

Abstract

Introduction: Obesity is considered as one of the most causes of morbidity and mortality worldwide and attributed in many health problems. One of the choices that people may try to decrease weight is herbs.

Methodology: A face to face questionnaire-based, cross-sectional, descriptive study was performed on a convenient sample of herbalists from five areas in the West Bank. Data was analyzed using SPSS program.

Results: The study included 101 participants, a wide range of plants were mentioned by herbalists to be used for weight reduction. The most frequently used herbs were senna alexandrina about (32.7%), ginger 26.7%, ladys mantle was the third followed by green tea and cumin which were (18.8%). The most commonly used part was leaves (48.3%). The most common way of use was to drink the herb as a tea after meals (44.4%). Some herbs showed possible side effects after using them (15.6%), main potential side effects were bad taste, constipation, diarrhea, hypotension , hypertension and ulcer.

Conclusion: The most frequently used herbs to decrease weight in Palestine were senna alexandrina, ginger, ladys mantle, green tea and cumin but not all of them have scientific evidences that support their use for weight reduction and not all of them are safe to use. It is recommended to use herbs that have scientific evidence to support their use and to prepare them and use them in a proper way to avoid possible side effects.