Anti-atherosclerotic effects of konjac

Hidekatsu Yanai, Hiroki Adachi, Hisayuki Katsuyama, Hidetaka Hamasaki, and Akahito Sako

Department of Internal Medicine, National Center for Global Health and Medicine Kohnodai Hospital, Chiba, Japan

Corresponding author: Hidekatsu Yanai, MD, PhD, FACP, Department of Internal Medicine, National Center for Global Health and Medicine Kohnodai Hospital, 1-7-1 Kohnodai, Ichikawa, Chiba 272-8516, Japan

Submission date: April 3, 2015; Acceptance date: April 28, 2015; Publication date: April 30, 2015

ABSTRACT
Definition: The Konjac plant comes from the genus Amorphophallus. Japanese food uses Konjac cake. Konjac contains almost no calories and a great amount of dietary fiber. Here, we reviewed possible anti-atherosclerotic effects of konjac, using the search Pubmed ®. Konjac ingestion is likely beneficially associated with obesity, blood pressure, lipid and glucose metabolism. However, evidence is lacking on the relationship between konjac ingestion and development of atherosclerotic diseases. To more fully understand the anti-atherosclerotic effects of konjac, future studies, preferably with larger numbers of subjects, will be performed.

Keywords: atherosclerosis, body weight, glucose, konjac mannan, low-density lipoprotein-cholesterol