Poster

The Effect of Abelmoschus Esculentus on Blood Levels of Glucose in Diabetes Mellitus

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Abstract

Background: Diabetes mellitus is a metabolic disorder that results in hyperglycemia. According to the statistics of the International Diabetes Federation (IDF), this problem has a fast growing prevalence and, unfortunately, leaves permanent complications on different body systems. For this reasons, nowadays attentions has been paid to the traditional medicine such as Okra (Abelmoscus esculentus). The aim of this study was the evaluation of the effect of Okra (Abelmoscus esculentus) on blood levels of glucose in diabetes.

Methods: This is a review article, which was obtained by a search in databases such as PubMed, Google Scholar, and Magiran by using keywords such as diabetes, Okra, and hypoglycemic effect.

Results: Various studies on Okra (Abelmoscus esculentus) showed that Abelmoscus esculentus (AE)/Okra extract has a hypoglycemic effect that helps decrease blood glucose level. Its properties can be a useful remedy to manage diabetes mellitus. In addition, it leads to inhibition of cholesterol absorption and subsequently decreases the level of lipid and fat in the blood. The results of an investigation on diabetic mice by using this material has shown the same effect and confirmed this conclusion.

Conclusion: Based on the positive effects of Okra on reducing blood sugar level, the widespread use of this plant is recommended. Clearly, further research is required.

Keywords ● Hyperglycemia ● Abelmoschus ● Diabetes mellitus