

Effect of Gurmar (*Gymnema sylvestre*) Powder Intervention on the Blood Glucose Levels among Diabetics

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ABSTRACT *Gymnema sylvestre* is a natural herb. The present study was conducted to study the effect of gurmar leaf powder intervention on the blood glucose level of 20 non-insulin dependent diabetic women, (40-60) years residing in the Udaipur city, Rajasthan. Subjects selected were taking no oral hypoglycemic drug (i.e. newly diagnosed) and were willing to participate in the intervention study. Information regarding name, age, religion, lifestyle pattern, was collected with the help of interview schedule. Anthropometric parameters were collected prior to intervention to assess the nutritional status. Blood glucose levels were assessed before and after intervention period by using one touch horizon glucometer. Everyday 6 gm of gurmar leaf powder was used to intervene the subjects in three divided doses. Dietary survey using 24 hours recall method was also done. (3 days-once in a week). Results of intervention revealed that gurmar leaf powder had positive and encouraging effects over blood glucose levels. No adverse effect was observed on the health status of the subjects and it can thus be concluded that gurmar powder is effective in lowering the fasting as well as postprandial blood glucose levels.