

## Evaluation of hypoglycemic effect of an Indian fruit - DI25

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### Abstract

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  $158 \pm 16.1$ , after treatment with the trial drug the mean difference in each follow up had increased gradually from  $139.2 \pm 8.1$  at 8 weeks to  $119.3 \pm 4.1$  at 16 weeks and  $98.7 \pm 1.1$  at 24<sup>th</sup> 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  $180 \pm 5.6$  to  $168.45 \pm 12.1$  and  $155.9 \pm 16.7$  at 8,16 and 24 weeks of treatment respectively. The level of Glycosylated hemoglobin (HbA1c) is found to be statistically highly significant after 24weeks 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.