

Evaluation of hypoglycemic effect of an Indian fruit-DI25

Munmee Das

State Health Service of Assam, India

The fruit of DI25 has been an integral part of the Assamese cuisine. A randomized clinical trial was carried out on 40 patients. Clinical study reveals the hypoglycemic activity of DI25 in Type 2 Diabetes Mellitus patients, following standardized approach. Fruit powder of DI25 showed significant hypoglycemic effect ($p < 0.001$). The powder was given in the dose of 30 grams daily in two divided doses, for 24 weeks. The results were assessed according to the change in parameters as per standard criteria. Statistical analysis was done using all values which are expressed as mean \pm SD and calculating the t-value of mean difference between before treatment and after every follow up. The results were assessed through 'p' value and paired 't' test. Blood glucose was measured by glucose oxidase method and HbA1c by ion exchange chromatography. Among 40 cases of diabetes mellitus mean FBS level before treatment is 158 ± 16.1 , after treatment with the trial drug the mean difference in each follow up had increased gradually from 139.2 ± 8.1 at 8 weeks to 119.3 ± 4.1 at 16 weeks and 98.7 ± 1.1 at 24th week of treatment. Similarly in case of post prandial blood sugar (PPBS) the effect of treatment on the PPBS is found to be statistically highly significant ($P < 0.001$). 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 level of Glycosylated hemoglobin (HbA1c) is found to be statistically highly significant after 24 weeks of taking the trial drug DI25. The initial mean HbA1c was 8.7 was reduced to 6.8 after treatment.

Biography

Munmee Das is a post graduate in Kayachikitsa (Ayurvedic medicine). Presently working as Medical officer she has presented oral papers in many seminars. She had published one scientific paper in a reputed scientific journal

munmeedas@gmail.com