

# Functional Foods in the treatment of hypertension and obesity



Obesity is a global problem and numbers are rising at a fast pace in developing countries and it becomes a major public health concern. Economic costs associated with obesity are high and increasing as the rate of obesity. Obesity leads to its co-morbidities; namely diabetes, hypertension, cardiovascular diseases, osteoarthritis, stroke and inflammatory diseases. Changes in life-style along with modifications to the diet are important in the management of obesity.



Development of obesity is through the effect of various complex pathways. There is a need to target many processes rather than single process or target. Studies should focus on determining the optimum level of intake, efficacy and safety of products for long-term consumption. The students and faculty along with HOD of department of Biotechnology has actively participating in this lecture. And many students had a very active interaction with the guest.