

EVALUATION OF ANTIHYPERGLYCEMIC ACTIVITY AND PHYTOCHEMICAL SCREENING USING LEAVES OF *GYMNEMA SYLVESTRE*

Rahila Khatoon*, Kuldeep Singh and Manoj Kumar Mishra

Shambhunath Institute of Pharmacy, Jhalwa, Prayagraj (Allahabad), India.

*Corresponding Author: Rahila Khatoon

Shambhunath Institute of Pharmacy, Jhalwa, Prayagraj (Allahabad), India.

Article Received on 14/03/2019

Article Revised on 04/04/2019

Article Accepted on 25/04/2019

ABSTRACT

The aim of this study was to investigate the Evaluation of antihyperglycemic activity and phytochemical screening using leaves of *Gymnema sylvestre* in alloxan (ALX) induced diabetic rats. Diabetes was confirmed after 5 days of single intraperitoneal injection of ALX (150 mg/kg) in albino Wister rats. Aqueous and ethanol extracts of leaves of *Gymnema sylvestre* (200 and 400 mg/kg) and Glibenclamide (10 mg/kg, p.o.) orally administered daily for 15 days, blood was withdrawn for glucose determination on 0, 1, 10 and 15 days respectively. Five days before the termination of the experiment, the oral glucose tolerance test (OGTT) was performed to assess the glucose tolerance. For this purpose, overnight fasted rats were fed glucose (2 g/kg) orally and blood was collected at 0, 30, 60 and 120 min interval from orbital sinus for glucose estimation. On the 15th day, overnight fasted rats were sacrificed and blood was collected for the determination of high density lipoproteins cholesterol (HDL-C), low density lipoprotein cholesterol (LDL-C), very low density lipoprotein cholesterol (VLDL-C), total cholesterol (TC), total glycerides (TG) and total proteins (TP). Aqueous and ethanol extracts of leaves of *Gymnema sylvestre* at doses of 200 and 400 mg/kg showed significant reduction in blood glucose, lipid when compared to diabetic control group. We concluded that aqueous and ethanol extracts of leaves of *Gymnema sylvestre* possess Antidiabetic. The histopathology study of pancreas was also performed which showed hypoglycemic effect.

KEYWORDS: *Gymnema sylvestre*, Antidiabetic activity, leaves of *Gymnema sylvestre*.**INTRODUCTION**

Diabetes mellitus is a common and very prevalent disease affecting the citizens of both developed and developing countries. It is estimated that 25% of the world population is affected by this disease. Diabetes mellitus is caused by the abnormality of carbohydrate metabolism which is linked to low blood insulin level or insensitivity of target organs to insulin.

Many Indian plants have been investigated for their beneficial use in different types of diabetes and reports occur in numerous scientific journals. Ayurveda and other traditional medicinal system for the treatment of diabetes describe a number of plants used as herbal drugs. Hence, they play an important role as alternative medicine due to less side effects and low cost. The active principles present in medicinal plants have been reported to possess pancreatic beta cells re-generating, insulin releasing and fighting the problem of insulin resistance.

Gymnema sylvestre is a climber with leaves having soft hairs on the upper surface. The leaves are elongate oval shaped. It has small yellow umbelliferous inflorescence which is produced throughout the year. *Gymnema sylvestre* has a long history of use in herbal medicine and

a broad range of therapeutic properties. *Gymnema sylvestre* leaves contain triterpenoid saponins, flavonols, and gumarin. The major biologically active plant molecules are gymnemic acids, a class of triterpenoid saponins, which have the effect of suppressing the taste of sweetness on the tongue from sucrose (sugar), stevia, xylitol, and artificial sweeteners such as aspartame.

The sweet-blocking effect of *Gymnema sylvestre* lasts from 15 minutes to 50 minutes and may even persist for several hours. There is no indication that gymnemic acids have long-term effects on taste and they do not influence bitter, salty, and sour taste perception.

MATERIAL AND METHODS**Plant material**

The leaves of *Gymnema sylvestre* were collected in the month of April from the surrounding fields of Bhelara, Sultanpur and authenticated by G. P. Botanical Survey of India, Allahabad.

Preparation of plant extract

The leaves were air dried at room temperature and the dried seeds were grind into fine powder with an auto-mix blender. The powdered part was kept in a deep

freezer until the time use. Powder was further extracted by ethanol by maceration technique.

Animals

Healthy, adult Albino Wistar rats (150-200gm) of either sex were purchased from the National Center for Laboratory Animal sciences, Hyderabad used for study. Housed individually in polypropylene cages, maintained under standard conditions (12 h light; and 12 h dark cycle; 23±2° C, 50± 5%, relative humidity), they were fed with standard rat pellet diet(Hindustan Lever Ltd; Mumbai, India) and were ad libitum. The Institutional Animal Ethics Committee approved the study.

Acute toxicity study

The acute oral toxicity study has to be carried out as per the guidelines set by OECD, revised draft guidelines 423, received from CPCSEA, ministry of social justice and empowerment, Govt of India.

The animals are randomly selected, marked to permit individual identification, and kept in their cages for at least 5 days prior to dosing to allow for acclimatization to the laboratory conditions. The test substance is administered in a single dose by using a stomach tube or a suitable intubation canula. In the unusual circumstance that a single dose is not possible, the dose may be given in smaller fractions over a period not exceeding 24 hours.

Three animals are used for each step. The dose level to be used as the starting dose is selected from one of four fixed levels, 5, 50, 300 and 2000 mg/kg body weight. The starting dose level should be that which is most likely to produce mortality in some of the dosed animals.

Preparation of extracts dosage form

Extract dose of crude drug were freshly prepared as a fine homogenized suspension in aqueous.

Antidiabetic activity

Group I: normal control rats were given 0.5% Tween 80 for 15 days.

Group II: Diabetic controls have been given 0.5% Tween 80 for 15 days, 5 days after alloxan (150mg/kg, i.p.) treatment.

Group III: Rats have been given Glibenclamide (10mg/kg/day, p.o.) for 15 days, 5 days after alloxan (150mg/kg, i.p.) treatment.

Group IV: Test rats have been given ethanol extract of leaves of *Gymnema Sylvestre* (200mg/kg, p.o.) for 15 days, 5 days after alloxan (150mg/kg, i.p.) treatment.

Group V: Test rats have been given ethanol extract of leaves of *Gymnema Sylvestre* (400mg/kg, p.o.) for 15 days, 5 days after alloxan (150mg/kg, i.p.) treatment.

Group VI: Test rats have been given aqueous extract of leaves of *Gymnema Sylvestre* (200mg/kg, p.o.) for 15 days, 5 days after alloxan (150mg/kg, i.p.) treatment.

Group VII: Test rats have been given aqueous extract of leaves of *Gymnema Sylvestre* (400mg/kg, p.o.) for 15 days, 5 days after alloxan (150mg/kg, i.p.) treatment.

Oral glucose tolerance test:

Five days before the termination of the experiment, the oral glucose tolerance test (OGTT) was performed to assess the glucose tolerance. For this purpose, overnight (18 h) fasted rats were fed glucose (2 gm/kg) orally and blood was collected at 0, 30, 60 and 120 minute interval from orbital sinus for glucose estimation.

Assessment of Oral glucose tolerance test

Blood samples were collected from tail puncturing of each rat at 0 minute, 30 minute, 60 minute and 120 minute and blood glucose was estimated by glucose estimation kit. Percent reduction in blood glucose was calculated with respect to the initial level.

Assessment of Anti-diabetic activity

Blood samples were collected from tail puncturing of each rat at 0 day, 1st day, 10th day and 15th day and blood glucose was estimated by glucose estimation kit. Percent reduction in blood glucose was calculated with respect to the initial level.

Assessment of Antihyperlipidemic activity

At the end of 15th day, blood was collected by heart puncture and serum was separated for the estimation of total cholesterol, HDL, LDL, VLDL, total Glycerides, total serum protein, albumin, globulin etc and the liver was isolated from the rats of all the groups and kept in 10% formalin solution and hence send for histopathological investigation.

RESULTS

Table 1.1: Effect of ethanol and aqueous extracts of leaves of *Gymnema sylvestre* lipid profiles and total proteins in diabetic rats.

| Parameter | Normal | High Cholesterol Diet Control | High cholesterol diet treated with <i>Gymnema Sylvestre</i> Extract (200-400 mg/kg b.w.,p.o.) |
|----------------------|----------------|-------------------------------|---|
| Cholesterol (mg/dl) | 65.82 ± 1.90 | 378.73 ± 4.99 | 282.02 ± 6.38 |
| Triglyceride (mg/dl) | 77.83 ± 7.89 | 181.79 ± 10.24 | 125.89 ± 05.23 |
| HDL-C (mg/dl) | 2.08 ± 1.20 | 1.56 ± 0.90 | 1.54 ± 0.89 |
| LDL (mg/dl) | 6.21 ± 6.57 | 447.38 ± 21.65 | 321.17 ± 26.10 |
| VLDL (mg/dl) | 17.48 ± 0.48 | 36.35 ± 1.29 | 25.17 ± 0.50 |
| HDL-ratio | 178.49 ± 14.52 | 4.47 ± 0.35 | 13.1 ± 00.61 |
| Atherogenic Index | 2.08 ± 0.10 | 8.56 ± 0.09 | 4.25 ± 0.20 |

Values are expressed as mean ± SEM for (n=6) rats in each group, when compared to control **p<0.01, *p<0.05 and ^{ns}p>0.05.

Table 1.2: Effect of ethanol and aqueous extract of leaves of *Gymnema Sylvestre* on OGTT of diabetic rats.

| Groups | Treatment / mg/kg | Blood glucose levels (mg/dl) | | | |
|--------|---------------------------|------------------------------|---|---------------------------|-------------------------------------|
| | | 0 min | 30 min | 60 min | 120 min |
| I | Normal control | 90 ± 1.3 | 126 ± 1.2 (↑40.0%) | 117 ± 1.4 (↑30.0%) | 93 ± 0.9 (↓3.33%) |
| II | Glibenclamide, 10 mg/kg | 234 ± 1.9 | 295 ± 2.26 (↑26.06%) | 291 ± 1.5 (↑24.35%) | 287.4 ± 2.6 (↑22.64%) |
| III | Control, 0.5% Tween 80 | 179.2 ± 0.8 | 208.9 ± 1.6 (↑16.57%) | 222 ± 1.02 (↑23.88%) | 186.1 ± 0.8 (↓3.85%) |
| IV | Ethanol extract 200 mg/kg | 166.3 ± 0.9 | 212.6 ± 1.09 (↑27.84%) _a | 239.9 ± 0.9 (↑44.25%) | 196.1 ± 0.78 (↑17.91%) |
| V | ethanol extract 400 mg/kg | 183.3 ± 0.6 | 212.6 ± 1.05 (↑15.98%) _a | 248.3 ± 0.76 (↑35.46%) | 189.9 ± 1.5 (↓3.6%) _a |
| VI | Aqueous extract 200 mg/kg | 209.1 ± 1.4 | 241.5 ± 0.6 (↑15.49%) | 261.6 ± 0.56 (↑25.10%) | 192 ± 0.96 (↓8.18%) |
| VII | Aqueous extract 400 mg/kg | 195.5 ± 2.1 | ^s 227.7 ± 0.76 (↑16.47%) _a | 236 ± 0.11 (↑20.71%) | 180.1 ± 0.7 (↓12.77%) |

Values are expressed as mean ± SEM for (n=6) rats in each group, when compared to control **p<0.01, *p<0.05 and ^{ns}p>0.05.

Table 1.3: Effect of ethanol and aqueous extracts of leaves of *Gymnema Sylvestre* on blood glucose level in alloxan induced diabetic rats.

| Groups | level Blood sugar in Group (15 days) mg/dL (mean ± SD) | | | | |
|---------------------------|--|----------------|---------------|---------------|----------------|
| | Initial | Day 1 | Day 5 | Day 10 | Day 15 |
| Normal Control | 70.78 ± 7.03 | 65.05 ± 9.33 | 66.70 ± 9.85 | 67.00 ± 7.41 | 65.48 ± 5.88 |
| Glibenclamide, 10mg/kg | 249.76 ± 8.85 | 262.28 ± 14.75 | 285.85 ± 4.78 | 309.20 ± 8.09 | 313.28 ± 4.73 |
| Control, 0.5% Tween 80 | 250.85 ± 8.40 | 252.49 ± 5.57 | 239.23 ± 8.42 | 204.38 ± 5.84 | 192.03 ± 5.80 |
| Ethanol extract 200 mg/kg | 248.04 ± 3.89 | 249.65 ± 7.85 | 221.24 ± 5.41 | 189.10 ± 8.22 | 178.14 ± 9.30 |
| ethanol extract 400 mg/kg | 249.70 ± 8.85 | 256.08 ± 4.98 | 239.88 ± 8.84 | 214.23 ± 3.33 | 182.85 ± 4.58 |
| Aqueous extract 200 mg/kg | 251.84 ± 4.90 | 256.57 ± 5.57 | 233.45 ± 6.30 | 192.77 ± 4.89 | 154.85 ± 10.24 |
| Aqueous extract 400 mg/kg | 248.38 ± 3.50 | 251.17 ± 8.14 | 217.97 ± 4.52 | 190.10 ± 7.91 | 180.21 ± 8.68 |

Values are expressed as mean ± SEM for (n=6) rats in each group, when compared to control **p<0.01 and ^{ns}p>0.05.

Table 1.4: Effect of ethanol and aqueous extracts of leaves of *Gymnema sylvestre* on lipid profiles and total proteins in diabetic rats.

| Groups | Biochemical parameters (mg/dl) | | | | | | |
|---------------------------|--------------------------------|--------------------------------|--------------------|----------------------|---------------------|---------------------|---------------------|
| | TC | HDL-C | LDL-C | VLDL-C | TG | Total protein | Albumin |
| Normal control | 118.5 ± 0.2236** | 44.5 ± 0.2236** | 48.5 ± 0.2236* | 24.5 ± 0.2236** | 121.5 ± 0.2236** | 6.245 ± 0.0022** | 3.335 ± 0.0022** |
| Glibenclamide 10 mg/kg | 122.5 ± 0.2236** | 46.5 ± 0.2236** | 46.5 ± 0.2236** | 20.5 ± 0.2236** | 145.5 ± 0.2236** | 6.45 ± 0.0224** | 3.35 ± 0.0224** |
| Diabetic Control | 140.5 ± 0.2236 | 41.5 ± 0.2236 | 66.5 ± 0.2236 | 32.5 ± 0.2236 | 157.5 ± 0.2236 | 5.65 ± 0.0224 | 5.25 ± 0.0224 |
| Ethanol extract 100 mg/kg | 120.5 ± 0.2236** | 43.5 ± 0.2236** | 45.5 ± 0.2236** | 28.5 ± 0.2236** | 144.5 ± 0.2236** | 6.205 ± 0.0022** | 3.345 ± 0.0024** |
| Ethanol extract 200 mg/kg | 115.5 ± 0.2236** | 45 ± 0.4472** | 48.5 ± 0.2236** | 30.35 ± 0.02236** | 148.5 ± 0.2236** | 6.75 ± 0.0224** | 3.315 ± 0.0024** |
| Aqueous extract 100 mg/kg | 125.5 ± 0.2236** | 41.5 ± 0.2236 ^{ns} | 44.5 ± 0.2236** | 24.25 ± 0.02236** | 120.5 ± 0.2236** | 6.65 ± 0.0224** | 3.65 ± 0.0224** |
| Aqueous extract 200 mg/kg | 117.5 ± 0.2236** | 43.5 ± 0.2236** | 50.5 ± 0.2236** | 22.5 ± 0.2236** | 115.5 ± 0.2236** | 6.45 ± 0.0224** | 2.75 ± 0.0224** |

Values are expressed as mean ± SEM for (n=6) rats in each group, when compared to control **p<0.01 and ^{ns}p>0.05.

Diabetes mellitus is a common and very prevalent disease affecting the citizens of both developed and developing countries. It is estimated that 25% of the world population is affected by this disease. Diabetes mellitus is caused by the abnormality of carbohydrate metabolism which is linked to low blood insulin level or insensitivity of target organs to insulin. Despite considerable progress in the treatment of diabetes by oral hypoglycemic agents, search for newer drugs continues because the existing synthetic drugs have several limitations. The herbal drugs with antidiabetic activity are yet to be commercially formulated as modern medicines, even though they have been acclaimed for their therapeutic properties in the traditional systems of medicine.

Alloxan is a toxic glucose analogue, which selectively destroys insulin-producing cells in the pancreas (that is beta cells) when administered to rodents and many other animal species. This causes an insulin-dependent diabetes mellitus (called "Alloxan Diabetes") in these animals, with characteristics similar to type 1 diabetes in humans. Alloxan is selectively toxic to insulin-producing pancreatic beta cells because it preferentially accumulates in beta cells through uptake via the GLUT2 glucose transporter. Alloxan, in the presence of intracellular thiols, generates reactive oxygen species (ROS) in a cyclic reaction with its reduction product, dialuric acid.^[2] The beta cell toxic action of alloxan is initiated by free radicals formed in this redox reaction. One study suggests that alloxan does not cause diabetes in humans. Others found a significant difference in alloxan plasma levels in children with and without diabetes Type 1.^[3]

Because it selectively kills the insulin-producing beta-cells found in the pancreas, alloxan is used to induce diabetes in laboratory animals.^[4] This occurs most likely because of selective uptake of the compound due to its

structural similarity to glucose as well as the beta-cell's highly efficient uptake mechanism (GLUT2).^[5] Some studies have shown that alloxan is not toxic to the human beta-cell, even in very high doses, probably because of differing glucose uptake mechanisms in humans and rodents. Alloxan is, however, toxic to the liver and the kidneys in high doses.^[6]

Insulin is also the principal control signal for conversion of glucose to glycogen for internal storage in liver and muscle cells. Lowered glucose levels result both in the reduced release of insulin from the β-cells and in the reverse conversion of glycogen to glucose when glucose levels fall. This is mainly controlled by the hormone glucagon, which acts in the opposite manner to insulin. Glucose thus forcibly produced from internal liver cell stores (as glycogen) re-enters the bloodstream; muscle cells lack the necessary export mechanism. Normally, liver cells do this when the level of insulin is low (which normally correlates with low levels of blood glucose).^[7]

Phytochemical studies have revealed the presence of several phytochemicals including alkaloids, glycosides, flavonoids, steroids, phenolic compounds and tannins. The percentage yield of aqueous and ethanol extracts of seeds and seeds were found to be more than the other extracts.^[8] Polyphenoles are the major plant compounds with high level of antioxidant activity due to their ability to absorb, neutralize and to quench free radicals as well as their redox properties presence of conjugated ring structures and carboxylic group which have been reported to inhibit lipid peroxidation. Results obtained in the present study revealed that the levels of these phenolic compounds in the aqueous and ethanol extracts of leaves of *Gymnema sylvestre* were considerable.^[9]

Higher insulin levels increase some anabolic ("building up") processes, such as cell growth and duplication, protein synthesis, and fat storage. Insulin (or its lack) is

the principal signal in converting many of the bidirectional processes of metabolism from a catabolic to an anabolic direction, and *vice versa*. In particular, a low insulin level is the trigger for entering or leaving ketosis (the fat-burning metabolic phase).

The diabetogenic agent Alloxan is a hydrophilic and chemically unstable pyrimidine derivative, which is toxic to pancreatic β -cells because it can generate toxic free oxygen radicals during redox cycling in the presence of reducing agents such as glutathione and cysteine. The increase in oxygen free radicals in diabetes could be due to increase in blood glucose levels, which generates free radicals due to auto oxidation. In the present work, involvement of free radicals in progression of disease and protective effects of *Gymnema sylvestre* has been examined. Administration of ethanol and aqueous extracts leaves of *Gymnema sylvestre* for 15 days showed significant antidiabetic, antihyperlipidemic and antioxidant activities in Alloxan induced diabetic rats.^[10]

Hyperlipidemia is one of the major cardiovascular risk factors. It has been demonstrated that insulin deficiency in diabetes mellitus leads to a variety of derangements in metabolic and regulatory processes, which in turns leads to accumulation of lipids such as Total Glycerides and total cholesterol in diabetic patient, diabetes mellitus alters the normal metabolism of cholesterol and triglycerides showed an increase in alloxan induced diabetic rats. Under normal conditions, the enzyme lipoprotein lipase hydrolyses triglycerides. Diabetes mellitus results in failure to activate this enzyme thereby causing hyper tryglyceridemia. Our data showed in line with notion as the Alloxan (140mg/kg, i.p.) treated diabetic rats exhibited clear cut abnormalities in lipid metabolism as evidenced from the significant elevation of serum TG, TC, LDL-C, VLDL-C and reduction of HDL-C levels. Treatment with ethanol and aqueous extracts of leaves of *Gymnema sylvestre* for 15 days was sufficient to produce a significant reduction in the TG, TC, LDL-C, VLDL-C and significant increase in HDL-C levels in diabetic rats. These results indicate that ethanolic and aqueous extracts of leaves of *Gymnema sylvestre* has a lipid lowering effect on the diabetic rats.^[10]

The findings of the present study shows a number of positive effects of *Leaves of Gymnema sylvestre* on rats with Alloxan induced disturbances in glucose tolerance and lipoprotein profile. Thus, ethanolic and aqueous extracts of leaves of *Gymnema sylvestre* beneficial in the control of diabetes and abnormalities in lipid profiles. These beneficial effects of leaves of *Gymnema sylvestre* specially promising in the light of preventing lifestyle disease of the cardiovascular systems.^[5,8]

The histopathology study of pancreas was also performed which showed hypoglycemic effect. The study reveals that in glucose-fed rats, the maximum hypoglycemic effect was produced within one hour

during glucose tolerance test, this indicates that it takes about one hour for the active ingredient(s) or its (their) metabolites in the ethanol and aqueous extracts of leaves of *Gymnema sylvestre* to enter into the circulation and target tissues to bring about hypoglycemic effect.^[10]

In conclusion the result of the present study indicates that *Leaves of Gymnema sylvestre* may have active principle(s) that exerts antidiabetic and antihyperlipidemic activities.

REFERENCES

1. Joy P, Thomas J, Mathew Samuel, Skaria Baby P. Medicinal plants, Kerala agricultural university: Aromatic and Medicinal Plants Research Station, 1998; 1-211.
2. Thomas, J. Medicinal and aromatic plants research in India. In UNDP.Process training course on Indigineous medicinal and aromatic plants.Beijing, china, 1997; 17-27.
3. Grover JK, Yadav S, Vats V.Medicinal plants of India with anti-diabetic potential. J Ethnopharmacol, 2002; 81: 81-100.
4. K. Ravi, B. Ramachandran and S. Subramanian, "Protective Effect of Eugenia jambolana Seed Kernel on Tissue Antioxidants in Streptozotocin-Induced Diabetic Rats," Biological & Pharmaceutical Bulletin, 2009; 27(8): 1212-1217.
5. V. Vikrant, J. K. Grover and N. Tandon, "Treatment with Extracts of Momordica Charantia and Eugenia Jambolana Prevents Hyperglycemia and Hyperinsulinemia in Fructose-fed Rats," Journal of Ethnopharmacology, 76(2): 139-143.
6. P. Warriar, V. Nambiar and C. Ramankutty, "Indian Medical Plants," Vol. 5, Orient Longman Ltd., Hyderabad, 1996; 225-228.
7. H. Sagrawat, A. Mann and M. Kharya, "Pharmacological Potential of Eugenia Jambolana: A Review," Pharmacogenesis Magazine, 2006; 2: 96-104.
8. P. Wester, Journal of food Plants of the Philippines, Bulletin 39, 3rd Edition, Philippine Department of Agriculture & Natural Research, Bureau of Agriculture, Manila, 1924.
9. H. Munsell, L. Williams, L. Guild, C. Troesch, G. Nightingale and R. Harris, "Composition of Food Plants of Central America," Food Research, 1949; 14(2): 144-164. doi:10.1111/j.1365-2621.1949.tb16218.x.
10. E. Giovannucci, E. Rimm and Y. Liu, "A Prospective Study of Tomato Products, Lycopene, and Prostate Cancer Risk," Journal of Natural and Cancer Natural, 94(5): 391-398.