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The effects of *Allium cepa* (red onion) in fasting blood glucose and insulin levels of normal human volunteers

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Diabetes mellitus is a debilitating and often life-threatening disease with increasing incidence, affecting millions of people worldwide. Traditional herbal remedies like *Allium cepa* (red onion) have been used to lower blood glucose or decrease complications of diabetes. In normal human volunteers (n=7), the use of crude *Allium cepa* produced decreases in the fasting blood glucose and insulin levels corresponding to 11-16 mg/dl and 4-18 μ IU respectively. A slight increase of 2 kg in the total body weight of volunteers was also brought about when *Allium cepa* was administered in a daily dose of 100 g for thirty days. *Allium cepa* in addition to its nutritional value could be used as a dietary supplement in management of diabetes.

Biography

Imad M Taj Eldin has completed his PhD at the age of 44 years from University of Gezira, Sudan. He is the Dean and Director of postgraduate studies, Faculty of Pharmacy, University of Gezira. He has published 23 papers in reputed journals.

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