

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

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تغذیه و دیابت نوع ۲

ایزدی خواه آذر ۱۴۰۰

انجیر

FICUS
CARICA





A role of Ficus species in the management of diabetes mellitus: a review

- ▶ Ponnuvel Deepa, Kandhasamy Sowndhararajan , Songmun Kim , Se Jin Park
- ▶ January 2018
- ▶ Journal of Ethnopharmacology IF = 4.36

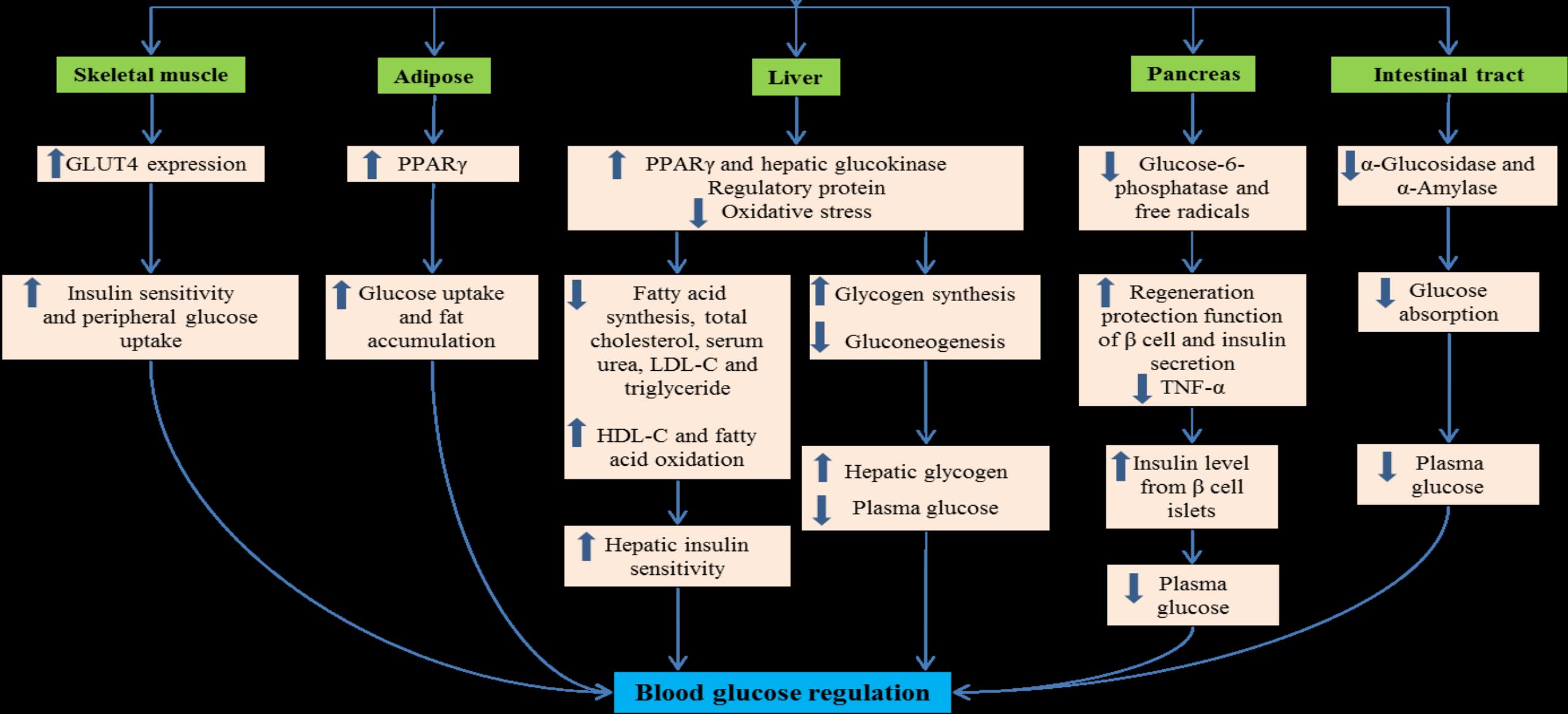
Ficus species:

- ▶ *F. benghalensis*,
- ▶ *F. religiosa*,
- ▶ *F. glumosa*,
- ▶ *F. deltoidea*,
- ▶ *F. racemosa*
- ▶ *F. carica*

- ▶ These *Ficus* species showed protective effect against streptozotocin and alloxan-induced diabetic animals and also alleviated all the diabetic-related complications by **inducing insulin secretion**, **inhibiting glucose absorption**, **increasing glucose uptake** and **enhancing pancreatic β -cell levels**

Mechanisms of antidiabetic activity:

- ▶ Inhibition of glucose absorption in the intestinal tract
- ▶ Enhancement of glucose uptake in skeletal muscle
- ▶ Regulation of glucose homeostasis
- ▶ Antioxidant activity



Ficusin isolated from the leaves of *F. carica*

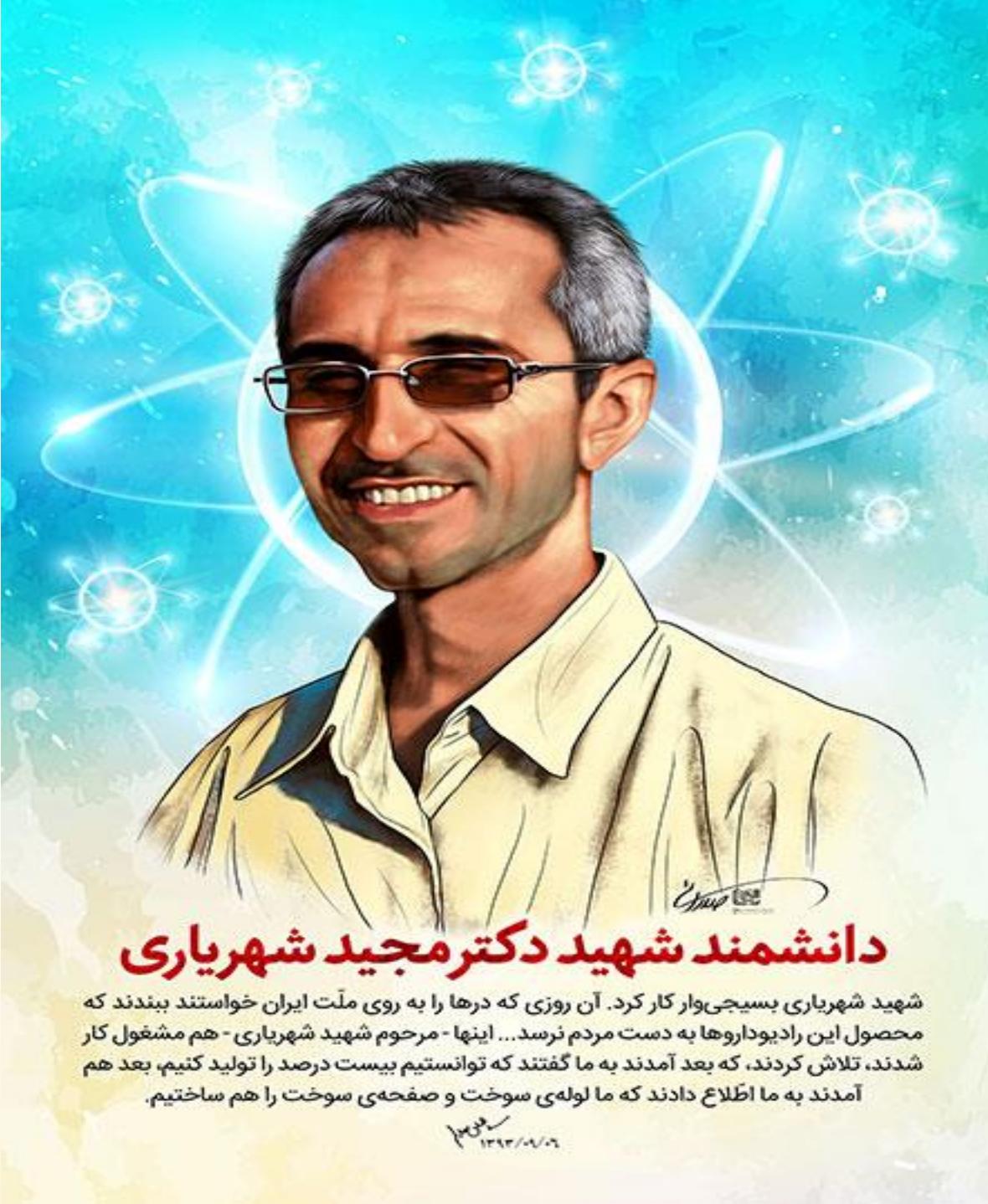
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- decreased the blood glucose level
 - improved lipid profile, plasma insulin, nephritic marker, liver glycogen, liver enzymes
 - protected β -cells.
- ”

Table 1. Antidiabetic potential of different *Ficus* species

Plant name	Part / extract or compound	Dose	Experiment model	Positive control	Duration	Activity	Reference	
<i>F. carica L.</i>	Fruit and Leaves / raw	Fed 5,10 And 20 % For fruit; 4, 6	Alloxoni induced diabeti rats			Increases antioxidant levels.	El-Shobaki et al., 2010	
	Fruit / methanol	50, 100, 150 mg/kg	Streptoz ot ocinind uced albino Wister rats	Metformin (500 mg/kg)	14 days	Reduce blood glucose level and increase insulin action.	Sheikh et al., 2015	

some important antidiabetic actions of Ficus species:

- Enhancing insulin sensitivity
- inducing insulin secretion
- increasing hepatic glycogen synthesis
- decreasing carbohydrate absorption
- regulating intestinal tract enzymatic activities
- increasing peripheral glucose uptake
- improving antioxidant status



دانشمند شهید دکتر مجید شهریاری

شهید شهریاری بسیجی وار کار کرد. آن روزی که درها را به روی ملت ایران خواستند بینند که محصول این رادیوداروها به دست مردم نرسد... اینها - مرحوم شهید شهریاری - هم مشغول کار شدند، تلاش کردند، که بعد آمدند به ما گفتند که توانستیم بیست درصد را تولید کنیم، بعد هم آمدند به ما اطلاع دادند که ما لوله‌ی سوخت و صفحه‌ی سوخت را هم ساختیم.

کویر
۱۳۹۲/۰۷/۶