

Herbal Treatment for Diabetes



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Innovation Description

The traditional knowledge holder has suggested treatment for diabetes.

Disease symptoms: Increased thirst, frequent urination, hunger, fatigue, blurred vision, weakness

Ingredients: 20-30 g fruits of Karela (*Momordica charantia* L.).

Preparation: Collect, wash and crush the fruits to extract 15 ml of the juice. Add 100 ml of water to the extracted juice.

Dosage/Application: Consume the extracted juice thrice daily for 3 months.

Ingredients' availability: The plant is available in nearby places.

Suggested Reading(s):

Leung, L., Birtwhistle, R., Kotecha, J., Hannah, S., & Cuthbertson, S. (2009). Anti-diabetic and hypoglycaemic effects of *Momordica charantia* (bitter melon): a mini review. *British Journal of Nutrition*, 102(12), 1703-1708.

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