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Antidiabetic Effect of Amaranthus Spinosus

Rudra Parmar[1], Rajshri Patel[2], Nilam Patel[3]

[1]Student, School of Pharmacy, Parul University, Vadodara, Gujarat, India
[2]Assistant Professor, School of Pharmacy, Parul University, Vadodara, Gujarat, India
[3]Assiatant Professor, School of Pharmacy, Parul University, Vadodara, Gujarat, India

ABSTRACT:
Herbal medicines play an important role in the health care system, especially in rural areas where access to traditional money is limited. Amaranthaceaes Medicine Plant Amaranthus Spinosus L. Traditionally used in the treatment of various diseases including diabetes mellitus. The plant thrives in different environments and contains bioactive compounds such as sterols, flavonoids, tannins, glycosides and phenol compounds, which are considered to contribute to its medical capacity.
Diabetes mellitus, a wide metabolic disorder, almost classified to type 1 (insulin neutral) and type 2 (non-insulin-tain) diabetes. Chronic hyperglycemia, a feature of this condition, is an important factor in the development of diabetes -related complications. Research shows that A.
-extracts from spinosus show hypoglycemic properties and can play a role in glucose and lipid regulation. While initial findings support their ability as a natural disgusting agent, medical applications are necessary to validate efficiency and safety.

Keywords: Amaranthus spinosus, Diabetes mellitus, Hyperglycemia, Hypoglycemia, Insulin, Metabolism

INTRODUCTION

A significant portion of Rural populations relies on herbal remedies for treating illnesses due to their accessibility and among these communities for managing various health conditions.[1] Amaranthus spinosus L., a herbal with medicinal properties, is a member of the Amaranthus family.
This species can be found growing in various environments, including uncultivated areas, along railroad tracks, in agricultural fields, and within garden spaces.[2] Amaranthus spinosus L., known in Hindi as Kantabhaji, is a Smooth herb that can grow as an annual or perennial plant. This species, which originated in tropical America, has since spread across India's tropical and subtropical areas. [3] This plant is characterized as an upright, branching herb with spines located in the Leaf axils and leaves that are ovate- elliptic in shape, measuring up to 12 cm in Length and 6cm in width.
The plant produces single-intercourse flowers that can be located in clusters inside the Leaf axils and on the uppermost part of the plant.[4] This Plant contains a numerous range of compounds along with Several sterals (Beta-sitosterol, Stigmasterol, Campesterol, and alpha-spinasterol), the alkane hentriacontane, and glycosides, flavonoids, tannins, and phenolic compounds.[5]The majority of the arena Population is currently stricken by diabetes mellitus, that is a extreme health situation anywhere in the globe [6]There are primarily varieties of diabetes mellitus:- Type 1 and Type 2. Type 1 diabetes mellitus is insulin based, whilst Type 2 diabetes mellitus is non-insulin based. Research has proven that improved blood glucose Levels, referred to as hyperglycemia, are the number one factor contributing to

headaches associated with diabetes. [7] Amaranthus spinosus has been traditionally employed within the treatment of diabetes mellitus.[8] Initial Laboratory studies endorse those extracts from this plant exhibit potential in reducing both glucose and lipid degrees.[9][10]

Diagnosis of Diabetes:

Thomas Willis identified the saccharine nature of Urine in diabetes in the Late 1600s. He noted that diabetes was uncommon in the past, but it had become prominent during his era and blamed it on excessive consumption of neat wine.[11]

According to projections by the International Diabetes Federation (IDF), the global incidence of diabetes mellitus was estimated at 366 million in 2011, with an anticipated rise to 552 million by 2030.[12] In 2006, the World Health Organization (WHO) issued a consensus statement outlining the current diagnostic criteria for diabetes. These guidelines align with those established in the respective consensus statements of the American Diabetes Association (ADA) and the Canadian Diabetes Association (CDA).

Diabetes can be diagnosed through any of the following criteria:

- Two separate measurements of fasting plasma glucose at or above 126 mg/dl. Alternatively,
- A plasma glucose reading of 200 mg/dl or higher two hours following a 75g glucose challenge. Or,
- A single random plasma glucose measurement reaching or exceeding 200 mg/dl. OGTT: - Oral Glucose Tolerance Test

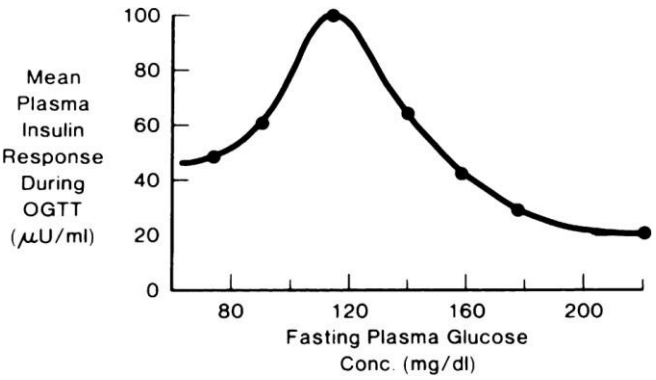

Fig: Starling's curve of the pancreas for insulin secretion [13]

Recently, the ADA has expanded its diagnostic toots to include hemoglobin A1c(HbA1c). This measure, previously used Only to assess hyperglycemia control & intervention effectiveness, is now considered a valid diagnostic test for diabetes mellitus. A HbA1c Value Surpassing 48 mmol/mol is deemed indicative of diabetes mellitus.[14][15][16][17]

Etiology of Diabetes Mellitus

Diabetes mellitus encompasses a group of disorders that cause elevated blood sugar levels in the body, potentially leading to serious complications affecting the kidneys, nerves, and retina. This condition is a multifaceted syndrome characterized by hyperglycemia and chronic health issues impacting the microvascular, macrovascular, and neuropathic systems.[18] The etiology of diabetes mellitus shows involvement of both genetic and environmental factors. Type 1 diabetes (T1DM) is in most cases a disease that develops due to the immune system turning against the β-cells of the pancreas leading to an

insulin shortage. Here, the immune reaction is modulated by both the immune system and environmental factors (e.g. viruses and bacteria), and also the genetic makeup of the patient, mainly HLA-region genes [19][20][22] While on the contrary, type 2 diabetes mellitus (T2DM) is mainly a syndrome of inadequate insulin action together with insulin hyposecretion. In comparison, it is usually associated with insulin resistance, which is a condition of the inability of the muscles to react properly to insulin, and the pancreas to produce enough insulin due to obesity, lack of physical activity, and genetic flaws[21][24]

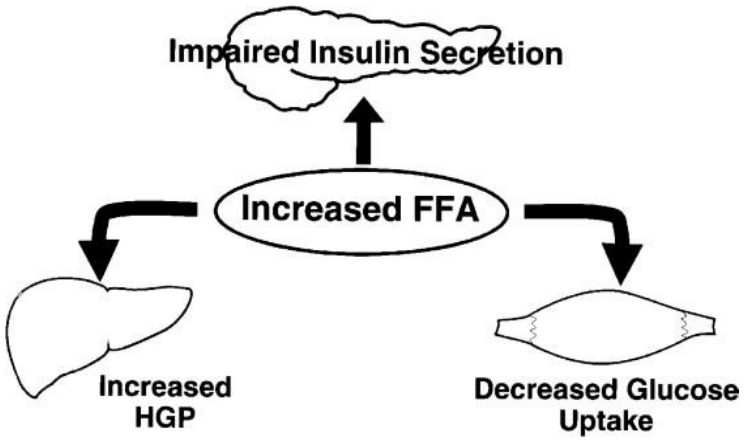

Fig:Etiology of type 2 diabetes mellitus [25]

Pathogenesis of Diabetes Mellitus

T1DM pathogenicity results from the production of β-cells primarily by autoreactive T cells that homeostatically express islet-specific autoantibodies that are biomarkers for the disease. Autoimmune reactivity is mediated by the genetically predisposed and environmental triggers, which are, for instance, infections or dietary components, and these are capable of immune regulation immune responses.[19][22][23] The environmental changes also inflect the manifestation of the disease through epigenetic changes that have shown to modulate gene expression.[20]

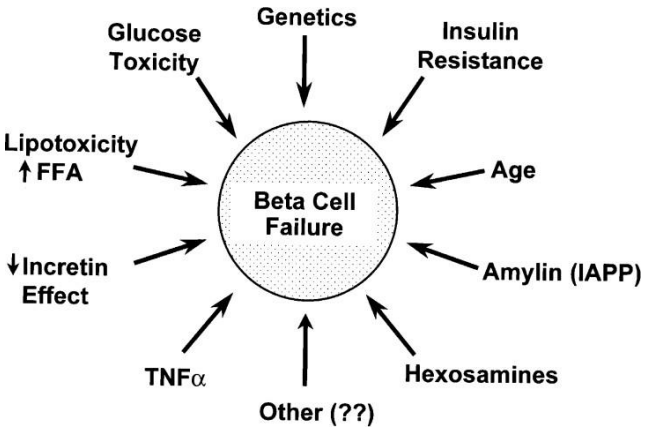

Fig: Pathogenic factors [26]

As for T2DM, the pathogenesis is a combination of insulin resistance and β-cell dysfunction. The usual cause of insulin resistance is the malfunction of the insulin receptor, leading to diversions in glucose transfer, and disorders of lipid metabolism. Fat cells and factors secreted promote the process of

insulin resistance besides other
things.[21] The interplay between genetics, diet, and lifestyle as well as the environment is very important for type 2 diabetes mellitus.

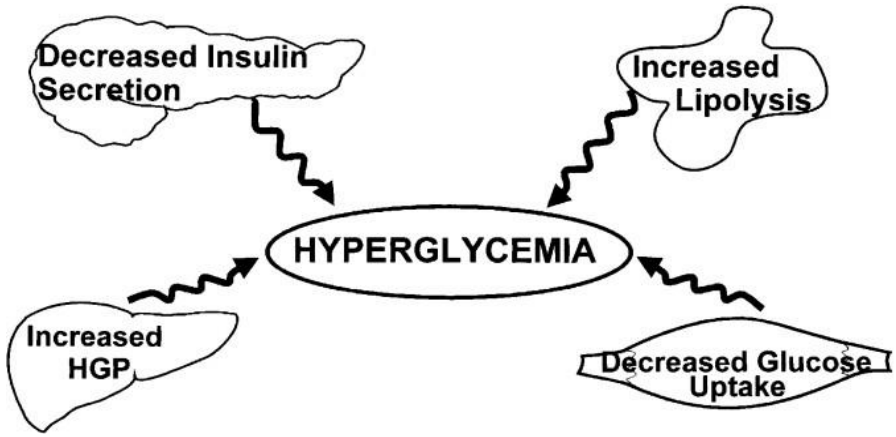

Fig: pathogenesis of diabetes mellitus [27]

Extraction Methods:

The extraction of bioactive compounds from Amaranthus spinosus is crucial for studying its anti-diabetic properties. Several methods have been employed to obtain these extracts:

- **Methanol Extraction:**

Methods utilizing methanol for extraction have been shown to be highly successful in yielding compounds with properties that combat diabetes and lower cholesterol. The procedure includes drying and pulverizing plant material to facilitate extraction with a methanol solvent. This process effectively isolates a range of bioactive substances, including carbohydrates, cardiac glycosides, amino acids, proteins, terpenoids, saponins, and steroids [28].

- **Ethanolic Extraction:**

The anti-diabetic properties have been most extensively studied in ethanolic extracts derived from leaf material. In a diabetic rodent model, the ethanolic extract administered at doses of 250 and 500 mg/kg body weight demonstrates a statistically significant hypoglycemic effect. The extract appears to have the potential to alleviate oxidative stress induced by hyperglycemia and to enhance pancreatic function and cellular protection [29].

- **Aqueous Extraction:**

Preparations prepared by water-based extraction protocols, showed robust anti-diabetic activity. The use of a water primarily based technique for extracting bioactive compounds from foliar tissue yields organic pastime shown to be effective in glycemic manipulate in diabetic animal models. Chemical analysis of the extract confirmed that it's far rich in bioactive components, consisting of alkaloids, flavonoids, phenolic acids, and saponins [30].

- **Hydroethanolic Extraction:**

The implementation of a binary solvent machine comprising water and ethanol enables comprehensive extraction of each polar and non-polar parts, potentially optimizing healing efficacy. Research findings suggest that hydroethanolic extracts exhibit massive ability to reduce hyperglycemia, attenuate oxidative stress, and optimize metabolic feature in diabetic situations [31].

These systematic extraction protocols have tested instrumental in the isolation and characterization of compounds responsible for the anti-diabetic homes of Amaranthus spinosus.

Anti-diabetic Activity: -

Numerous studies have tested the big anti-diabetic effects of Amaranthus spinosus:

- **Glucose Regulation:**

The methanol extracts from Amaranthus spinosus exhibit a significant ability to lower glucose levels in diabetic rat models induced by streptozotocin (STZ), showing effectiveness comparable to the anti-diabetic treatment Glibenclamide [32]. This effect is achieved through the inhibition of carbohydrate-hydrolyzing enzymes, specifically α-glucosidase and α-amylase.

- **Lipid Profile Improvement:**

Clinical research indicate that Amaranthus spinosus extracts effectively optimize lipid profiles in diabetic models through reduction of levels of cholesterol and elevation of excessive-density lipoprotein (HDL) concentrations [33]. These changes are achieved through modulation of lipid metabolism pathways and suppression of lipogenesis.

- **Oxidative Stress Reduction:**

Administration of Amaranthus spinosus extract demonstrates efficacy in hyperglycemia discount thru oxidative stress amelioration and pancreatic cellular renovation—a essential issue of comprehensive diabetes management.[34] The extract's antioxidant capability is attributed to its extensive polyphenol content, which complements the capability of vital antioxidant enzymes, consisting of catalase and glutathione [PMC10532493].

- **Metabolic Function Enhancement:**

Clinical investigations exhibit that Amaranthus spinosus facilitates tremendous improvements in metabolic feature and exhibits antioxidant residences essential for diabetes control and associated headaches [35]. These therapeutic graces are characterized by maximized lipid metabolism, decreased insulin resistance, and enhanced insulin sensitivity.

The hypoglycemic effect of Amaranthus spinosus acts through various mechanisms:

- Carbohydrate-hydrolyzing enzyme inhibition (α-glucosidase and α-amylase)
- Enhancement of insulin secretory feature
- Development of insulin sensitization by altering receptor signaling cascades.
- Minimization of oxidative stress by more efficient antioxidant defense structures
- Maintenance of pancreatic β-cell function through preservation from oxidative insult and apoptosis

Dosage and Efficacy: -

The anti-diabetic consequences of Amaranthus spinosus were located at numerous dosages and through one-of-a-kind extraction techniques, each demonstrating extensive hypoglycemic activity:

- **Aqueous Extract:**

Doses of two hundred mg/kg and four hundred mg/kg have shown dose-structured hypoglycemic effects, efficiently reducing fasting blood glucose tiers in diabetic rats. These doses have been observed to lessen oxidative stress and enhance pancreatic function, contributing to the law of blood glucose tiers [30].

- **Methanol Extract:**

Administering doses of 200 mg/kg and 400 mg/kg over a period of 15 days resulted in significant antioxidant effects in combating diabetes. The methanol extract demonstrated potent hypoglycemic properties by enhancing insulin secretion and mitigating oxidative damage in diabetic conditions [36].

- **Ethanolic Extract:**

Administering doses of 150 mg/kg, 300 mg/kg, and 450 mg/kg resulted in excellent anti-diabetic effects in both type-1 and type-2 diabetic rat models. The ethanolic extract was found to significantly improve metabolic functions and lower blood glucose levels by modulating key enzymes involved in glucose metabolism [35].

These findings recommend that the highest quality dosage for anti-diabetic results ranges from 200 mg/kg to 450 mg/kg, depending on the unique extract used. The consequences highlight the capability of Amaranthus spinosus extracts to function effective herbal options or dietary supplements to conventional diabetic medications.

Side Effects and Precautions: -

While Amaranthus spinosus indicates promising anti-diabetic residences, it's crucial to bear in mind potential side outcomes:

- **Allergic Reactions:**

Some people also can revel in hypersensitive reactions including hives, runny nose, wheezing, and stomach ache [37]. These reactions are regularly because of pollen allergens and can variety base on individual sensitivities.

- **Nitrate Accumulation:**

When cultivated in nitrogen-rich soils, Amaranthus spinosus is capable of absorbing nitrates from leaves, which, when consumed in large quantities, are harmful.[38] Showing and regulating soil nitrogen levels is advisable in order to escape this danger.

- **Gastrointestinal Issues**

Other people may also get vomiting, diarrhea, or stomach discomfort, particularly those who are intolerant to effective proteins [39]. This is probably so since the body has different proteins and antinutrients like oxalates that would interfere with digestion.

It's vital to word that these thing results are typically slight and no longer universally professional. However, humans with mentioned sensitivities or underlying fitness situations must workout warning and seek advice from healthcare businesses in advance than the usage of Amaranthus spinosus for diabetes management. Additionally, ensuring right agricultural practices can help restrict the dangers associated with nitrate accumulation.

Conclusion: -

Amaranthus spinosus demonstrates considerable potential as an anti-diabetic agent, with results comparable to traditional diabetic medicinal drugs in a few research. Its capacity to modify blood glucose degrees, improve lipid profiles, and decrease oxidative strain makes it a promising candidate for diabetes management. The diverse extraction methods have yielded extracts with robust anti-diabetic houses, with ideal dosages starting from two hundred mg/kg to 450 mg/kg. Ethanol and methanol extracts, specifically, have proven widespread efficacy.

While the facet outcomes appear to be normally moderate, further research is wanted to fully apprehend the long-term safety profile of Amaranthus spinosus. As with any herbal treatment, it is essential to consult healthcare professionals earlier than incorporating it into diabetes control regimens.

The findings from this review assist the traditional use of Amaranthus spinosus in dealing with diabetes and highlight its capacity as a complementary or opportunity remedy. Future medical trials and mechanistic studies will be essential in absolutely elucidating its healing capacity and optimizing its use

in diabetes care. Additional studies should deal with the unique mechanisms of blood glucose law, most appropriate extraction methods, potential interactions with other medicines, and the effect of patient demographics on therapeutic results.

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