The Theraputic Effect of Abelmoschus Esculentus (okra) on rats induced diabetes that throws new light on managing Type II diabetic patients

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Abstract
Background:

Abelmoschus esculentus (Okra) is one of popular vegetable in many countries. Medically it is an excellent source of potassium, vitamins B, C, antioxidants and calcium. Nowadays it becomes an area of interest due to its antidiabetic effect. In this systematic review we are using mice to model human disease. Genetically and gnomically, the human and the mouse are very similar, with many of the disease-related genes are nearly identical. The major objective of this study was to investigate the therapeutic effect of Abelmoschus esculentus (okra) on diabetic mice, and the impact of the outcome results on type II diabetic patients.

Method:

PubMed, Cochrane databases, Access Medicine and Google Scholar search was conducted to find out studies that evaluate the ability of Okra to lower blood glucose on diabetic mice. As the result of the deep search and using inclusion and exclusion criteria and JBI critical appraisal tools 4 articles were selected. All of these articles evaluate the antidiabetic effect of Okra.

Results:

All the identified studies confirm the antidiabetic effect of Abelmoschus esculentus in diabetic rates. The results showed clear reduction in the level of blood glucose, HbA1c and others diabetic markers. In addition to this they revealed potential of hypolipidemic, antiinflammatory and anti-cancer effects of okra.

Conclusion:

The results of this systematic review confirm that Okra has the potential to be an excellent choice for managing glucose level on type II diabetic patients. However, direct studies on human type II diabetic patients need to be done before confirming its effect in human.

Biography:
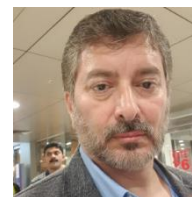
Dr. Hassan awarded his Ph.D in Clinical Chemistry in 1997 From USA in the field of Lipoprotein. He has been a professor in Medical Laboratory Sciences Program in Oman College of Health Sciences for more than 20 years. He is a certified clinical scientist of the American Society of Clinical Pathologists in the USA. He aslo holds a Clinical Consultant certificate and Allied Health instructor from American Medical Technologist in the USA.

Prior to his work to Oman, He was an Clinical Rsearch Project Consultant in Iso-Tex Radiopharmaceutical Company in Friendswood, Texas, USA and Clinical Scientist in Quest Diagnostics Laboratory in Houston, Texas, USA.

Speaker Publications:

1. "Unsupervised Self-learning, Few-Shot Meta Learning, and Real Data Generation for Realizing Universal Classification Systems
2. "A Universal Parking Lot Management System based on Deep Learning, Modality Fusion, and Transfer Learning
3. "Domain adaptation meets disentangled representation learning and style transfer
4. "High-speed data-plane packet aggregation and disaggregation by P4 switches
5. "IUML: Inception U-Net Based Multi-Task Learning for Density Level Classification And Crowd Density Estimation

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