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PHARMACOLOGY - III

UNIT 1

TOPIC :

- **c. Appetite stimulants and suppressants.**



Appetite Stimulants and Suppressants

Appetite

→ Appetite is the natural desire to eat food. It is controlled mainly by the hypothalamus in the brain.

Appetite Stimulants

Appetite stimulants are drugs that increase hunger and food intake.

They are used in:

- Loss of appetite (anorexia)
- Malnutrition
- Chronic illness
- Cancer and AIDS patients
- Underweight individuals

Classification of Appetite Stimulants

1. Antihistamines

Examples:

- Cyproheptadine
- Promethazine

2. Corticosteroids

Examples:

- Prednisolone
- Dexamethasone

3. Cannabinoids

Example:

- Dronabinol

4. Nutritional Supplements

- Vitamins
- Iron preparations
- Protein supplements

Mechanism of Action & Uses

Drug/Class	Mechanism of Action	Uses
Cyproheptadine	Blocks serotonin and histamine receptors → increases appetite	Loss of appetite, underweight
Corticosteroids	Improve well-being and stimulate appetite	Cancer, chronic illness
Dronabinol	Activates cannabinoid receptors	AIDS-related anorexia
Vitamins/Supplements	Correct nutritional deficiency	Malnutrition

Important Drugs

1. Cyproheptadine

Mechanism

→ Antihistamine with antiserotonin action that stimulates hunger.

Uses

- Appetite loss
- Underweight patients

Adverse Effects

- Drowsiness
- Dry mouth
- Dizziness

2. Dronabinol

Mechanism

→ Stimulates cannabinoid receptors in brain.

Uses

- Appetite stimulation in AIDS and cancer patients

Adverse Effects

- Euphoria
- Drowsiness
- Increased heart rate

Appetite Suppressants

- Appetite suppressants are drugs that reduce hunger and food intake.
- They are mainly used in obesity management.

Classification of Appetite Suppressants

1. Sympathomimetic Drugs

Examples:

- Phentermine
- Diethylpropion

2. Serotonin Agonists

Example:

- Lorcaserin

3. Lipase Inhibitors

Example:

- Orlistat

4. GLP-1 Analogues

Examples:

- Liraglutide
- Semaglutide

Mechanism of Action & Uses

Drug/Class	Mechanism of Action	Uses
Phentermine	Stimulates release of norepinephrine → reduces hunger	Obesity
Lorcaserin	Activates serotonin receptors → feeling of fullness	Weight reduction
Orlistat	Inhibits fat absorption in intestine	Obesity
Liraglutide	Delays gastric emptying and reduces appetite	Obesity, diabetes

Important Drugs

1. Phentermine

Mechanism

→ Stimulates CNS and suppresses appetite.

Uses

- Short-term obesity treatment

Adverse Effects

- Insomnia, Increased BP, Nervousness

2. Orlistat

Mechanism

- Inhibits pancreatic lipase → decreases fat absorption.

Uses

- Obesity management

Adverse Effects

- Oily stools, Flatulence, Abdominal discomfort

Advantages

Appetite Stimulants

- Improve nutritional status
- Increase body weight
- Useful in chronic illness

Appetite Suppressants

- Help in weight reduction
- Reduce obesity complications

Disadvantages

Appetite Stimulants

- Sedation
- Weight gain

Appetite Suppressants

- Dependence risk
- Cardiovascular effects