

Evaluating the effect of Ziziphus jujube fruit on reducing the blood glucose and increasing antioxidant status in diabetic patients

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Abstract

Introduction and Purpose: Diabetes mellitus (DM) is known to be a harmful disease which causes an increase in blood glucose and lipids. Nowadays, taking advantage of herbs is suggested to prevent or control DM owing to their ability to reduce blood glucose. Meanwhile, Ziziphus jujube fruit (ZJF) can be effective in decreasing the blood glucose. This study investigates effect of ZJF on reducing the blood glucose and increasing antioxidant status caused by DM.

Method: This is a review article with a systematic research. Persian and English language articles were searched in databases including Google Scholar, Science Direct, Web of Science, Scopus, PubMed, Magiran, SID. The keywords were: "Effect", "Diabetes mellitus", "DM", "Blood glucose", "Inflammation", "Antioxidant status". Subsequently, among 244 founded articles, after assessing the inclusion and exclusion criteria, 9 articles were selected.

Results: It was proved that ZJF can reduce serum levels of blood glucose and HbA1c. Meanwhile, ZJF is a rich source of dietary fiber. However, the serum level of antioxidants such as TAC and MDA does not alter significantly after using ZJF. Besides, ZJF can reduce the total serum level of lipid, which it leads to decrease in LDL, HDL, triglyceride and cholesterol.

Conclusion: Consumption of ZJF is associated with anti-diabetic effects. Therefore, ZJF can be used in diabetic patients in order to decrease the level of blood glucose and serum lipid.

Biography

Negin Shaterian has completed her BSC of Midwifery at the age of 22 from Shahid Beheshti University of Medical Sciences. She has 23 publications that have been cited 17 times, and her publication H-index is 2.



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