

A REVIEW

Role of spices in diabetes mellitus

■ Parul Bora

SUMMARY

Diet has been recognised as a corner stone in the management of diabetes mellitus. Drug, diet and recently spices therapies are the major approaches used for the treatment and control of diabetes mellitus. Spices are the common dietary adjuncts that contribute to the taste and flavour of foods. Besides, spices are also known to exert several beneficial physiological effects including the antidiabetic influence. Dietary spices influence various systems in the body such as gastrointestinal, cardiovascular, reproductive and nervous systems resulting in diverse metabolic and physiologic actions. An attempt has been made in this review to focus on the traditional use of dietary spices based on factual research evidence for their multivalent actions as health promoting dietary additives as well as putative therapeutic agents especially in diabetes mellitus.

Key Words : Spices, Diet, Diabetes mellitus, Physiological effects

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