



Antihyperglycemic Effect of a Herbal Mixture in Rats

Tarik Bsaiti, Ali Berraaouan, Mohamed Bnouham*

Laboratoire de Génétique, Physiologie et Ethnopharmacologie, Faculté des Sciences,
Université Mohammed Premier, Oujda. Morocco

Abstract : Postprandial glycemia is a risk factor of diabetes mellitus. In the present study we aim to evaluate the effect of herbal mixture on fasting glycemia and on oral-induced hyperglycemia in normal rats.

The herbal mixture (*Thymelaea hirsuta* extract, *Urtica dioica* extract and *Argania spinosa* oil; 10 ml/kgb.w.) was administered to normal fasting rats to evaluate its hypoglycemic power. The antihyperglycemic potential of the mixture was assessed on normoglycemic rats using the oral glucose tolerance test.

The results show that the herbal mixture administration significantly decreased (-20.91%) basal glycemia of treated rats at the 6th hour following the intake. Also, the mixture inhibited the hyperglycemic peak following the glucose overload. Area under curve analysis shows a significantly decreased (-25.94%) plasmatic glucose availability in mixture-treated rats.

Our findings support the efficiency of this herbal mixture in enhancing glucose tolerance in normal rats which could be helpful in managing postprandial glycemic state.

Keywords : Antihyperglycemic, hypoglycemic, postprandial state, herbal mixture, *Argania spinosa*, *Urtica dioica*, *Thymelaea hirsute*.

Mohamed Bnouham *et al* /International Journal of PharmTech Research, 2016,9(12): 406-409.
