



ABSTRACT

## The role of orlistat in management of obesity

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Rapidly rising prevalence of obesity is alarming. Obesity predisposes to comorbidities like hypertension, type 2 diabetes mellitus, dyslipidemias, thus substantially rising healthcare expenditure. Weight loss program included diet and exercise (life style modification) is considered as first line strategy of obesity management. Lifestyle modifications alone have very limited success, necessitating the addition of pharmacotherapy to it. Orlistat is a lipase inhibitor which reduces fat absorption from intestines. Pancreatic lipase breaks down the oil in the food source into small molecules of glycerol and fatty acids that the body can absorb and participate in metabolism. Orlistat is a pancreatic lipase inhibitors can make pancreatic lipase lose part of the decomposition ability, and can control the fat entering the blood from the source to achieve the effect of lipid-lowering, It is reported to be effective in reducing weight.

**Keywords:** obesity, lifestyle modification, pancreatic lipase, orlistat

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