

Abstract

The effect of Ginseng supplement on HbA1c, Glucose and serum Insulin levels in men with type 2 diabetes after one session exercise

By
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Ginseng is derived from a Greek word meaning the treatment of all diseases. This herb, like other herbs have fewer side effects than chemical drugs. The purpose of the present study was to investigate the effect of Ginseng supplements on HbA1c, Glucose and serum Insulin levels in men with type 2 diabetes after an exercise session.

The population of this study consisted of men with type 2 diabetes, aged between 45 to 60 years, who were referred to the poostchi clinic of Shiraz. Using random sampling method, among the patients with type 2 diabetes, 20 people eligible by age and voluntary basis were selected, then divided into two groups (10 people supplement group and 10 people placebo group). Because of physical problems, there were 3 patients loss in the placebo group. Initially, blood were taken (pretest) from patients of both group, then double blind, the supplement group received capsules containing 3 grams of Ginseng and the placebo group received capsules containing 3 grams of corn flour, and immediately both groups participated in physical activity (treadmill Balk test), 20 minute after taking supplements or placebo, the second blood sample were taken.

The results indicated that, supplementing of Ginseng can be reduced HbA1c in men with type 2 diabetes after an exercise session, but has no effect on blood Glucose and Insulin levels.

Key Words: Diabetes, HbA1c, Glucose, Insulin, Ginseng