

Effect of Tulsi in Diabetes

CHAPTER 19

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ABSTRACT:

BACKGROUND: Aqueous extract of Ocimum sanctum (Tulsi) of 200mg/kg body weight mixed with diet and it was given to diabetic rats (stroptozotocin induced) by oral administration for about eight weeks and the effect was studied. After eight weeks it was shown that significant reduction in blood glucose level, serum lipid profile, lipid peroxidation products (LPO) along with improved glucose tolerance level.

Aqueous extract of tulsi also helps in decreasing lipid peroxidation products (LPO) formation (thiobarbitudc acid reactive substances TBARS) also it increased antioxidant enzymes superoxide dismutase (SOO), glutathione tmnsferase (GT), oatalase (CAT), glutathione peroxidase (GPX). Antioxidant present in extract reduced glutathione (GSH) in plasma and rat liver, lung, kidney and brain. Increase in GSH, SOD, CAT, GPX, GT and decrease in thiobarbituric acid reactive substance (TBARS) clearly shows the antioxidant property of Ocimum sanctum (Tulsi).

Keywords: Ocimum sanctum, diabetes mellitus, hypoglycemic effect, hypolipldemic effect, lipid peroxidation, anti

INTRODUCTION

Tulsi has a wealthy and exotic records acknowledged since the Vedic age for its significant curative and multicause advantages. It is been the 'Herb Royale' to the French, a sign of affection by way of Italians, and a sacred herb in India. In the 1st century A.D. Roman naturalist Pliny articulated that basil relieves flatulence, which were in the end showed proper. Within the a ways east, the herb were used as a cough medicine, and in Africa, it has been used to expel worms.