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APPETITE STIMULANTS

Appetite Stimulants : May help promote appetite and weight gain in elderly with unintentional weight loss or poor P.O. intake Drugs should not be considered as first-line treatment Even if successful in inducing weight gain, long-term effects on quality of life are unknown The following appetite stimulants Dronabinol (Marinol) Mirtazapine (Remeron) Megestrol Acetate (Megace) Metoclopramide (Reglan) Cyproheptadine (Periactin) Anabolic Steroids (Oxandrolone; Oxandrin) Ghrelin Recombinant Human Growth Hormone (Serostim) Testosterone

Dronabinol Drug name: Marinol. A tetrahydrocannabinol Use: Weight gain in cancer-related anorexia patients Side Effects: Lightheadedness Sleepiness Blurred vision Can't think clearly Dizziness Sedation Fatigue Hallucinations

Mirtazapine • Drug Name: Remeron. A serotonergic norepinephrine uptake inhibitor used to treat depression in older adults • Use: • Appetite stimulant for cachexia and treats underlying depression in older adults • Side Effects: • Sedation • Dry mouth • Constipation • Fatigue • Weight gain • Dizziness • Other studies show causes hepatotoxicity, bone marrow suppression, restless legs syndrome, arthralgia, and coagulopathy

Megestrol Acetate Drug Name: Megace. A progestational agent Use: Weight gain in Anorexia, AIDS, Cachexia, and Cancer patients Side Effects: Edema Constipation & delirium Diarrhea Flatulence Rash Hypertension Fluid retention Glucose intolerance Nausea Insomnia • Gastrointestinal upset • Impotence •

Metoclopramide Drug Name: Reglan. Prokinetic agent Use: Relieves nausea-induced anorexia (Hoffman, 2002) Side Effects: Dystonia & Parkinsonian symptoms in elderly Many drug interactions such as B12, D3, Lipitor, Fish oils, Aspirin, Crestor Can cause GI obstruction, perforation or hemorrhage Causes GI obstruction, perforation or hemorrhage; pheochromocytoma; history of seizures or concomitant use of other agents likely to increase movement disorder reactions May increase risk of seizures and movement disorders (extrapyramidal reactions)

Cyproheptadine Drug name: Periactin. Antihistaminic and serotonin-blocking drug Use: Weight gain in children with anorexia nervosa & cancer Elderly in nursing homes Side Effects: Blurred vision Dry mouth Urinary retention Constipation Tachycardia and delirium in older patients **Anabolic Steroids** Drug Name: Oxandrolone (Oxandrin), Ornithine What it is: Synthetic anabolic steroids Use: Treats wasting in AIDS & Cachexia in Cancer Side Effects Carpal tunnel syndrome Headache Arthralgias Myalgias, & gynecomastia Risk of prostate hyperplasia, fluid retention, and transaminase elevations

Ghrelin • Drug Name: None .Growth hormone produced from the fundus of the stomach increases food intake by stimulating nitric oxide in the hypothalamus • Use: Appetite stimulant in oncology patients and older adults

Recombinant Human Growth Hormone Drug Name: Serostim Anabolic Growth Hormone Use: Increase lean body mass in HIV patients with wasting or cachexia Side Effects: Carpal Tunnel Syndrome Headache Arthralgia Myalgias Gynecomastia Edema Arthralgia Impaired fasting glucose

Testosterone • Drug name: None • A steroid hormone from the androgen group and is found in mammals, reptiles, birds, and other vertebrates • Use: Treat cachexia and weight loss in HIV Patients • Side Effects: • Higher hematocrit • Leg edema • Prostate events (exacerbation of prostate cancer) • Lower HDL levels • Possible metabolic syndrome in men

APPETITE SUPPRESSANT

An **anorectic** or **anorexic** is a drug which reduces appetite, resulting in lower food consumption, leading to weight loss. By contrast, an appetite stimulant is referred to as orexigenic. The term is (from the Greek *ἀν-* (an-) = "without" and (*όρεxis*) = "appetite"), and such drugs are also known as **anorexigenic**, **anorexiant**, or **appetite suppressant**.

Amfepramone, Bupropion and naltrexone (combination), Dexfenfluramine, Fenfluramine, Mazindol, Phentermine, Sibutramine, Topiramate, Benfluorex, Butenolide, Diethylpropion, Phenmetrazine, Phentermine, Phenylpropanolamine, Sibutramine, Lorcaserin

Sibutramine is a monoamine reuptake inhibitor (MRI) that, in humans, reduces the reuptake of norepinephrine (by ~73%), serotonin (by ~54%), and dopamine (by ~16%),^[21] thereby increasing the levels of these substances in synaptic clefts and helping enhance satiety; the serotonergic action, in particular, is thought to influence appetite

Phentermine (phenyl-tertiary-butylamine), sold under the brand name **Ionamin** among others, is a medication used together with diet and exercise to treat obesity. The primary mechanism of phentermine's action in treating obesity is the reduction of hunger perception, which is a cognitive process mediated primarily through several nuclei within the hypothalamus

Orlistat is a drug designed to treat obesity. It is marketed as a prescription drug under the trade name **Xenical**. Orlistat is the saturated derivative of lipstatin, a potent natural inhibitor of pancreatic lipases isolated from the bacterium *Streptomyces toxytricini*. However, due to its relative simplicity and stability, orlistat was chosen over lipstatin for development as an anti-obesity drug.