

#1971 - Effect of zingiber on glucose and proteinuria in type2 diabetic patients

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Body

Introduction:

With due attention to the high prevalence of diabetes and the importance of its complications, focus of many studies has been to find a method to reduce its complications, and in this case, medicinal herbs have been considered very much. zingiberis one of the medicinal herbal that has been shown to affect on nephropathy in animal models in some studies. In this study, the effect of ginger has been investigated on the changes in urine protein and blood glucose levels in diabetic patients.

Methods:

In a single-blind clinical trial, one hundred patients with type 2 diabetes with age more than 18 years old were randomly divided into two groups, the intervention group received 500 milligrams of zingiberas capsule, daily in addition to routine therapies, and the control group received only conventional treatments for diabetes. Before and after intervention, blood glucose, urine microalbumin and hemoglobin A1C were measured. Data were analyzed and compared in two groups by SPSS version 23.0 at the significance level of 0.05.

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Results:

The findings showed that zingiber decreased HbA1c levels in diabetic patients ($P = 0.006$), but did not have a significant effect on fasting blood glucose ($P = 0.179$), 2 hours post prandial glucose level ($P = 0.272$), and the microalbumin level in urine ($P = 0.109$).

Conclusion:

Our study showed the hypoglycemic short and long term effects of zingiber. Of course, its effect on reducing blood glucose levels was not significant, but its long-term effect on the reduction of HbA1c was significant, and zingiber could be as a complementary agent in the treatment of diabetes. However, achieving more reliable results requires further studies.

Keywords:

Diabetes, herbs, diabetic nephropathy, zingiber

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