

Non Regular Use of a Neutraceutical in Control of Type 2 Diabetes with Dislipidaemia

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KEYWORDS Type 2 Diabetes. Flax Oil. Fenugreek. Sesame Oil

ABSTRACT Type 2 diabetes is growing explosively in India. The exact cause being unknown and both nature and nurture are believed to have role. Diet and lifestyle of Indians are blamed for the increase. Majority of Indians are lacto-vegetarians and do not culturally permit all kind of food. Further, Indians being poor the dietary ingredient, must be affordable. Health infrastructure in rural India is poor and hence neutraceutical aided control is helpful in villagers. A particular food composite used daily reduces the compliance and hence alternative approaches like use of different sets of neutraceuticals or use of same neutraceuticals not on daily basis is suggested. Chances are there that on non daily use the beneficial effects of neutraceutical may reduce. This study shows that flax oil and fenugreek with sesame oil used as the cooking medium, a neutraceutical of use in diabetes remains effective on non regular use rather the effect potentiates on being used at two days interval.