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(57) Abstract :
 Abstract The present invention relates to an herbal anti-obesity composition derived from Cyperus rotundus (Nagarmotha) extract for reducing body weight and improving lipid profiles. The composition is prepared by drying and powdering the stems of Cyperus rotundus, followed by methanol extraction, filtration, and concentration. This formulation is administered at dosages ranging from 200 mg/kg to 400 mg/kg body weight and demonstrates significant anti-obesity effects in a progesterone-induced obesity model. The herbal extract effectively reduces triglycerides (TG), total cholesterol (TC), and low-density lipoprotein (LDL) levels while increasing high-density lipoprotein (HDL) levels, improving overall metabolic health. Acute oral toxicity studies confirm the non-toxic nature of the formulation, with no adverse effects at doses up to 2000 mg/kg. The invention offers a natural, safe, and cost-effective alternative to conventional obesity treatments, minimizing the risk of side effects commonly associated with synthetic drugs, thus providing sustainable weight management.

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