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Insulin-releasing and insulin-like activity of the traditional anti-diabetic plant *Coriandrum sativum* (coriander).

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Coriandrum sativum (coriander) has been documented as a traditional treatment of diabetes. In the present study, coriander incorporated into the diet (62.5 g/kg) and drinking water (2.5 g/l, prepared by 15 min decoction) reduced hyperglycaemia of streptozotocin-diabetic mice. An aqueous extract of coriander (1 mg/ml) increased 2-deoxyglucose transport (1.6-fold), glucose oxidation (1.4-fold) and incorporation of glucose into glycogen (1.7-fold) of isolated murine abdominal muscle comparable with 10(-8) M-insulin. In acute 20 min tests, 0.25-10 mg/ml aqueous extract of coriander evoked a stepwise 1.3-5.7-fold stimulation of insulin secretion from a clonal B-cell line. This effect was abolished by 0.5 mM-diazoxide and prior exposure to extract did not alter subsequent stimulation of insulin secretion by 10 mM-L-alanine, thereby negating an effect due to detrimental cell damage. The effect of extract was potentiated by 16.7 mM-glucose and 10 mM-L-alanine but not by 1 mM-3-isobutyl-1-methylxanthine. Insulin secretion by hyperpolarized B-cells (16.7 mM-glucose, 25 mM-KCl) was further enhanced by the presence of extract. Activity of the extract was found to be heat stable, acetone soluble and unaltered by overnight exposure to acid (0.1 M-HCl) or dialysis to remove components with molecular mass < 2000 Da. Activity was reduced by overnight exposure to alkali (0.1 M-NaOH). Sequential extraction with solvents revealed insulin-releasing activity in hexane and water fractions indicating a possible cumulative effect of more than one extract constituent. These results demonstrate the presence of antihyperglycaemic, insulin-releasing and insulin-like activity in *Coriandrum sativum*.

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Traditional plant treatments for diabetes. Studies in normal and streptozotocin diabetic mice.

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The effects on glucose homeostasis of eleven plants used as traditional treatments for diabetes mellitus were evaluated in normal and streptozotocin diabetic mice. Dried leaves of agrimony (*Agrimonia eupatoria*), alfalfa (*Medicago sativa*), blackberry (*Rubus fruticosus*), celandine (*Chelidonium majus*), eucalyptus (*Eucalyptus globulus*), lady's mantle (*Alchemilla vulgaris*), and lily of the valley (*Convallaria majalis*); seeds of coriander (*Coriandrum sativum*); dried berries of juniper (*Juniperus communis*); bulbs of garlic (*Allium sativum*) and roots of liquorice (*Glycyrrhiza glabra*) were studied. Each plant material was supplied in the diet (6.25% by weight) and some plants were additionally supplied as decoctions or infusions (1 g/400 ml) in place of drinking water to coincide with the traditional method of preparation. Food and fluid intake, body weight gain, plasma glucose and insulin concentrations in normal mice were not altered by 12 days of treatment with any of the plants. After administration of streptozotocin (200 mg/kg i.p.) on day 12 the development of hyperphagia, polydipsia, body weight loss, hyperglycaemia and hypoinsulinaemia were not affected by blackberry, celandine, lady's mantle or lily of the valley. Garlic and liquorice reduced the hyperphagia and polydipsia but did not significantly alter the hyperglycaemia or hypoinsulinaemia. Treatment with agrimony, alfalfa, coriander, eucalyptus and juniper reduced the level of hyperglycaemia during the development of streptozotocin diabetes. This was associated with reduced polydipsia (except coriander) and a reduced rate of body weight loss (except agrimony). Alfalfa initially countered the hypoinsulinaemic effect of streptozotocin, but the other treatments did not affect the fall in plasma insulin. The results suggest that certain traditional plant treatments for diabetes, namely agrimony, alfalfa, coriander, eucalyptus and juniper, can retard the development of streptozotocin diabetes in mice.

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