

Hypoglycaemic Effect of Curry Tree Bark (*Murraya koenigii*) Water Extract in Type 2 Diabetic Patients

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ABSTRACT

The various plant products like herbs, fruits and vegetables have been used by man since times immemorial for their extraordinary healing abilities. Type 2 diabetes is the commonest form of diabetes constituting 90% of the diabetic population in any country. The global prevalence of diabetes is estimated to increase, from 4% in 1995 to 5.4% by the year 2025. Broad researches on diabetes lead to a number of synthetic oral hypoglycemic agents like biguanides, sulphonylureas and thiozolidinediones being used to treat diabetes. But all have side effects associated with their uses. Modern traditional medicines owe a large to tribal medicines and many researches are being conducted for scientific explanations. However, herbal principles can be safely analyzed for future acceptability in majority of Indians as alternative medicines of choice. *Murraya koenigii* has been emerged as an antidiabetic agent for some years. Its leaves were used traditionally in Indian Ayurvedic system to treat diabetes but the effect of its bark is still not explored very much. The purpose of the study is to investigate the Antidiabetic effect of curry tree bark. Different doses of curry tree bark water extract were supplemented in the form of capsules to total 10 type 2 diabetic subjects of Banasthali campus. Fasting blood sugar, post prandial blood glucose level and glycosylated haemoglobin were measured in the diabetic and non-diabetic subjects. The 30 days supplementation showed a marked reduction in blood glucose levels. In the diabetic subjects, the elevated fasting blood sugar and post prandial blood glucose level were reduced and glycosylated haemoglobin remained stabilized.

Keywords: *Anti-diabetic effect, curry tree bark, water extract, fasting blood glucose level, glycosylated haemoglobin, post prandial blood glucose level.*