

European Pharma Congress

August 25-27, 2015 Valencia, Spain

Evaluating the antibacterial activity of ginger root and rhizome

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Ginger, one of the known medicinal perennial herb is grown in South East Asia, China and India. Known as "Maha Aushadhi" from the Vedic times it is used to treat many diseases like knee pain, anti-diabetic, anti-nausea and many other diseases. Apart from acting as a medicinal drug, it also acts as an antibacterial agent. Ginger roots are known to possess the antibacterial activity. The present article elucidates antimicrobial activity of ginger roots and ginger rhizome against four bacteria and 3 fungi with different dilutions/concentrations. It was observed that both ginger root and rhizome showed the antimicrobial activity against all the organisms. The highest zone of inhibition, 10mm, was seen with the dilution 50 µl, for bacillus and 8mm for fungi at 75 µl. Upon further study, ginger can be used as a potential nutraceutical.

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Preventing arterial complications

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The cause of diabetes in the vast majority of patients is unknown, hence the division between type 1 and type 2 diabetes has little meaning in relation to chronic complications. Although hyperglycaemia is associated with both large and small vessel destruction, improvement in blood sugar control has shown in many studies, a reduction in progression of small vessel disease. It has been more difficult to demonstrate that reduction in blood sugar improves large vessel disease outcome. This literature will be reviewed. Reference will be made to studies that suggest that tight blood sugar control may be detrimental to outcome. The place of the new oral hypoglycaemic drugs such as DPP4 inhibitors and the newer SGLT2 inhibitors will be discussed. Subcutaneous GLP1 agonists will also be discussed and newer drugs in the pipeline will be discussed. Emphasis will be placed on the development of newer hypoglycaemic agents which will be effective on those patients who cannot manage lifestyle changes and weight reduction. Finally the effectiveness of low calorie diets and bariatric surgery in reversing diabetes will be examined. These studies demonstrating the need for effective drugs to alter the appetite centre.

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