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In vitro assays of anti-diabetic and anti-hypertensive potential of some traditional edible plants of Qatar

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In this study, four edible desert plants from Qatar were selected to analyse their phenolic bioactive and potential health benefits for managing the early stages of type 2 diabetes and hypertension using in vitro enzyme assays. High total soluble phenolics and high antioxidant activity associated with high α -glucosidase, moderate α -amylase, and angiotensin-converting enzyme (ACE) inhibitory effects were found in aqueous extracts of *Cynomorium coccineum* whereas *Glossonema edule* and *Malva parviflora* had moderate antioxidant potential, total soluble phenolics and angiotensin converting enzyme (ACE) inhibitory activity. It is suggested

that edible plants, such as *Cynomorium coccineum*, possess medicinal properties that have potential as diet-based solutions for combating, preventing and managing the early stage of type 2 diabetes when coupled with overall healthy life style and pharmacological management strategies. This study provides the biochemical rationale for further animal and clinical studies to understand the health benefits of edible plants of Qatar as a part of dietary strategies for type 2 diabetes management.

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