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Hypoglycemic and hypolipidemic properties of hot infusion from  
*Nyctanthes arbor-tristis* L. (Night Jasmin) in adults: phase I clinical trial

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Hot flower infusion of *Nyctanthes arbor-tristis* (Family: Oleaceae) has been used in traditional medicine for centuries to manage diabetes and high cholesterol. A phase I double-blinded randomized controlled clinical trial involving 15 healthy adults (age 20-30 years) was conducted to evaluate the hypoglycemic and hypolipidemic properties in hot infusion. Volunteers were treated either with 100mg/dl (dose based on previous animal studies) of hot infusion or distilled water (control) for 15 consecutive days. On days 1 and 15, plasma glucose level (PGL) and liver and kidney toxicity [ALT (Alanine Aminotransferase), AST (Aspartate Aminotransferase), ALP (Alkaline Phosphatase), Creatinine and GFR (Glomerular Filtration Rates)] in blood collected from fasted patients was analyzed. Total cholesterol (TC), HDL-CH (high-density lipoproteins), LDL-CH (low-density lipoproteins) and try-glyceraldehyde were also evaluated. Hot infusion significantly ( $p < 0.01$ ) decreased PGLs, TC and triglyceride levels by 8%, 17.6% and 25.2% respectively. LDL-CH, HDL-CH, serum creatinine, ALT, AST levels or GFR (>90%) remained unaltered. In conclusion, hot infusion of *N. arbor-tristis* is an effective anti-hyperlipidemic and hypoglycemic agents and future development of therapeutic agents are recommended.