ABSTRACT

An object is to provide an anorectic agent, a diet method and an appetite suppressing apparatus with which one can suppress appetite properly without physical or metal burdens or excessive efforts and without any detrimental side effect and can lose weight safely and healthily.

An anorectic agent contains an aqueous solvent extract of Vernonia cinerea as an active ingredient, or preferably contains aqueous solvent extracts of Vernonia cinerea and mulberry as active ingredients. The liquid content of the anorectic agent is evaporated so that a dieter can inhale its vapor. The active ingredients are odorless. They are not absorbed into the body through digestive organs if taken orally, but can be taken directly into blood through respiratory organs such as lungs and nose mucous membrane. The active ingredients then acts on the central nervous system, thereby causing the dieter to lose appetite and thus lose weight. This effect does not appear in a person who does not want to lose weight.