

عنوان مقاله:

The Effect of Combined Therapy with Fenugreek and Nutrition Training Based on Iranian Traditional Medicine on FBS, HgA_{1c}, BMI, and Waist Circumference in Type ۲ Diabetic Patients: a Randomized Double Blinded Clinical Trial

محل انتشار:

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خلاصه مقاله:

Background and Objective: Diabetes mellitus (DM) is one of the most common metabolic disorders that cause a high annual cost of patients care and health services in a society. Given the fact that DM management is very important, the present study aims to investigate the effect of combined therapy with fenugreek and nutrition training based on Iranian traditional medicine on FBS, HgA_{1c}, BMI, and waist circumference in type ۲ diabetic patients. **Materials and Methods:** This randomized double blinded clinical trial was conducted on patients with type ۲ diabetes in Tehran (Iran) during ۲۰۱۷. Patients were randomly divided into four groups, including: G₁ [fenugreek powder (۱۰g/two times per day) with nutrition training], G_۲ [wheat flour (placebo) with nutrition training], G_۳ [fenugreek powder (۱۰g/two times per day) without nutrition training], and G_۴ [wheat flour (placebo) without nutrition training]. **Results:** This study was done on ۱۲۵ patients (۴۳% male and ۵۷% female). There was no significant difference in demographic characteristics of all groups. The mean of FBS in G₁, G_۲, G_۳ and G_۴ significantly decreased by ۶۲، ۱۲، and ۲۳ units, respectively ($P < ۰.۰۰۱$). The mean of HbA_{1c} in groups G₁, G_۲, and G_۳ declined by ۰.۷۷، ۰.۳۱ and ۰.۵ units, respectively. The mean of BMI in groups G₁, G_۲, and G_۳ decreased by ۱.۳۸، ۰.۸۲ and ۰.۸۹ units, respectively. Furthermore, waist circumference reduced in all of three groups by ۷.۱۱، ۳.۸ and ۳.۱۸ units, respectively. There was no significant change in mean value of these parameters in G_۴ group. **Conclusion:** Given the positive effect of fenugreek and nutrition training on FBS, HbA_{1c}, BMI, and waist circumference, it can be suggested for blood glucose control in diabetic patients. Interestingly, combined therapy with fenugreek and nutrition training was more effective in reducing blood glucose, indicating the importance of this combined therapy for blood glucose control in DM patients.

کلمات کلیدی:

Fenugreek, Type ۲ Diabetes, Nutrition training, Iranian traditional medicine

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