



**KAMARAJ IAS ACADEMY**  
Only IAS Academy by Grandson of "Per. unthalaivar Kamarajar"

# GLP-1 Drugs

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Recently, the World Health Organization has finally issued global guidelines on the use of popular GLP-1 drugs for weight loss.

## About GLP-1 Drugs

The Glucagon-like peptide-1 (GLP-1) or GLP-1 receptor agonists are synthetic drugs which are being used for the treatment of obesity in adults

These drugs are mainly injectables, though oral versions are under development.

Examples: Two leading GLP-1 drugs are: Semaglutide and Tirzepatide (by Eli Lilly)

Both have been introduced in India and are transforming obesity and diabetes treatment.

## How Do GLP-1 Drugs Work?

These drugs act by:

Increasing insulin secretion when glucose is high.

Inhibiting glucagon release, reducing liver glucose output.

Slowing gastric emptying, preventing sudden spikes in blood sugar.

Suppressing appetite, making the person feel full sooner.

## Key Facts about Glucagon-like peptide-1

GLP-1 is both an incretin hormone and a neurotransmitter.

It is a naturally occurring gut hormone (incretin) released after food intake.

It is secreted from the small intestine and from the hindbrain after we eat a meal.

It travels to the pancreas, where it helps to regulate our blood sugar by increasing insulin and decreasing glucagon.

It works for just a few minutes, so after you eat a meal and GLP-1 is secreted naturally, it gives an immediate effect that lasts maybe 30 minutes.

GLP-1 also has beneficial effects in many organs, such as the kidney, liver, and cardiovascular system

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