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Gut ecosystem modulation as precursor for Blood Glucose Regulation through moringa leaves aqueous extract- An experimental study**Shaista Jabeen***The University of Lahore, Pakistan*

Moringa oleifera (MO), also known as drumstick, has gained importance as a medicinal plant. It has high nutritional and pharmacological value. In this experimental study, anti-hyperglycemic effect of different doses of Moringa oleifera has been investigated along with its prebiotic activity against Lactobacillus. 20 Male Albino rats weighing 200-250g were housed in cages with free access to water and food. Diabetes was induced using Streptozotocin 50mg/kg in overnight fasted rats. Diabetic rats were divided in 4 groups (n=5). Control group rats were given Metformin 100mg/kg/day; treatment group 1, 2 and 3 rats were treated with MO 100, 200, 300 mg/kg/day respectively. Random blood glucose levels were monitored twice a week for 21 days and were represented as mean of each week. Study results conclude that Moringa oleifera has promising anti-hyperglycemic properties but results are more evident on a dose of 100mg/kg/day from 152.50 ± 7.7 to 119 ± 7.07 (p value= 0.010) compared to the other doses (p>0.05). The result of stool analysis showed that it supports the growth of Lactobacillus which is evident by increased count of 104 CFU Lactobacillus in group 2 & 3 compared to the control group 103 CFU Lactobacillus. While higher 105 CFU Lactobacillus in group 2 treated with 100mg/kg/day of MO leaves. Moringa oleifera maintained blood glucose level and supports the gut microbial growth as evident by the Lactobacillus growth in each treatment group compared to the control group. The results of this study suggest the need of further experimentation for a longer duration to establish the effective dose of Moringa oleifera.

Biography

Shaista Jabeen holds M.Phil degree in Food and Nutrition and has been working as Assistant Professor in University Institute of Diet and Nutritional Sciences (UIDNS) since 7 years. She has an expertise in nutrition intervention and dietary counseling for a wide range of health conditions. She is also an author of number of research publications in the field of nutrition and food science. She has also been a part of number of community nutrition projects, seminars and workshops.