



Consumption of drumstick leaves product and its effect on Diabetic patients

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Abstract:

Drumstick (*Moringa Oleifera* Lam), native of Indian sub-continent, has been proposed as one of the best option for the Diabetic Patients. Drumstick leaves also has been recognised as a healthful and Nutritious containing high concentration of Dietary fibre and low Glycemic food. The study was carried out by preparing two traditional food dish “Thepla” and “Muthiya”. Total 20 patients were taken as an experimental sample. Till 30 day the standardised product was added in their one routine meal in the equal amount. At every day blood sample was collected and glucometer was used to analysed – fasting blood sugar (FBS) and post prandial blood sugar (PPBS). The pilot result was > 250 mg/dl and after the consumption of Drumstick leaves containing products it was slowly and gradually decreases. The positive result has been shown to have effect on decreased value of blood sugar to ± 160 mg/dl.

Biography:

Mayur Kumar Patel has done his Diploma in Homeopathic Medical Science, General practitioner in Davada and Bamroli 2002 to 2020 running. He have 5 years experience in government job in Bhalej Kasor and he is observing the diabetic patients from last 7 Years in the nutrition planning.

Recent Publications:

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ic population of Gujarat, India: A Community based Interventional study, Sandul Yasobant, Nilesh Thube, Deepak Saxena, Mayur Patel

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