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Introduction

The escalating prevalence of obesity has prompted a multidisciplinary quest for effective interventions, and chemical approaches have emerged as promising strategies to battle against this global epidemic. This article delves into the diverse array of chemical interventions employed in the treatment of obesity, exploring both established pharmaceutical agents and innovative compounds that hold potential.

Hormonal imbalances: Disruption in hormone levels (e.g., leptin, ghrelin, insulin) can contribute to overeating and weight gain.

Stress and mental health: Chronic stress, depression, and other mental health conditions can contribute to emotional eating and unhealthy coping mechanisms, increasing weight.

Socioeconomic Status: Economic disparities and limited access to healthy food options can impact dietary choices and contribute to