

P112. THE EFFECT INFUSIONS OF MELISSA OFFICINAL, CINNAMOMUM ZEYLANICUM, TERMINALIA CHEBULA, CYNARA SCOOLYMUS, SILYBUM MARIANUM AND CICHORIUM INTYBUS L, IN PATIENTS WITH TYPE 2 DIABETES

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Type 2 diabetes (T2D) is a chronic metabolic disorder that is known as a serious problem in the public health. It is characterized by high blood glucose level, insulin resistance, impaired lipid, and protein and carbohydrate metabolism. Medication, exercise and diet are considered as fundamental treatment protocols of T2D. Furthermore, recently more attention has been paid to the beneficial effect of herbal medicine on T2D treatment. Hence the present study aimed to investigate the effect of Melissa officinal, Cinnamomum zeylanicum, Terminalia chebula, Cynara scolymus, Silybum marianum Cichorium intybus L on hypoglycaemic control.

The study designed as a before-after clinical trial in 50 T2D patients. All participants were asked to drink the herbal tea mixture twice a day for 30 days. The biochemical parameters including fasting blood sugar (FBS), glucose tolerance test (GTT), high density lipoprotein (HDL), low density lipoprotein (LDL), alanine amino transferase (ALT), aspartate amino transferase (AST), alkaline transferase (ALP), triglyceride (TG), cholesterol (Cl), Creatine Cr, Human Research Protection Program (HRPP) and glycated hemoglobin (HbA1c) were measured before and after intervention.

The results represented a significant decrease in FBS ($p < 0.05$) while there were no significant changes in HDL-C, LDL-C, ALP, AST, HbA1C, ALT, TG, Cl, Cr and HRPP.

In conclusion, the present outcomes suggest the herbal tea mixture including decrease FBS among T2D and could consider as an efficient treatment in prevention and reduction of hyperglycemia although further research is required to identify the obvious effect of herbal medicine in T2D.

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