

Short Notes

Role of Chitosan in Present Days

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SHORT NOTES

Commercial Chitosan is derived from the shells of shrimp and other sea crustaceans. Chitosan is produced commercially by deacetylation of chitin, derived from crabs and cell wall of Fungi. Chitosan's properties allow it to rapidly clot blood, and have recently gained approval as a haemostatic agent in developed countries. Chitosan is also useful in transdermal delivery system. In orthopaedics practice it is used as bone filling material.

As a weight reducing agent, as it decreases fat absorption from dietary fats. When it was used in duration of one to three months, it was observed to reduce body weight, control of blood pressure, decreases blood sugar, and helps in controlling Dyslipidemia. However other trials do not support this theory. It does not alter the absorption of iron, zinc and copper from intestine. In its oral use it decreases absorption of fat from duodenum and increases its excretion thus helps in control of fat level in diet induced cholesterol.

Chitosan is under research for several potential dietary or clinical applications:

As a soluble dietary fiber it increases gastrointestinal viscosity of gastro intestinal lumen and reduces the stomach emptying resulting in to satiety and helps in weight reduction of 3 to 4 kg in about three month. It alters bile acid composition, increasing the excretion of sterols and reducing the digestibility of ileal fats. It is unclear how Chitosan does this, but the currently favored hypotheses involve the increase of intestinal viscosity or bile acid-binding capacity.

1. Chitosan is relatively insoluble in water, making it a viscous dietary fiber possibly inhibiting absorption of dietary lipids. Increase gastrointestinal lumen viscosity

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and retard emptying of the stomach, creating a sense of satisfaction.

2. Recommended dosage is about 2.4 gm/day in divided dosage.

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