

23rd International Conference on

HERBAL AND ALTERNATIVE REMEDIES FOR DIABETES AND ENDOCRINE DISORDERS

November 02-04, 2017 Bangkok, Thailand

A clinical study on the anti-diabetic effect of an Indian fruit *D. indica*

Bishnu Prasad Sarma and Munmee Das

Government Ayurvedic College Guwahati, India

Non-communicable diseases have been rising steadily in India and are second only to communicable disease in terms of their contribution to the disease burden. Amongst the NCDs, the prevalence of Diabetes mellitus has been rising at an alarming rate. Diabetes mellitus is a clinical syndrome characterized by hyperglycemia due to absolute or relative deficiency of insulin. People with diabetes have an increased risk of developing many serious health problems. Consistently high blood glucose levels can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys, nerves and teeth. In addition, people with diabetes also have a higher risk of developing infections. Despite tremendous progress made into the understanding of the etiopathogenesis, diagnosis and management of diabetes mellitus an efficient, cost effective drug for long term management of diabetes remains elusive. Because of the limitations in the presently available oral hypoglycemic agents the use of alternative therapies that can manage diabetes efficiently and safely is now encouraged amongst the scientific community. Open non-comparative trial was done with powder of the trial drug *D. indica* to explore and study its efficacy in the management of diabetes. The effect of the drug *D. indica* on the Fasting Blood Sugar (FBS) is found to be statistically highly significant in each follow up ($P < 0.001$). In case of Post Prandial Blood Sugar (PPBS) with the mean difference had increased gradually from 180 ± 5.6 to 168.45 ± 12.1 and 155.9 ± 16.7 at 8, 16 and 24 weeks of treatment, respectively. The results of the therapeutic trial showed that the trail drug *D. indica* was very effective in controlling the blood glucose level. The result of the RCT proves that use of plant based anti-diabetic agents can be very valuable to manage diabetes mellitus and its complications.

dr.bpsarma@gmail.com