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Effect of jamun (*Syzygium cumini* L.) seed powder supplementation on blood glucose level of type-II diabetic subject

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Hypoglycemic effect of supplementation of *jamun* seed powder (*Syzygium cumini* L.) on the blood glucose level of the selected diabetic subjects of 51-60 years of age was studied. Total thirty type II diabetic subjects were selected for the study and divided into two groups. Group I control group (n= 15) and Group II experimental group (n= 15). The subjects of experimental group were supplemented with per day 2 g of *jamun* seed powder for 60 days. Blood glucose level of the selected diabetic subjects was analyzed initially, at 30th and 60th days of supplementation. Nutritive value of *jamun* seed powder was estimated and expressed on dry weight basis per 100g.Results of nutrient content of *Jamun* seed powder indicated, 3.21 per cent moisture, 5.25 g protein, 4.86 g fat, 14.88 per cent total mineral and 15.75 per cent crude fibre and trace elements like calcium, iron, copper, manganese, and zinc were 21mg, 18.62mg, 1.08mg, 1.45mg, and 13.33mg, respectively. Mean values of fasting blood glucose level was decreased significantly from 223.06 $\pm$ 80.9 mg/ dl to 166.6 $\pm$ 64.91 mg/dl after thirty days of supplementation of *jamun* seed powder, further it was decreased to 139.66 $\pm$ 61.45 mg/ dl at 60th days of supplementation among the subjects of experimental group. Even reduction in post prandial blood glucose level was also observed (369.93 $\pm$ 79.40 to 203.73 $\pm$ 60.95 mg/dl). On the other hand, similar trend was not noticed in the blood glucose level of the subjects of control group.

Key Words : Diabetic subjects *Jamun* seed powder, Supplementation and blood glucose

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