

4th World Congress on

PUBLIC HEALTH, EPIDEMIOLOGY & NUTRITION

May 24-25, 2018 Osaka, Japan

The anti-diabetic use of *Allium cepa* (Garden Onions)**Desiree R Daniega**

University of the Philippines, Philippines

One of the natural products found to have anti-diabetic properties is *Allium cepa*, commonly known as garden onion. Thus, this review paper will go through some researches which have been done to illustrate the anti-diabetic property of *Allium cepa*. Quercetin, a major phenolic content in onion, inhibits the liberation of D-glucose from oligosaccharides and disaccharides by inhibiting α -glucosidase, resulting in delayed absorption of glucose from the intestine and is thereby considered responsible for controlling blood glucose levels. In several animal studies, the administration of oral juice of *Allium cepa* significantly decreased the blood sugar levels in drug-induced diabetic rats. Ether extract of the fresh bulb, administered to pancreatectomized dogs and rabbits by gastric intubation, was active. Ether extract of the fresh bulb, administered intragastrically to rabbits at a dose of 250 gm/kg, was active. A dose of 10.0 mg/kg, administered orally to rabbits, was active. A drop in blood sugar of 15 mg relative to inert treated controls indicated positive results. These results indicated that the different extracts using different agents do not affect the activity of the anti-diabetic effects of the components of allium cepa. Although, further studies have to be done in order to establish the most appropriate dosage for its maximal hypoglycemic control without causing any harm to the animals of study, *Allium cepa* shows promising evidence as a possible food supplement in the management of diabetes mellitus. Studies have demonstrated the potential benefit of *Allium cepa* in lowering the blood sugar levels among drug-induced diabetic rats.

drdaniega@up.edu.ph