

## News &amp; Comments

## Green Coffee Improves Some Physiological Parameters

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Over 500 million people worldwide are obese, and nearly all of them have one or more metabolic problems linked to these characteristics.

To address obesity, there are currently two main pharmacological classes on the market: orlistat, which blocks gastric and pancreatic lipase to lower gastrointestinal fat absorption. Increased blood pressure, headaches, dry mouth, sleeplessness, and constipation are just a few of the unfavourable side effects associated with both medications. Before roasting, green coffee beans from the Rubiaceae family of the coffee plant can be ingested. Comparing green coffee beans to traditionally roasted coffee beans, the phytochemistry of the green beans showed a higher quantity of chlorogenic acid (one of the polyphenolic chemicals).

In this paper, the value of using green coffee beans on some physiological parameters including glucose, lipid profile, blood pressure and some minerals among the group of obese human individuals in Jordan was studied.

The study's considered participants had BMIs that ranged from 31-33%. In the study, sixty males aged 30 or older were recruited, and they were split into four groups, each with 15 participants: Groups 2 and 3 each received 350 mg of green coffee beans three times daily, whereas Group 1 received 120 mg of orlistat once daily. Group 3 received the same dose of orlistat and green coffee as the previous daily table. The fourth control group, which didn't get either orlistat or green coffee, served as a comparison for these two groups. Only 2,000 calories per day were permitted for each group. SPSS version 14 and the 2-way ANOVA were used to analyse the collected data. At a probability  $p < 0.05$ , results are deemed statistically significant.

In comparison to the anti-obesity medication orlistat, the impact of consuming green coffee beans by obese people for a month on blood glucose, lipid profile, and certain minerals was assessed. The effect of green coffee bean (GCB) absorption on several physiological markers in comparison to orlistat medication in obese adults has been shown in the current investigation. In contrast to orlistat's weaker effects, significant effects of GCB were evident on fast blood glucose, lipid profiles (cholesterol, triglyceride, LDL and HDL), as well as serum iron. No hypotensive effects were observed in the current investigation. This may have been brought on by the recruited subjects' normal blood pressure.



According to research, green coffee beans improve rapid blood sugar, lipid parameters, and certain minerals in obese patients without having any hypotensive or hypertensive effects. This might be explained by the presence of various phytochemical compounds, particularly chlorogenic acid, which is the main constituent.

**JOURNAL REFERENCE**

Aljamal, A., M. Al-Shawabkeh, A. Abu-Zaiton, S.M. Khaleel, R.A. Almuher and H. Altalafha, 2022. Effect of green coffee and orlistat on obese individuals. *Int. J. Pharmacol.*, 18: 864-868.

**KEYWORDS**

Green coffee, orlistat drug, blood glucose, lipid profiles, minerals

