#### **List of Abbreviations**

% CV percent coefficient of variation

% F percent bioavailability % RE percent relative error

% RSD percent relative standard deviation

% w/v percent weight by volume % v/v percent volume by volume

°C degree Celsius microgram μg μL microliter micrometer μm μΜ micromolar

5-HT 5-hydroxytryptamine

**ACC** american college of cardiology

**ADMET** absorption, distribution, metabolism, excretion and toxicity

**AHA** american heart association ALT alanine aminotransferase

**AMPK** adenosine monophosphate-activated protein kinase

arb arbitrary unit

**ATP** adenosine triphosphate

**AUC** area under curve

BCS biopharmaceutics classification

BLK blank

BMI body mass index

BSA bovine serum albumin

CE collision energy Conc. concentration

CI clearance

 $C_{\text{max}}$ maximum concentration CS calibration standards **CSF** cerebro-spinal fluid

 $C_{ss}$ steady state concentration CXP collision exit potential CYP

cytochrome p450 enzymes

Da dalton

DME drug metabolising enzyme

**DMSO** dimethyl sulphoxide DP declustering potential

**EDTA** ethylenediaminetetraacetic acid e.g. example

ELISA enzyme-linked immunosorbent assay

EP entrance potential

ESI electro spray ionisation

eV electron volt
FA flufenamic acid
FC frozen condition

FDA food and drug administration

FT-C freeze thaw-cycle

g gram

GA glycyrrhetinic acid

GCE Garcinia cambogia extract

GC-MS gas chromatography-mass spectrometry

GLP glucagon like peptide

GLZ glycyrrhizin

h hour

HCA hydroxycitric acid HCI hydrochloric acid

HETP height equivalent to theoretical plates

HFD high fat diet

HILIC hydrophilic interaction liquid chromatography
HPLC high-performance liquid chromatography

HQC high quality control

HRMS high resolution mass spectrometer

*i.e* that is

*i.p.* intra peritoneal *i.v.* intra venous

IAEC institutional animal ethics committee

IS internal standard
IU international unit
KCI potassium chloride

Kg/m<sup>2</sup> kilogram per meter square

KV kilovolt

L/Kg litre per kilogram

LC-MS/MS liquid chromatography with tandem mass spectrometry

LDL low density lipoprotein LLE liquid-liquid extraction

LN% natural logarithmic of the percentage

LLOQ lower limit of quantitation

LLOQQC lower limit of quantification quality control

LQC low quality control

mg milligram

mg/kg milligram per kilogram mg/mL milligram per millilitre

min minute mL millilitre

mL/kg millilitre per kilogram

mM millimolar mm millimeter

MQC mid quality control

MRM multiple reaction monitoring mRNA messenger ribonucleic acid

MRT mean residence time MS mass spectrometer

ms millisecond

NADPH nicotinamide-adenine dinucleotide phosphate

NCD non-communicable diseases

NCE new chemical entity
ng/mL nanogram per millilitre
PBS phosphate buffer saline
PDA photodiode array detector
pH potential of hydrogen

pKa acid dissociation constant

PK pharmacokinetic P-gp p-glycoprotein

*p.o.* per oral

PPAR peroxisome proliferator activated receptor

ppm parts per million

psi pound per square inchPXR pregnane-x receptor

QC quality control
QCN quercetin
QTE quetiapine

RL S9 rat liver s9 fraction
RLH rat liver homogenate
rpm rotation per minute
SD standard deviation
S/N signal to noise

SPE solid phase extraction TCA trichloroacetic acid

TG triglycerides  $t_{1/2}$  half life

 $T_{max}$  time to reach maximum concentration

TNF tumor necrotic factor
TOS the obesity society
UCP uncoupling protein

UGT udp -glucuronosyltransferase ULOQ upper limit of quantitation

ULOQWS upper limit of quantitation of working solution UPLC ultra-performance liquid chromatography

USA united states of America

USFDA united states food and drug administration

UV ultra violet

V volts

 $V_d$  volume of distribution WAT white adipose tissue

WHR waist-hip ratio

WHO world health organization

# List of Figures

Figure	Title	Page
1.1	Prevalence of obesity (BMI $\geq$ 30 kg/m <sup>2</sup> ) in selected countries from	3
	Organisation for Economic Cooperation and Development, OECD 2017	
1.2	Percentage of adults defined as obese by country in 1975 (Part A) and	4
	2014 (Part B)	
1.3	Various categories of mechanisms of action of anti-obesity activity by	15
	botanicals and their natural products	
1.4	Radar chart depicting distribution of anti-obesity activity in various	16
	botanical parts	
1.5	Chemical categories of natural products responsible for the anti-obesity	17
	activity	
2.1	Known interactions of commonly used herbs with drugs from	28
	different therapeutic classes	
2.2	Known interactions (both activation and inhibition) of commonly used	32
	herbs with different CYP enzymes	
3.1	Chemical structures of all the analytes (A,C,D,E,G) and internal standards	59
	(B,F)	
4.1	Predicted (theoretical) mass fragmentation ions of HCA	80
4.2	Predicted (theoretical) mass fragmentation ions of QCN	83
4.3	Predicted (theoretical) mass fragmentation ions of GLZ (A) and GA(B)	90
5.1	Representative chromatograms of A) Blank, B) LLOQ, and C) Internal	102
	standard	
5.2	Plasma concentration-time profile of HCA after administration of HCA	106
	(i.v. and p.o.) and Garcinia (p.o.) in Wistar rats (n=3)	
5.3	Representative chromatograms of blank injected after ULOQ standard	110
5.4	Plasma concentration-time profile of QCN after administration of QCN	114
	(p.o.) in Wistar rats (n=3).	116
5.5	Plasma concentration-time profile of GA after administration of GLZ	117
	(p.o.) in Wistar rats (n=3)	

# List of Figures (Continued)

Figure	Title	Page
6.1	Plasma concentration-time profile of QTE after administration of	125
	QTE $(p.o.)$ alone and along with HCA in Wistar rats $(n=6)$ .	
6.2	Plasma concentration-time profile of QTE after administration of	126
	QTE (i.v.) alone and along with HCA in Wistar rats (n=6).	
6.3	Semi-log plot of QTE remaining <i>Vs</i> time (minutes) incubated in RLS9	127
	in the presence and absence of HCA	
6.4	Plasma concentration-time profile of QTE after administration of	128
	QTE ( <i>i.v.</i> and $p.o.$ ) alone and along with QCN ( $p.o.$ ) in Wistar rats	
6.5	Box and Whisker plots for brain concentration (ng/mL) of QTE after	129
	dosing alone and along with QCN	
6.6	Semi-log plot of QTE remaining Vs. time (minutes) incubated in	130
	RLS9 in the presence and absence of QCN	
6.7	Plasma concentration-time profile of QTE after administration of	131
	QTE (p.o.) alone and along with GLZ in Wistar rats (n=6).	
6.8	Box and Whisker plots for brain concentration (ng/mL) of QTE after	132
	dosing alone and along with GLZ	
6.9	Plasma concentration-time profile of QTE after administration of	133
	QTE (i.v.) alone and along with GLZ in Wistar rats (n=6).	
6.10	Semi-log plot of QTE remaining Vs. time (minutes) incubated in	133
	RLS9 isolated from control rats and rats pre-treated with GLZ	

#### **List of Tables**

Table	Title	Page
1.1	Summary of BMI based classification for overweight and obesity in	5
	different age groups	
1.2	List of factors influencing the chronic positive energy balance	6
1.3	Botanicals, their parts, family, natural products and plausible mechanism	9-14
	of action of anti-obesity	
2.1	CYP450 with most known interaction potential	33
2.2	Synergistic herb-drug interactions mediated through CYP enzymes	34-35
2.3	Summary of clinical studies conducted on <i>G. cambogia</i> extract and HCA	38-39
2.4	Modulation of transporters by QCN	40
2.5	Induction of CYP3A by GLZ during in vivo studies	42
2.6	Modulation of UGTs by GLZ and GA	42
2.7	Modulation of P-gp by GLZ and GA	43
3.1	Major working parameters for tandem mass-spectrometer method	65
3.2	Study design for the estimation of pharmacokinetic parameters of HCA in	72
	Wistar rats	
3.3	Study design for the estimation of pharmacokinetic parameters of QCN	73
	and GLZ in Wistar rats.	
3.4	Study design for understanding HCA-QTE pharmacokinetic interaction	74
3.5	Study design for understanding QCN-QTE pharmacokinetic interaction	75
3.6	Study design for understanding GLZ-QTE pharmacokinetic interaction	76
4.1	Output of ADMET Predictor® for metabolite prediction of HCA	79
4.2	Exact mass (m/z) of the expected metabolites of HCA	80-81
4.3	Metabolite of HCA obtained after incubation in RLS9.	81
4.4	Output of ADMET Predictor® for metabolite prediction of QCN	82
4.5	Exact mass (m/z) of the expected metabolites of QCN	84-85
4.6	Metabolites of QCN obtained after incubation in RLS9	85-86
4.7	Output of ADMET Predictor® for metabolite prediction of GLZ	88
4.8	Output of ADMET Predictor® for metabolite prediction of GA	88-89

# ...Continued

Table	Title	Page
4.9	Exact mass (m/z) of the expected metabolites of GLZ and GA	90-92
4.10	Metabolites of GA obtained after incubation in RLS9	92
5.1	Representative system suitability data of HCA obtained before injecting	101
	the second Precision and Accuracy batch	
5.2	Calibration curve data for HCA run on five different occasions fitted to	102
	linear regression with 1/x² weighing	
5.3	Precision and accuracy determination of HCA quality control samples in	103
	rat plasma	
5.4	Recovery and matrix effect for HCA in rat plasma at LQC, MQC and HQC	104
	levels	
5.5	Stability data of HCA under different storage conditions	105
5.6	Pharmacokinetic parameters of HCA after administration of HCA (i.v. and	106
	p.o.) and $Garcinia$ ( $p.o.$ ) in Wistar rats (n=3)	
5.7	Incurred sample reanalysis of selected samples for HCA	107
5.8	Representative system suitability of QCN, GLZ, GA, and QTE data	109
	obtained before injecting first precision and accuracy batch	
5.9	Calibration curve data for QCN, GLZ, GA and QTE run on five different	111
	occasions fitted to linear regression with 1/x <sup>2</sup> weighing	
5.10	Precision and accuracy determination of QCN, GLZ, GA and QTE	112
	quality control samples in rat plasma	
5.11	Recovery and matrix effect for QCN, GLZ, GA and QTE in rat plasma at	113
	LQC, MQC and HQC levels	
5.12	Stability of QCN, GLZ, GA and QTE under storage conditions	114-115
5.13	Pharmacokinetic parameters of QCN after administration of QCN (p.o.) in	116
	Wistar rats (n=3)	
5.14	Incurred sample reanalysis of selected samples for QCN	116
5.15	Pharmacokinetic parameters of GA after administration of GLZ (p.o.) in	117
	Wistar rats (n=3)	

### ...Continued

Table	Title	Page
5.16	Incurred sample reanalysis of selected samples for GA after dosing GLZ	118
6.1	Pharmacokinetic parameters of QTE in Wistar rats (n=6) following $p.o.$	125
	administration of QTE alone and QTE along with HCA	
6.2	Pharmacokinetic parameters of QTE in Wistar rats (n=6) following i.v.	126
	administration of QTE alone and QTE along with HCA	
6.3	Pharmacokinetic parameters of QTE in Wistar rats (n=6) following $p.o.$	129
	administration of QTE alone and QTE along with QCN	
6.4	Pharmacokinetic parameters of QTE in Wistar rats (n=6) following i.v.	130
	administration of QTE alone and QTE along with QCN	
6.5	Pharmacokinetic parameters of QTE in Wistar rats (n=6) following $p.o.$	131
	administration of QTE alone and QTE along with GLZ	
6.6	Pharmacokinetic parameters of QTE in Wistar rats (n=6) following i.v.	132
	administration of QTE alone and QTE along with GLZ	

### **List of Formula**

Formula	Title	Page
Formula 3.1	Percentage Recovery	69
Formula 3.2	Percentage Stability	69
Formula 3.3	Incurred Sample Re-analysis	72
Formula 3.4	Absolute bioavailability	73

# **List of Symbols**

- α alpha
- $\approx$  approximate
- β beta
- ↓ decrease
- > greater than
- ≥ greater than or equal to
- ↑ increase
- < less than
- $\leq$  less than or equal to
- % percent
- ± plus-minus
- ® registered