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Swamy K B

Universiti Sultan Zainal Abidin, Malaysia

“*Synsepalum dulcificum*” (Miracle fruit): A future potential anti-hyperglycemic and other herbal medicinal plants that protect the health of Kuala Terengganu people in Malaysia

Introduction: The study of previous researchers Ali *et al.* (1992) revealed the prevalence of non-insulin dependent diabetes mellitus (NIDDM) and deviated glucose tolerance among the Aborigines (0.3%, 4.7%) and Malays (4.4%, 11.3%) respectively. A variety of studies indicated that Malays have a relatively high prevalence of type 2 diabetes compared with other Asian ethnic groups.

Aim: The aim of the study is to evaluate the frequency of herbal medicine usage among the Terengganu population in Malaysia by conducting a research through systematic-survey analysis to know how frequently and for what common diseases the herbal medicine was used.

Materials & Methods: 1520 respondents (male and female), ages between 14 and above 70 years were selected by systematic random sampling from 5 directional areas of Kuala Terengganu state in Malaysia. The statistical analysis was done by using SPSS 21.0 package.

Results: According to our analytical study, 68.82% of population was using herbal medicine and 31.18% were using western and other systems of medicine. The purpose of using traditional medicine for the curative purpose was 43.98% (n=460), preventive 30.31% (n=317), sexual health (10.99%, n=115), cosmetic reason 6.50% (n=68) and for others (8.22%, n=86). For the curative purposes, 57.39% respondents used it for curing hypertension (n=264), diabetes (13.48%, n=62), arthritis and heart failure (9.35%, n=43), peptic ulcer and other diseases (3.48%, n=16), bronchial asthma (1.3%, n=6) and cancer and renal stones (1.09%, n=5). We also identified to our surprise, 99 medicinally used plants in Terengganu among which *Synsepalum dulcificum* (Miracle fruit) was extensively used by people as an anti-diabetic herbal medicine.

Discussion: Our present study revealed that 68.82% of the population in Terengganu preferred herbal medicine than other systems of medication to use.

Conclusion: Our results coincided with the WHO statement that 70% of the world population prefer herbal medicine as the treatment for their ailments.

Biography

Swamy K B has been awarded PhD by Andhra University, India. He has taken his Master's degree in Clinical Anatomy from Andhra Medical College, India, DMCh (Maternal & Child Health) and Medical degree (MBBS) from IGNOU, New Delhi. He has expertise in Human Genetics, Reproductive & Developmental Anatomy and also in Herbal Medicine. He has been the Genetic Counselor for many institutions, with prestigious grants from Malaysia. He has conducted many researches on Herbal Medicine and Diabetes, on "Brain size and Intelligence Quotient (IQ)". He has been the former Founder, Anatomist, Professor and Head of the Department for many Medical Schools in India as well as in Malaysia. He is an international Editorial Board Member for many reputed journals like *Anatomical Society of India* (ASI). Recently, he has been unanimously elected as an Executive Board Member for ASI and an Organizing Committee Member for the upcoming "9th Euro-Global Summit on Toxicology and Applied Pharmacology" to be held during June 22-24, 2017 at Paris, France.

profdrswamy@gmail.com