

Effect of Supplementation of Tulsi (*Ocimum sanctum*) and Neem (*Azadirachta indica*) Leaf Powder on Diabetic Symptoms, Anthropometric Parameters and Blood Pressure of Non Insulin Dependent Male Diabetics

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ABSTRACT The incidence of diabetes is increasing all over the world affecting more than 246 million people. Ninety non insulin dependent male diabetic subjects in the age group of 40-60 years were selected from PAU, Ludhiana to study the effect of supplementation of *tulsi* and *neem* leaves on the signs and symptoms anthropometric parameters and blood pressure of the diabetic subjects. General information of the subjects was recorded by interview schedule. After one month control period ninety subjects were divided into three groups of 30 each. Group I was given *tulsi* leaf powder, group II was given *neem* leaf powder and group III given mixture of both leaf powder in the form of capsules. Daily dosage of four capsules i.e. 2 g powder (Lunch and dinner) was given and supplementation was carried out for a period of 3 months. The most common symptoms of diabetes observed in diabetic patients were polydipsia, polyurea, polyphagia and tiredness. Some other symptoms were sweating, burning feet, itching and headache. Significant reduction in all the diabetic symptoms was observed in all the three groups but maximum reduction was seen in group III patient who were given mixture of *tulsi* and *neem* leaf powder. Significant percent reduction in the symptoms like polydipsia (35, 33, 40), polyphagia (21, 35, 40) and headache (27, 38, 40) was observed in group I, II and III respectively. It can be concluded from the study that *tulsi* and *neem* leaves are helpful in reducing the diabetic symptoms and blood pressure of the subjects. Non significant improvement in the anthropometric parameters of the subjects was observed after supplementation of tulsi and neem leaves powder of the patients. Therefore these leaves should be regularly consumed by the diabetic patients to get relief from the diabetic symptoms.