Title: E-BABE-Antihyperglycemic Effect of Fenugreek and Ginger in Patients with Type 2 Diabetes: A Double-Blind, Placebo-controlled Study

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Background: Type 2 diabetes mellitus (T2DM) is a worldwide chronic, complex, and progressive disease that usually requires combination therapy for improved glycemic control. Although conventional medicine showed more potency than herbal medicine, a combination of both may result in better therapeutic outcomes with fewer side effects. Objective: This study was conducted to investigate the antihyperglycemic potential of fenugreek seeds (Trigonellafoenum-graecum L.) and ginger root (Zingiber officinalis), in patients with T2DM along with their usual antidiabetic medications.

Methods: A double-blind, placebo-controlled study was conducted using 33 cases who were randomly divided into three groups. The first group received oral placebo capsules (1 g 3 times a day) and served as a control group, while the other two groups each received capsules of either fenugreek or ginger powder of the same dosage (1 g 3 times a day). The study was conducted for 8 weeks and treatment effects in patients were assessed through the measurements of serum's fasting blood sugar (FBS), HbA1c, lipid profile as well as kidney and liver functions.

Results and Discussion: After 8 weeks of intervention, fenugreek and ginger induced a significant reduction in FBS by 19.1±3.8% and 16.0±8.0% compared to their baselines, respectively (P≤0.05). Moreover, fenugreek significantly reduced HbA1c by 15.9±4.9% compared to the baseline, while ginger did not. Creatinine and triglyceride levels were also reduced significantly (P≤0.05) compared to their baselines in both fenugreek and ginger groups. However, all the other parameters did not significantly change. Conclusion: This study provides evidence that using fenugreek and ginger may enhance glycemic control in T2DM patients. Additionally, they might improve kidney function and lipid profile.

Keywords: Diabetes, fenugreek, ginger, double-blind, HbA1c, lipid profile, creatinine

Biography

I completed my Bachelor's degree in Clinical Nutrition from Imam Abdulrahman Bin Faisal University. I've been working in the nutrition field as a Dietetic Intern and then as a Clinical Dietitian. Now I am a Master of Science candidate in Human Nutrition at Columbia University.

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