

Effects of *Gymnema lactiferum* leaf on serum glucose and cholesterol levels of normo-glycaemic Wistar rats

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Abstract

Gymnema lactiferum var. *lactiferum* is a twining plant which belongs to the family *Asclepiadaceae* (milk weed family). This plant is distributed in many South Asian countries including, Assam, Malay Peninsula, Malaysia and Sri Lanka. It is reported that *G. lactiferum* leaf powder is used popularly by the people in Jaffna, as a treatment for diabetes. The present study indicates that the leaf powder does not result in a significant reduction of FBS ($p=0.64$) or serum total cholesterol levels ($p=0.49$) when tested with normo-glycaemic Wistar rats following feeding for 4 weeks. Further the leaf extract did not produce any significant effect on blood glucose levels on the glucose challenge ($p=0.26$) in the normo-glycaemic Wistar rats.

Keywords: *Gymnema lactiferum* var. *lactiferum*, normo-glycaemic rats, blood glucose, cholesterol