

عنوان مقاله:

Investigation of effect of cinnamon on diabetes mellitus type 2

محل انتشار:

دومین همایش ملی سبک زندگی و سلامت (سال: 1397)

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خلاصه مقاله:

Introduction: diabetes mellitus is a common disorder of endocrine glands. More than 100 million people catch it every year. It is seventh known reason of death. This disorder leads to some irreversible complications including kidney failure and eye damage which make its remedy valuable. Because of side effects of chemical drugs, application of herbal medicines was noticed. Cinnamon is an herbal medicine which affects the level of glucose in blood, significantly. This study aims to investigate effect of cinnamon on diabetes mellitus type 2. Method: this study is a review paper which is done searching keywords such as diabetes mellitus type 2, glucose, cinnamon, blood vlucose, surumlipids, seruminsulin using Google Scholar search engine and Magiran, Pubmed, SID databases from 2010 to 2018 Results: 22 papers were studied. 6 papers were removed because of similarity. Remained 16 papers indicate that cinnamon extract has a significant effect on level of glucose of blood and fats. Getting cinnamon extract with three different dosages of 1, 3, and 6 for 60 days can reduce average level of glucose, when a person is fasting. Therefore, it could be concluded that cinnamon is helpful as an herbal medicine and patients could use it as a remedy. Many more experiments should be done for more knowledge. Conclusion: the results suggest that including cinnamon in diet could decrease risk of diabetes mellitus and heart diseases. Effect of cinnamon on antioxidant condition of fat people who are faced with glucose disorder also reveals that cinnamon has a significant effect on their treatment. Level of MDA for people who consume cinnamon extract also was reduced. Therefore, cinnamon could be a good alternative for chemical drugs and patients can use it easily

کلمات کلیدی:

cinnamon, diabetes mellitus type 2

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