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#### Review



# Plant-derived natural therapeutics targeting cannabinoid receptors in metabolic syndrome and its complications: A review

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#### ABSTRACT

The endocannabinoid system (ECS) is natural physiological system in the humans. The presence of the ECS system involves different roles in body. The endocannabinoid system involves regulation of most of the centers, which regulates the hunger and leads to changes in the weight. In the present article, we reviewed the role of natural cannabinoid compounds in metabolic disorders and related complications. We studied variety of a plant-derived cannabinoids in treating the metabolic syndrome including stoutness, fatty acid liver diseases, insulin obstruction, dementia, hypertension, lipid abnormalities, non-alcoholic steatohepatitis, endothelial damage, and polycystic ovarian syndrome and so on. The activation of cannabinoid receptors demonstrates a significant number of beneficial approaches concerning metabolic syndrome and reduces the pro-inflammatory cytokines on account of aggravation, decreased oxidative stress and uneasiness, diminishes liver fibrosis, with reduces adiponectin. Pre-clinical investigations of plant-derived cannabinoids resulted in promising outcomes. The different distinctive plant-derived cannabinoids were discovered like cannabidiol (CBD), cannabinoid (CBN), cannabi-chromene (CBC), and cannabidiol (CBG). It has been observed that endogenous cannabinoids and plant-derived cannabinoids have an advantageous impact on limiting the metabolic disorder arising due to lifestyle changes.

## 1. Introduction

ECS is known to be the natural physiological system in the human body. ECS plays many roles in the body, it increases the brain centers for hunger and body weight, hence can be liable for abnormalities and increases the chances of physiological changes in the body. It has been suggested that overexpression of ECS leads to the occurrence of metabolic syndrome [1]. This system includes G-protein coupled receptors called cannabinoid receptor 1 (CB1), cannabinoid receptor 2 (CB2). The endocannabinoids and their receptors are found in almost all the body organs, fluids and tissue, from which anandamide and 2-arachidonoylglycerol are well known [2]. CB1 was first found in the brain afterwards it was suggested to be in the olfactory bulb, hippocampus, septum, amygdala, hypothalamus and cerebellum [3]. Recent studies have shown that the ECS is involved in many diseases and disorders, the

hyperactivity of endocannabinoids in the body results in depression, anxiety and post-traumatic disorders [4]. The reports showed that ECS works as epigenetic modulators activating the transcriptional action of key genes involved in neurotransmissions [5]. Metabolic syndrome has different physiological factors that increases the risk of cardiovascular disease, and type 2 diabetes mellitus. The prevalence of the metabolic syndrome in USA is, 34 % and 9.3 % of adults with diabetes mellitus. Also, metabolic syndrome is linked to a number of cancers, including breast, pancreatic, colon and liver cancer. Earlier Earlier review gathers internationally generated information on metabolic syndrome, its many definitions and its associations with life-threatening situations, including type 2 diabetes mellitus, cardiovascular disease, and cancer [7]. The two major components of metabolic syndrome are weight gain and fat accumulation at intra-abdominal sites with abnormal fat in the liver, pancreas, and heart. Psychosocial stress and our lifestyle also

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