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HYPOGLYCEMIC EFFECT OF ABELMOSCHUS ESCULENTUS- A REVIEW

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Abstract

Diabetes mellitus is an endocrinological and metabolic disorder with an increasing global prevalence. Diabetes is forecasted to be a very major disease by 2030. In the recent years, increasing attention has been paid to the role of diet in human health. The high intake of plant products is associated with a reduced risk of a number of chronic disease such as diabetes, atherosclerosis etc. There are studies that demonstrate that some of the natural plants and herbal supplements are used as a alternative way to manage and control diabetes. Abelmoschus Esculentus is one among them. It is also known as okra. Okra is a vegetable crop cultivated in tropical, subtropical and warm temperate region around the world .okra pods are mucilaginous low in calories, good source of fiber. Studies have shown that the okra pods contain important bioactive components such as carotene, folic acid, thiamine, riboflavin, niacin, vitamin C, oxalic acid and amino acid. Pods are low in saturated fat, very low in cholesterol and offers sufficient amount of minerals. Besides the nutritional property the different parts are used extensively in traditional medicine (antidiabetic, antipyretic, diuretic etc). Research shows that consuming okra everyday decreased clinical indication of kidney damage lot more than the ones that simply consumed a diabetic diet. The aim of this review is to find out the nutritional property and bioactive compound of Abelmoschus Esculentus in the management of diabetes.

Key word: Diabetes, Abelmoschus Esculentus, nutritional property

Introduction

Okra (Abelmoschus esculentus) is one of the most widely known and utilized species of the family Malvaceae (Naveed et al., 2009) and an economically important vegetable crop grown in tropical and subtropical parts of the world (Oyelade et al., 2003; Andras et al., 2005; Saifullah and Rabbani, 2009). This crop is one of the most widely known and utilized species of the family Malvaceae (Naveed et al., 2009). Okra plant was previously included in the genus Hibiscus. Later, it was designated to Abelmoschus, which is distinguished from the genus Hibiscus (Aladele et al., 2008). Okra requires a long, warm and humid growing period. It can be successfully grown in hot, humid areas. It is sensitive to frost and extremely low temperatures. For

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