Supports Fat Breakdown:** Research shows cinnamaldehyde can affect genes and enzymes involved in lipid (fat) metabolism in fat cells.

7) Green Tea Extract



Green tea extract powder helps fat burning by providing concentrated catechins (especially EGCG) and caffeine, which boost metabolism, increase fat breakdown (lipolysis), and enhance thermogenesis (calorie burning for heat), often by prolonging the fat-burning effects of norepinephrine; it's used as a supplement in powder, capsule, or liquid form, best taken with food for modest support alongside diet and exercise, not as a magic bullet.

Key Mechanisms

- **EGCG & Norepinephrine:** The powerful antioxidant EGCG inhibits an enzyme that breaks down norepinephrine, a hormone that signals fat cells to release fatty acids, making them available for energy.

- **Caffeine Synergy:** Caffeine stimulates the central nervous system, increasing alertness and energy expenditure, and works with catechins to boost fat oxidation.

- **Thermogenesis:** The combination of EGCG and caffeine increases thermogenesis, where the body burns calories to produce heat, thereby increasing overall calorie and fat burning.

- **Gene Expression:** It may influence genes involved in fat metabolism, promoting fat breakdown and reducing fat synthesis.

8) Caffeine



Caffeine in fat-burning powders works by stimulating your nervous system to boost metabolism, triggering

fat breakdown (lipolysis), increasing fat use for energy, and enhancing exercise performance, making

you burn more calories and fat, especially when taken before workouts, by raising adrenaline and freeing fatty acids into the blood for fuel. It helps your body use stored fat as fuel, but this is most effective with diet and exercise.

How Caffeine Promotes Fat Burning:

1. Triggers Lipolysis: Caffeine increases adrenaline, signaling fat cells to break down stored fats (triglycerides) into free fatty acids (FFAs) and glycerol, which are released into the bloodstream.

2. Increases Fat Oxidation: These FFAs travel to muscles and are used as a primary energy source, meaning your body burns more fat for fuel instead of carbs, especially during exercise.

3. Boosts Metabolism & Energy Expenditure: It stimulates the central nervous system, raising your resting metabolic rate (RMR) and increasing overall calorie burn (thermogenesis), even at rest.

4. Enhances Exercise Performance: By blocking adenosine (a sleep-inducing chemical) and increasing alertness, caffeine reduces perceived exertion, allowing you to work harder and longer, thus burning more calories and fat.

How It's Used in Powders:

Timing: Typically taken 30-60 minutes before workouts to be effective when you start exercising.

• **Dosage:** Varies, but often 3-7 mg per kg of body weight, though beginners should start low.

• **Combined Ingredients:** Often mixed with other supplements (like green tea extract, protein powder) in fat-burning formulas for synergistic effects, but effectiveness relies on overall calorie deficit.

Caffeine is naturally found in the leaves and fruits of some plants. It is in coffee, black and green tea, cocoa, cola soft drinks and energy drinks. It may also be in chocolate bars, energy bars and some non-prescription medications, such as cough syrup and slimming tablets. Guarana (a popular additive in energy drinks) is also a natural source of caffeine. Caffeine is a stimulant, which means it increases activity in your brain and nervous system. It also

increases the circulation of chemicals such as corectle and adrenaline in the body. In small doses, caffeine can make you feel refreshed and focused. In large doses, caffeine can make you feel anxious and have difficulty sleeping. Like many other drugs, it's possible to develop a tolerance to caffeine, which means you need bigger and bigger doses to achieve the same effect.

MATERIALS AND METHODS: -

1. MATERIALS

1.1 Plant Material

Commonly used herbs with reported metabolic or antioxidant activity may include:

- **Green tea leaves (Camellia sinensis)** – source of catechins and natural caffeine
- **Garcinia fruit rind (Garcinia cambogia)** – contains hydroxycitric acid (HCA)
- **Ginger rhizome (Zingiber officinale)**
- **Black pepper fruits (Piper nigrum)** – contains piperine
- **Fenugreek seeds (Trigonella foenum-graecum)**
- **Cinnamon bark (Cinnamomum verum)**

1.2 Chemicals and Reagents

- Ethanol or methanol (analytical grade) for extraction
- Distilled water
- Standard reference compounds for phytochemical quantification (e.g., catechin, piperine, HCA)
- Reagents for phytochemical screening (e.g., Folin–Ciocalteu reagent, aluminum chloride, DPPH reagent)

1.3 Equipment

- Mechanical grinder
- Hot air oven / drying chamber
- Soxhlet extractor or maceration vessel
- Rotary evaporator
- Analytical balance
- Particle size sieve
- UV–Vis spectrophotometer or HPLC setup

2. METHODS



2.1 Collection and Authentication of Plant Materials

Plant samples were collected from a certified herbal supplier. Botanical identity of each species was confirmed by a qualified taxonomist, and voucher specimens were deposited in the institutional herbarium.

2.2 Drying and Powder Preparation

Plant materials were washed, shade-dried at 25–30°C, and further dried in a hot-air oven at 40–45°C to remove residual moisture. Dried samples were milled using a mechanical grinder and passed through a 60-mesh sieve to obtain a uniform fine powder.

2.3 Extraction Procedure

Two approaches may be used depending on the study design:

A. Hydro-alcoholic extraction

1. Plant powder (X g) was placed in a Soxhlet extractor.
2. Extraction was carried out with 70% ethanol for 6–8 cycles.
3. The extract was concentrated using a rotary evaporator under reduced pressure.
4. The semi-solid extract was dried to constant weight.

B. Aqueous infusion or decoction

1. Powdered samples were boiled or steeped in distilled water for a defined duration.
2. The filtrate was concentrated and dried.

2.4 Preparation of Polyherbal Powder Blend

Dried extracts or powdered herbs were blended in pre-defined proportions based on literature support and experimental design. Mixing was performed in a stainless-steel blender until homogeneous. The final mixture was stored in airtight, opaque containers at room temperature away from moisture.

2.5 Physicochemical Evaluation

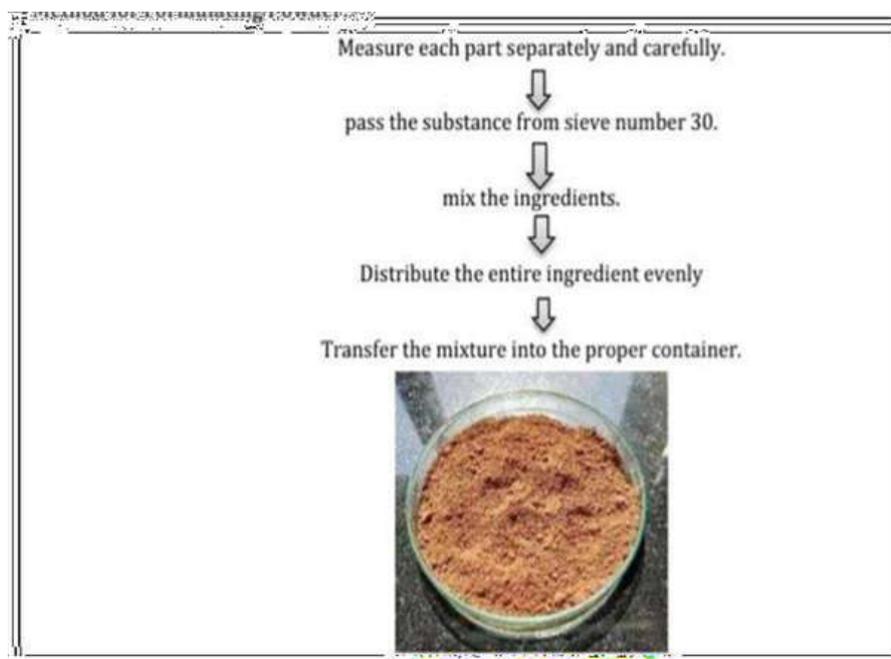
- **Moisture content:** Loss on drying method
- **pH measurement:** A 10% w/v solution was analyzed
- **Ash values:** Total ash and acid-insoluble ash were determined

2.6 Phytochemical Screening

Qualitative tests were performed for:

- Alkaloids
 - Flavonoids
 - Phenolics
 - Terpenoids
 - Saponins
- Quantitative tests included:
- Total phenolic content (Folin–Ciocalteu method)
 - Total flavonoid content (AlCl₃ method)

Determination of marker compounds by HPLC (e.g., catechin, piperine)



Evaluation Parameter: -

Evaluation Parameters of Herbal Fat-Burning / Anti-Obesity Powder

1. Organoleptic (Sensory) Evaluation

- Color
- Odor
- Taste
- Appearance and texture
- Flow properties

These helps ensure batch-to-batch uniformity.

2. Physicochemical Parameters

- Moisture content / Loss on drying
- Total ash
- Acid-insoluble ash
- Water-soluble ash
- pH (1% or 10% solution)
- Bulk density & tapped density
- Angle of repose (flow property)
- Particle size distribution
- Extractive values (water-soluble and alcohol-soluble)

These ensure proper powder stability, purity, and physical behavior.

3. Phytochemical Evaluation

3.1 Qualitative Screening

Check presence of:

- Alkaloids
- Flavonoids
- Phenolics
- Saponins
- Terpenoids

3.2 Quantitative Analysis

- Total phenolic content (Folin–Ciocalteu method)
- Total flavonoid content (AlCl₃ method)
- Antioxidant capacity
- Marker compound quantification using HPLC/UV – Vis (e.g., catechins, piperine, hydroxycitric acid, gingerols depending on herbs used)

4. Microbial & Safety Evaluation

- Total microbial count
- Yeast & mold count
- Pathogen absence tests

RESULT & CONCLUSION: -

The results and conclusions of herbal fat burning obesity powder vary, as many over-the-counter products may not be effective and some can be dangerous, with risks including high blood pressure, tremors, and even heart attacks. While some herbal ingredients like turmeric, ginger, and cinnamon may

offer modest benefits for metabolism and blood sugar, conclusive evidence of significant fat loss from specific powders is often lacking and requires scientific study. Users should consult a healthcare provider before using these products. Results and conclusions of herbal fat burning powders Limited scientific evidence. Many commercially available herbal fat-burning powders lack rigorous scientific studies to prove their effectiveness and safety, despite claims made by manufacturers.

Potential risks: Some herbal weight-loss supplements can be dangerous and cause side effects such as high blood pressure, heart palpitations, nervousness, tremors, and in rare cases, heart attacks or strokes.

Inconsistent outcomes: The results of using these products are not guaranteed, and effectiveness can vary greatly from person to person.

Possible interactions: Herbs and other ingredients in these powders could interact with existing medications or pre-existing health conditions.

Some herbal ingredients that show potential benefits

Turmeric: Contains curcumin, which may help boost metabolism by increasing body heat.

Ginger, cinnamon, and cayenne pepper: These herbs and spices have been shown in some studies to support weight loss by helping to decrease appetite, increase metabolism, or regulate blood.

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