



Kokam

(*Garcinia indica*)

Kokam is indigenous to the Western Ghats region of India located along the western coast of the country. It is used as a staple souring agent typically in Goa cuisine, Maharashtra and Karnataka. also used in cuisine from Gujarat, where it is frequently used to add flavour and tartness to 'Dal' (lentil soup) for flavour balance.

Kokam extract from the fruit is traditionally used to relieve gastric problems like hyperacidity, flatulence, constipation and indigestion. Fruit is having acid normalizing property which prevents acid reflux mechanism and rebound acidity.

Active contents :

Chemical studies have shown that the rind contains protein, tannin, pectin, sugars, fat, organic acids like hydroxycitric acid (HCA), hydroxycitric acid lactone and citric acid; the anthocyanins, cyanidin-3-glucoside and cyanidin-3-sambubioside; and the polyisoprenylated phenolics garcinol and isogarcinol.¹

Herb actions:

Weight Control: HCA is the main active content of *Kokam*, responsible for weight management. HCA causes weight loss by competitively inhibiting the enzyme adenosine triphosphatase-citrate-lyase². HCA has also been reported to increase the release or availability of serotonin in the brain, thereby leading to appetite suppression.³ Moreover, HCA blocks the production and storage of fat and cholesterol when calorie consumption exceeds healthy levels. *Kokam* is also known to reduce blood lipid levels.

Acid normalizing: *Kokam* is also having an unique action in acid-peptic disorders. Due to the buffering property, it acts as an acid normalizer, thus helps maintain gastric pH within the normal level. Two active contents, citric acid and tartaric acid present in the *Kokam* are responsible for this action.

Indications: Obesity, Hyperacidity.

Contraindication: None

Dose: 1 Capsule two to three times a day or as advised by the Physician.

Composition: Each capsule contains 250 mg standardized extract of *Kokam* (*Garcinia indica*).

References :

Food Research International

1. Volume 44, Issue 7, August 2011, Pages 1790-1799.

2. B. W. Downs, M. Bagchi, G. V. Subbaraju, M. A. Shara, H. G. Preuss, and D. Bagchi, "Bioefficacy of a novel calcium-potassium salt of (-)-hydroxycitric acid," *Mutation Research*, vol. 579, no. 1-2, pp. 149-162, 2005.

3. E. Toromanyan, G. Aslanyan, E. Amroyan, E. Gabrielyan, and A. Panossian, "Efficacy of Slim339® in reducing body weight of overweight and obese human subjects," *Phytotherapy Research*, vol. 21, no. 12, pp. 1177-1181, 2007.