

# **The Potential Synergism of Naturally Anti-Diabetic Plants: Mulberry Leaves, Okra, and Green Banana**

Phillip T. Nedd<sup>1</sup>, Chi-I Chang<sup>2</sup>, Albert L. Charles<sup>3</sup>

National Pingtung University of Science and Technology

Department of Tropical Agriculture and International Cooperation<sup>1</sup>,

Department of Biological Science and Technology<sup>2</sup>

## **Abstract**

The issue of diabetes has received considerable critical attention and has become a global problem. In the United States, they are seeing numbers in the hundreds of millions and even small countries like Taiwan see a significant increase of new diabetic patients. Doctor prescribed medication is costly and comes with many side-effects. This is why, natural remedies are important and their potential synergies can help reduce the need for medication. This study's objective is to find the most effective anti-diabetic composite ingredients which includes mulberry leaves, green banana, and okra. The compounds found in mulberry positively affect anti-glycation which, can reverse the effects of diabetes in time. In okra, hypoglycemic effects have also been found. It has been reported that the resistant starch found in green bananas has great potential in reducing blood glucose. This study will test the effectiveness of these three crops independently and in combination with each other to determine their combined effects. Lastly, this study will help with future remedies that can be found with the combination of other naturally anti-diabetic plants.

**Keywords:** *abelmoschus esculentus*, *musa acuminata*, *morus alba*

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