

The effect of *Phyllanthus amarus* aqueous extract on blood glucose in non-insulin dependent diabetic patients

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Abstract

The glycaemic response to 124.5 ± 9.3 (mean $\pm$ SD) g of pancakes was monitored in 21 non-insulin dependent diabetic (NIDDM) patients while on oral hypoglycaemics, after a 1-week washout period and after a 1-week twice daily treatment with 100 mL of an aqueous extract from 12.5 g of powdered aerial parts of *Phyllanthus amarus*. After the 1-week washout period, the fasting blood glucose (FBG) and postprandial blood glucose increased significantly compared with treatment on oral hypoglycaemics ($p < 0.05$). After a 1-week herbal treatment no hypoglycaemic activity was observed. Both FBG and postprandial blood glucose remained very similar to that recorded after the washout period ($p > 0.05$). Both liver and renal functions based on alanine transaminase (ALAT) and serum creatinine, respectively, were not significantly affected by the use of the extract. Although the lymphocyte and monocyte levels were significantly decreased ($p < 0.05$) and the granulocyte level was significantly increased after treatment ($p < 0.05$) the overall total white blood cell (WBC) count and haemoglobin (Hb) were not significantly affected by the 1 week herbal treatment. We conclude that 1 week treatment with the aqueous extract of *Phyllanthus amarus* was incapable of lowering both FBG and postprandial blood glucose in untreated NIDDM patients. Copyright © 2001 John Wiley & Sons, Ltd.