**RANDOMIZED 30-DAYS TRIAL WITH GRANULATED GYMNEMA GREEN TEA TO REDUCE BLOOD SUGAR**

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Objectives: To estimate quantitative evidence of blood sugar reduction by drinking granulated mixture of green tea with Gymnema.

Materials and Methods: This trichotomous randomized controlled trial was conducted on 127 hyperglycaemic patients having no evidence of any end organ damage at Dhaka National Medical College, Bangladesh from May 2009 - February 2010. Eligible participants were randomized into control and two trial groups- Group-1(matched control group), Group-2 (high blood sugar but no treatment), and Group-3 (taking medicine for diabetes). One-to-one structured intervention for diet, physical activity, and lifestyle modification was given to all three groups. Trials groups (Group-2 and 3) were additionally supplied with pre-tested herbal Gymnema green tea. Group-3 participants continued their anti-diabetic drugs. Participants were followed-up every 10 days. Blood works and urinalysis were done. Participants were followed up to 90 days. Data analysis was done by SPSS.

Results: Combined mean reduction of blood sugar was 2.25 Â±3 mmol/L (24.1%) after 30 days intervention. In control group, 1.09mmol/L (8.6%) blood sugar reduced in 30 days. The reduction in Group-2 was 2.54mmol/L (29.4%), and while 2.95mmol/L (23.6%) in Group-3. Reduction of blood sugar was significant (p<0.01) in all group with time, and also significant between control with each trial group.

Conclusion: Granulated mixture of Gymnema herbal green tea significantly reduces blood sugar. Total reduction was the highest with DM patients taking both drug plus tea, and required to lower the doses of anti-diabetic drugs after 20 days. This study recommends Gymnema green after meals to control diabetes and pre-diabetes.