

## Efficiency of Aloe Vera Juice on Diabetes Mellitus: An Interventional Study

Alessia D'souza\*

Editorial Board, Journal of In Silico and In Vitro Pharmacology, London, UK

### Abstract

Diabetes is a chronic metabolic condition marked by high blood glucose levels that cause catastrophic damage to the heart, blood vessels, eyes, kidneys, and nerves over time. Aloe Vera juice is utilised as a non-pharmaceutical method of lowering blood glucose levels. The purpose of this study is to see how successful Aloe Vera juice is at lowering blood glucose levels in diabetics. Thirty patients with diabetes mellitus participated in a quantitative quasi-experimental study. This clearly indicates that there was a significant improvement in the post-test level of blood glucose level among Diabetes Mellitus patients in the experimental group, implying that Aloe Vera was found to be effective in lowering blood glucose levels among Diabetes Mellitus patients in the experimental group compared to the control group.

\*Corresponding author: Alessia D'souza

✉ souza444@hotmail.com

Editorial Board, Journal of In Silico and In Vitro Pharmacology, London, UK.

**Citation:** Jacobs A (2021) Note on Coconut Oil: An Essential Oil for All Purpose. In Silico In Vitro Pharmacol Vol.7 No.2:2

**Received:** March 01, 2021; **Accepted:** March 14, 2021; **Published:** March 21, 2021

### Introduction

Diabetes Mellitus is a widespread concern presently, with the majority of diabetics suffering from it. Type 1 Diabetes Mellitus affects children and teenagers, while type 2 Diabetes Mellitus is likely to affect people in their forties and fifties. Type 1 and type 2 Diabetes Mellitus have vastly diverse pathogenesis, resulting in distinct aetiologies, manifestations, and therapies. About 95% of people with type 2 diabetes are adults. It is more prevalent in obese people older than 30 years old, while its prevalence is fast increasing in younger people due to the growing obesity epidemic in children, adolescents, and young adults. Insulin resistance and insulin resistance are the two main issues with insulin in type 2 diabetes. According to the World Health Organization, India has 72.96 million cases of diabetes in adult population, with prevalence in urban areas ranging from 10.9% to 14.2% and prevalence in rural areas ranging from 3.0%-7.8% among people aged 20 and up, with a much higher prevalence among people aged over 50 years. Patients with diabetes mellitus were included in the study.

### Methods and Materials

The study was conducted in Mappedu village, Thiruvallur District, using a quantitative technique with a quasi-experimental

research design. A purposive sampling strategy was used to choose 30 samples. Patients with diabetes mellitus who have complications such as diabetic neuropathy, diabetic neuropathy, and diabetic retinopathy, and diabetes mellitus patients who have complications such as diabetic neuropathy, diabetic neuropathy, and diabetic retinopathy. The data collection period was conducted with the agreement of the village head, and the goal of the study was communicated to the samples, who gave their signed informed consent. The demographic information was gathered via a semi-structured questionnaire. Blood glucose levels, as well as a standardised interview questionnaire a sliding scale was used to determine the level. The glucose level in the blood prior to the use of Aloe Vera juice, the levels of both was a control group and an experimental group. Frequency and percentage were used to characterise the sample characteristics.

### Conclusion

In pre-diabetic patients, using Aloe Vera extract for four weeks can considerably lower rapid blood glucose levels. It can be a fun supplement to try if you have a problem with your blood sugar. Quantitative control of some extraneous variables, such as food intake, has some limitations, which could be explored in future studies.