

عنوان مقاله:

An Overview of Cinnamon Properties Effects on Blood Glucose and Hemoglobin A1C in Diabetic People

محل انتشار:

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خلاصه مقاله:

Diabetes mellitus (DM) is a group of metabolic diseases characterized by chronic hyperglycemia resulting from defects in insulin secretion, insulin action, or both. In 2017, it was expected that 425 million people (20–79 years of age) suffered from DM and the number is expected to rise to 629 million by 2045. for centuries cinnamon has been a culinary spice and folk remedy for various maladies. In traditional medicines, its uses include for relief of gastrointestinal distress, arthritis, high blood pressure, dermatitis, toothache, and colds; for improving menstrual irregularities; and for wound healing. In the current literature, the key words including cinnamon, diabetes, insulin, blood glucose, and hemoglobin A1C from the list of MeSH and other credible scientific websites such as Science Direct, PubMed and Google Scholar were used to compile the effects of cinnamon on blood glucose level and hemoglobin A1C in diabetes. Studies show cinnamon can reduce serum levels of glucose, hemoglobin A1C, improving glucose transport, improving anthropometric (Body Mass Index, body fat, and visceral fat), and improving glycemic parameters (FPG, 2hpp, HbA1C, Fasting Insulin, and Insulin Resistance). From the findings of various studies, it can be concluded that the oral administration of cinnamon extracts has a valuable effect on blood glucose levels and hemoglobin A1C.

کلمات کلیدی:

Diabetes Mellitus, Hemoglobin A1C, Cinnamon, Insulin

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