

Effect of Supplementation of Traditional Medicinal Plants on Serum Lipid Profile in Non-Insulin Dependent Diabetics

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ABSTRACT The effect of supplementation of powdered mixture of three traditional medicinal plants namely bittergourd, jambu and fenugreek seeds in raw and cooked form on serum lipid profile was studied in 60 non insulin dependent male diabetics. The patients were divided into two groups of 30 each. The patients of group I was given raw powdered mixture in the form of capsules and to the patients of group II this mixture was given in the form of salty biscuits. Supplementation of one gram of this powdered mixture for one and a half month period and then further increased to two gram to another one and a half month period to the diabetics significantly improved the serum lipid profile by lowering total, LDL-cholesterol, VLDL cholesterol level thus helping in retarding secondary complications of the disease.