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International Journal of Medical Sciences
DOI: 10.15740/HAS/IJMS/11.1and2/26-32 Volume 11 | Issue 1&2 | April and October, 2018 | 26-32 e ISSN-0976-7932 | Visit us - www.researchjournal.co.in

RESEARCH PAPER

Effect of Supplementation of Cinnamon (*Cinnamomum zeylanicum*) Powder on Diabetics

■ Reshma Uddhavrao Malleshe and Farooqui Hafeez Farzana

See end of the paper for authors' affiliation

Correspondence to :
Reshma Uddhavrao Malleshe

Department of Foods and Nutrition College of Home Science, Vasantrao Naik Marathwada Krishi Vidyapeeth, **Parbhani (M.S.) India**
Email: malleshereshma33@gmail.com

KEY WORDS :

Diabetes, Type II, Diabetic subjects, Fasting, Post prandial blood sugar, Cinnamon

ABSTRACT : The present study was designed to determine the effect of supplementation of cinnamon powder on blood glucose level of selected diabetic patients. The cinnamaldehyde an active component in cinnamon have health protecting effect. Cinnamon has insulin like activity and it contains an active ingredient water soluble polyphenol compound MHCP (methyl hydroxi chalcon polymer). It initiates insulin, triggers its receptors and works synergistically with insulin cells. The investigation was conducted in two phases. In the first phase of experiment, thirty Type II diabetic subjects were selected by purposive sampling technique in Parbhani city. They were personally interviewed with the help of pre-tested questionnaire to elicit the information regarding socio-economic background, health status and food and nutrient intake. In the second phase of experiment, they were divided into two equal groups experimental and control group. The experimental group was supplemented by three capsules (containing 500 mg of cinnamon powder each) daily for 60 days. No supplementation was given to control group. The fasting and post prandial blood sugar level of all the selected thirty subjects, both experimental and control group was recorded initially, after 30 and 60 days. Anthropometric measurements were taken before and after the experiment. Nutrient content of cinnamon powder was analyzed. The collected data was analyzed statistically and it was concluded that the consumption of 1.5 g of cinnamon powder continuously for 60 days has positive effect in diabetic subjects.

How to cite this paper : Malleshe, Reshma Uddhavrao and Farzana, Farooqui Hafeez (2018). Effect of Supplementation of Cinnamon (*Cinnamomum zeylanicum*) Powder on Diabetics. *Internat. J. Med. Sci.*, **11**(1&2) : 26-32, DOI: 10.15740/HAS/IJMS/11.1and2/26-32. Copyright@2018: Hind Agri-Horticultural Society.

Paper History :

Received : 08.12.2017;
Revised : 18.09.2018;
Accepted : 30.09.2018