

## Research Article

# Chronic Administration of a Combination of Six Herbs Inhibits the Progression of Hyperglycemia and Decreases Serum Lipids and Aspartate Amino Transferase Activity in Diabetic Rats

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The effects of a polyherbal compound, containing six plants (*Allium sativum*, *Cinnamomum zeylanicum*, *Nigella sativa*, *Punica granatum*, *Salvia officinalis* and *Teucrium polium*) were tested on biochemical parameters in streptozotocin-induced diabetic rats. Streptozotocin caused an approximately 3-fold increase in fasting blood sugar level after 2 days. The diabetic control rats showed further increase in blood glucose after 30 days ( $384 \pm 25$  mg/dl in day 30 versus  $280 \pm 12$  mg/dl in day 2,  $P < 0.001$ ). Administration of the compound blocked the increase of blood glucose ( $272 \pm 7$  and  $269 \pm 48$  mg/dl at day 2 and day 30, respectively). Also, there was significant difference in the level of triglyceride ( $60 \pm 9$  versus  $158 \pm 37$  mg/dl,  $P < 0.01$ ), total cholesterol ( $55 \pm 2$  versus  $97 \pm 11$  mg/dl,  $P < 0.01$ ) and aspartate amino transferase activity ( $75 \pm 12$  versus  $129 \pm 18$  U/L,  $P < 0.05$ ) between treated rats and diabetic control group. In conclusion, the MSEC inhibited the progression of hyperglycemia and decreased serum lipids and hepatic enzyme activity in diabetic rats. Therefore, it has the potential to be used as a natural product for the management of diabetes.