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Therapeutic Potential Of Fenugreek In The Management Of Diabetic Mellitus.

[1]Tapase Divya.V., [2]Belure Manisha S.

[1]Student, [2]Assistant professor

[1]Shivlingeshwar College of Pharmacy,Almala,Maharashtra,India

Abstract: The number of individuals being diagnosed with type 2 diabetes is increasing worldwide. Of particular concern, the incidence of type 2 diabetes in children and adolescents is increasing rapidly and reflects the increasing burden of juvenile obesity. There are a number of risk factors associated with the condition; some of these are due to lifestyle; however, the majority is outside of our control, such as our genetics. There is an urgent need to develop improved therapeutics for the prevention and management of this multifactorial condition as existing medications often cause undesirable side effects and are poorly complied with. Diabetes can lead to the development of associated comorbidities. Natural products are gaining momentum for the prevention and management of various multifactorial diseases, including type 2 diabetes. In this review, we provide an overview of the strengths and limitations of fenugreek and its constituents as a therapeutic agent for type 2 diabetes, including its bioavailability and interaction with the microbiome.

Index Terms **-** Type 2 diabete,fenugreek; 4 hydroxyisoleucine; therapeutics; natural compounds; microbiome

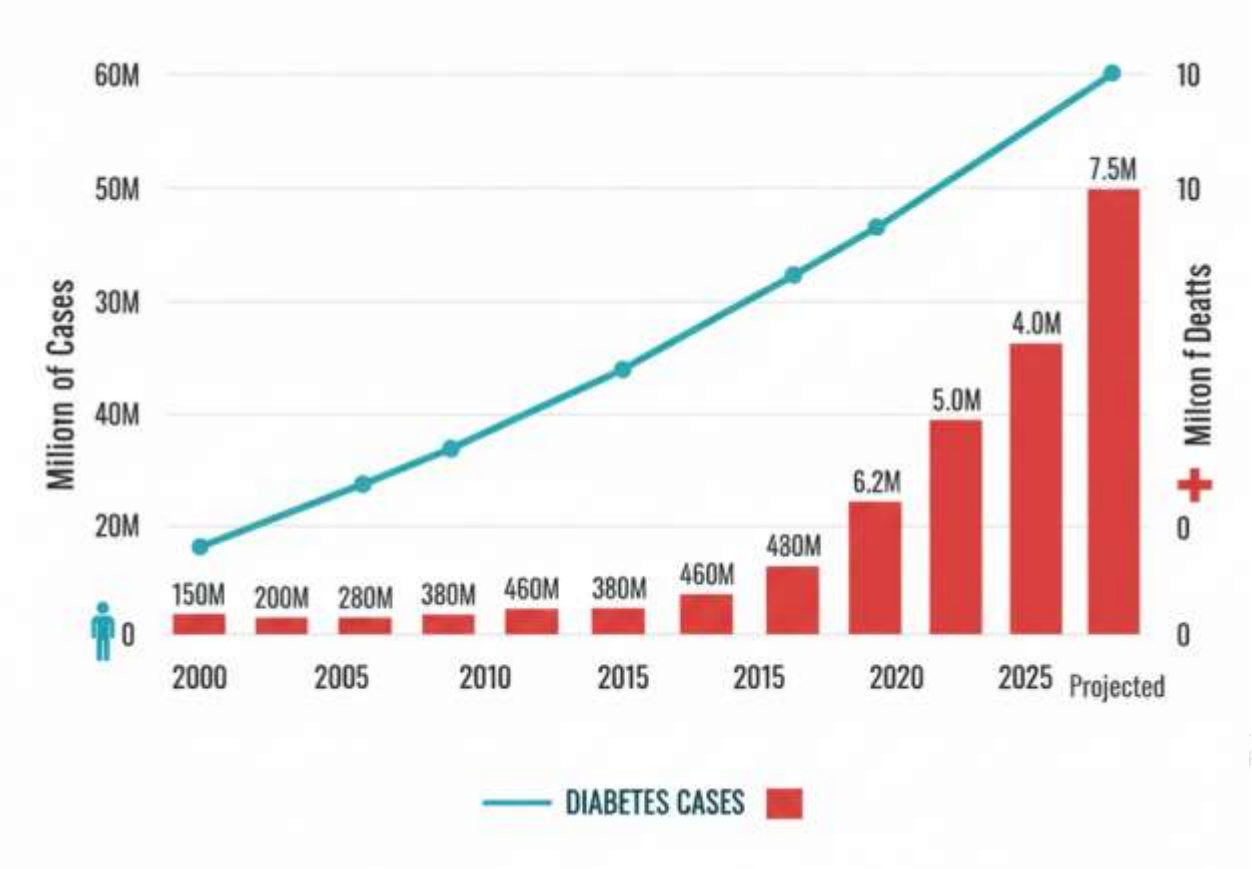
I. INTRODUTION

The number of individuals being diagnosed with type 2 diabetes is increasing worldwide. Of particular concern, the incidence of type 2 diabetes in children and adolescents is increasing rapidly and reflects the increasing burden of juvenile obesity. There are a number of risk factors associated with the condition; some of these are due to lifestyle; however, the majority is outside of our control, such as our genetics. Herbal components such as Fenugreek (Trigonella foenum-graecum) is a medicinal herb widely recognized for its potential therapeutic benefits in managing diabetes mellitus. Traditionally used in various cultures, fenugreek seeds contain bioactive compounds such as soluble fiber, saponins, and 4-hydroxyisoleucine, which are believed to contribute to its hypoglycemic effects. These compounds may enhance insulin secretion, improve glucose metabolism, and delay carbohydrate absorption, thereby helping to regulate blood glucose levels.

2.Background

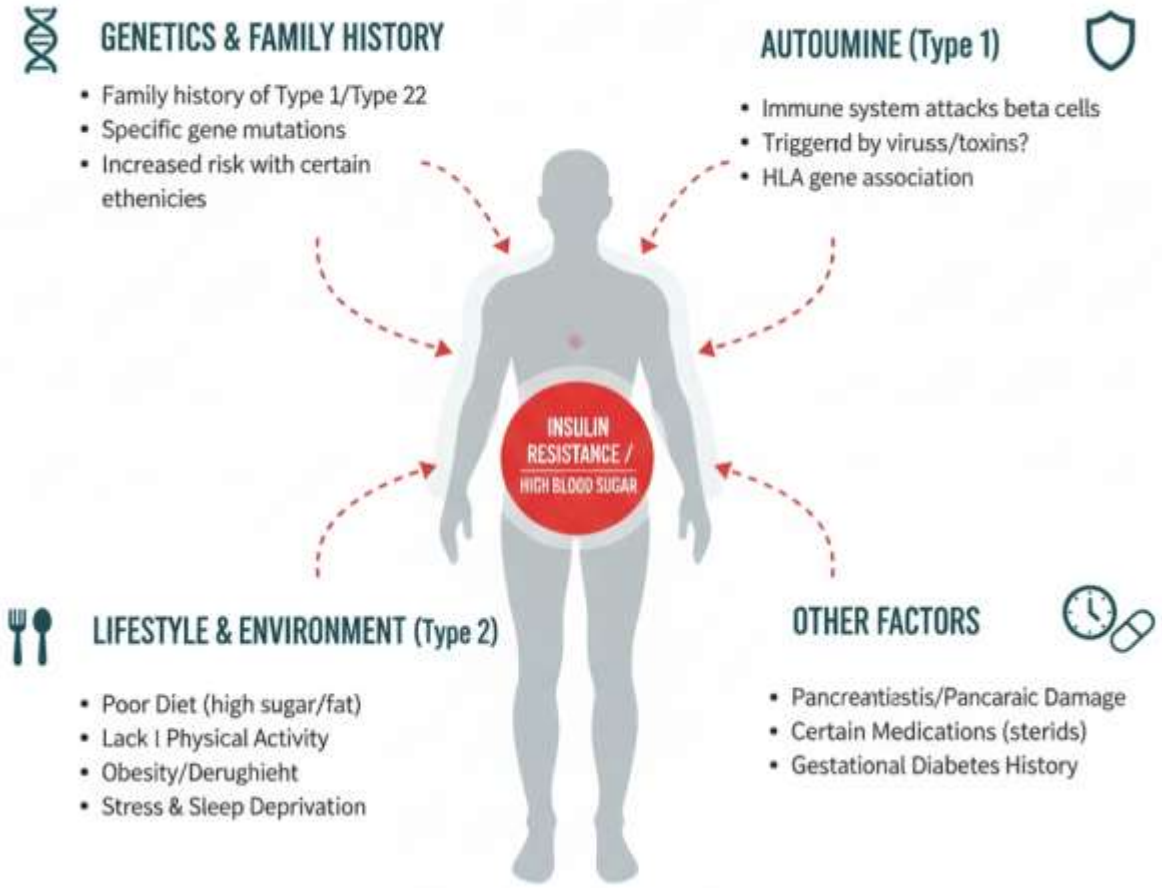
- Diabetes mellitus is a common endocrine and metabolic disorder that involves problems with insulin secretion & insulin action leading to the elevated blood glucose level.
- According to the International Diabetes Federation, 529 million people were suffered by diabetes in 2021 with an estimated death about 6.7 million each year.
- In India according to WHO it is 31.7 million in 2000 & it would increased up to 79.4 million by 2030.some drugs used to treat diabetes such as certain oral hypoglycemics can lead to side effects like

low blood sugar, lactic acidosis & gastrointestinal disturbance. In addition to this, many herbs have strong anti-diabetic properties.



2.Overview of type 2 diabetes mellitus.

- Type 2 diabetes mellitus is a multifactorial metabolic syndrome with abnormality of insulin secretion & action, producing high blood glucose level.
- It occurs from the combination of modifiable risk factors such as diet and physical exercise & non modifiable risk factors such as age, gender, ethnicity & genetics
- Other predisposing factors are gestational diabetes, use of specific medications, depression, alcohol consumption & smoking.



3.Pathophysiology & Complications

- T2DM is a complex metabolic disorder characterized by insulin resistance and impaired secretion of insulin. Insulin resistance is a pathophysiological condition wherein the responsiveness of peripheral tissues-muscle and fat-to the action of insulin becomes impaired, thereby limiting the facilitation of glucose into the cells.

- The inability of glucose to enter cells prompts a compensatory increase in the production of insulin by pancreatic beta cells. However, over time, these β-cells become exhausted and dysfunctional, giving way to impaired secretion of insulin and hyperglycemia.

- Progressive chronic hyperglycemia in the course of the disease further impairs insulin secretion and increases insulin resistance, which forms a vicious cycle.

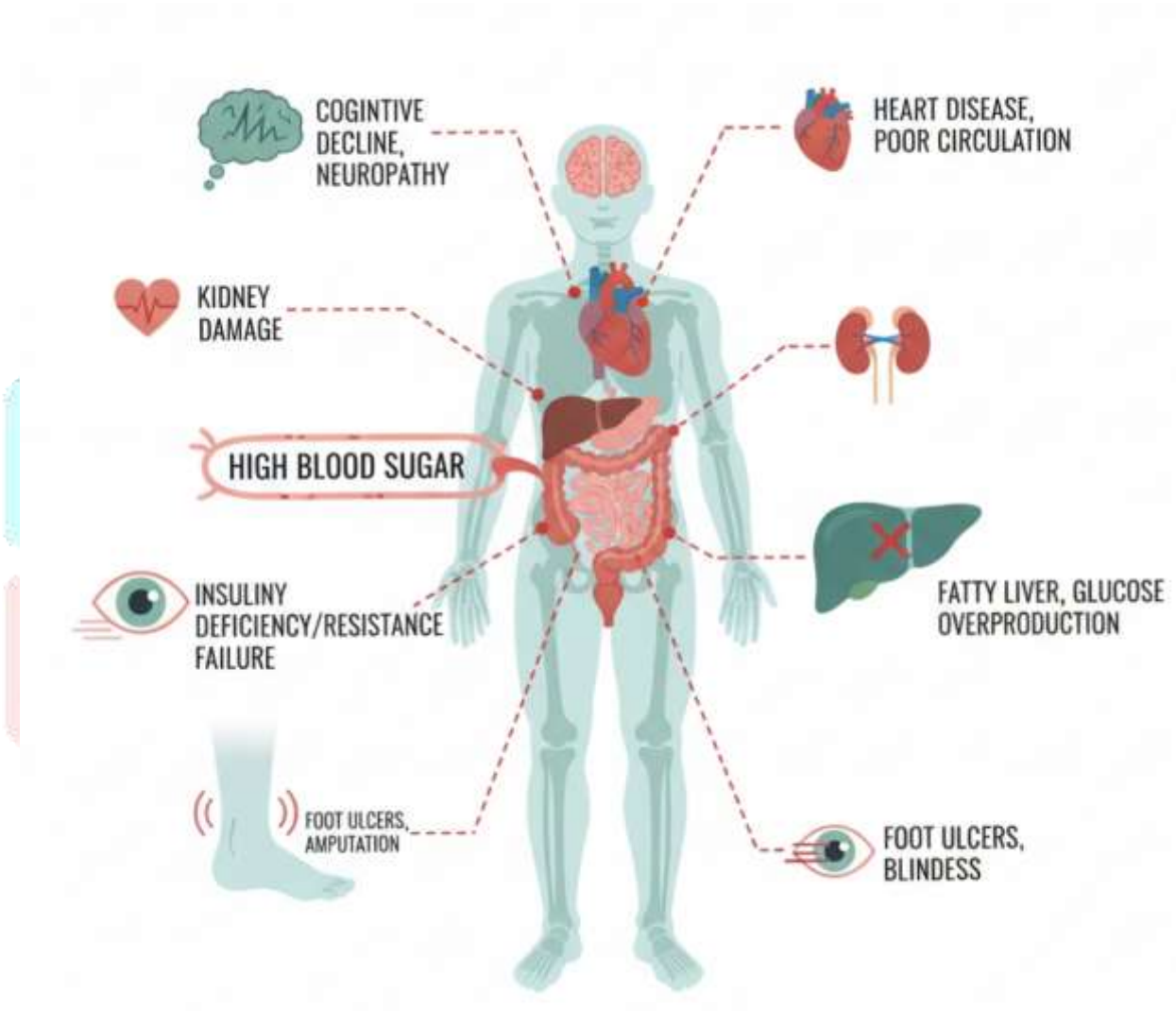
- Inflammation and oxidative stress also take part in the development of the disease process and complications. Glucagon dysregulation and lipotoxicity contribute to the development of insulin resistance and beta-cell dysfunction.

- The consequences of T2DM are far-reaching: microvascular complications include retinopathy, nephropathy, and neuropathy, while macrovascular complications include atherosclerosis, cardiovascular disease, and stroke.

- The pathophysiology of T2DM needs to be understood for the development of effective management strategies directed toward insulin resistance, beta-cell dysfunction, and hyperglycemia.

- The effective management of T2DM generally involves lifestyle modifications, such as diet and exercise, along with pharmacological interventions that enhance insulin sensitivity, stimulate insulin secretion, or decrease glucose production.

- Addressing the root pathophysiological mechanisms can therefore decrease the risk of complications in individuals with T2DM and improve overall health outcomes.



5.Management and Potential Alternatives

- It can be managed by lifestyle changes that can accurately prevent or reverse the disease, as well as by drugs such as metformin & sulfonylureas, thiazolidinediones & others that control blood glucose levels.

- These drugs however, are not without side effects such as gastrointestinal effects, increased cardiovascular risk, weight gain and an increased susceptibility to infection.

- Natural products such as fenugreek have found to hold promise in enhancing glycemic control, insulin sensitivity, reducing level of cholesterol & lowering cardiovascular risk in diabetic patients

6.Role of natural herbal compounds in diabetes

- Natural products have been relied upon by people globally as traditional medicines for many centuries ,they have been used by more than 80% of the entire global population to treat ailments.

- Scientists are currently considering using these compounds to create new medicines since they're equally available, effective and not too costly.

- However, using natural compounds widely in nutraceuticals has some challenges, it's hard to find the active part of the compound & make lots of it, many natural compounds show promise for treating type 2 diabetes.

- These compounds work lots of it in different ways, like making the body more sensitive to insulin, helping glucose get into cells, reducing glucose absorption in the gut and affecting how glucose is used in the body.

- Some examples of herbal compounds that are used in management of type 2 diabetes mellitus are alkaloids such as berberine, saponins, ginsenosides, fatty acids such as omega-3, polysaccharides, terpenoids & organosulfur compounds.

7.Fenugreek used to manage the diabetic mellitus

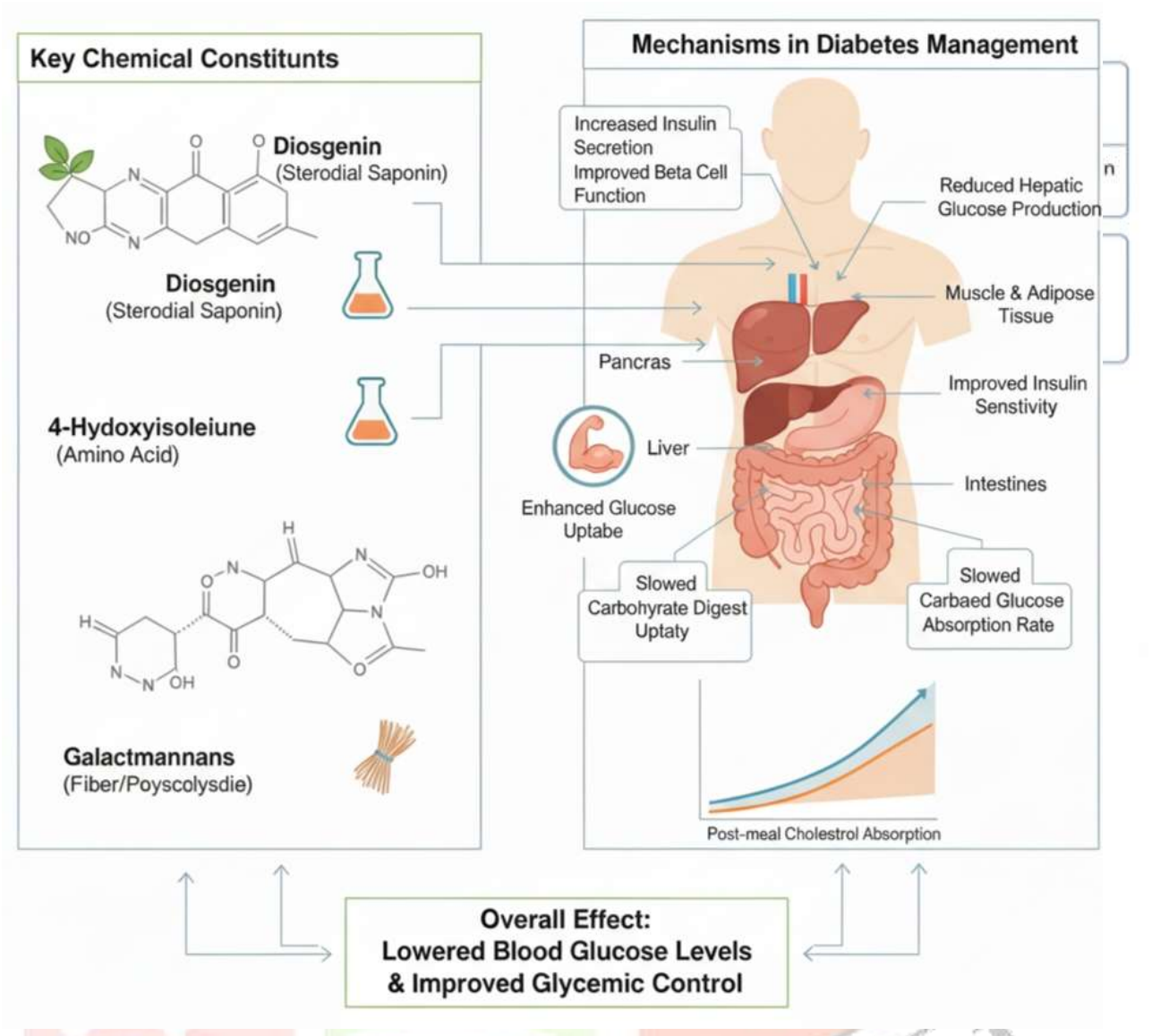
- Fenugreek (Trigonella foenum-graecum) is an annual herb of the family Leguminosae. It is renowned for its medicinal value and is largely employed as a medication for sugar disease.

- Fenugreek seeds have carbohydrates such as galactomannan and mucilaginous fiber, proteins, amino acids such as arginine, 4-hydroxyisoleucine, lysine, and histidine, flavonoids, alkaloids such as choline and trigonelline,

- saponins such as similagenin, yuccagenin, diosgenin, and savsalpogenin, vitamins (A, D, B2, B12, B6), minerals, glycosides, and mucilage. All these play a part in its medicinal properties in animal and human beings.

- Fenugreek possesses numerous health advantages including controlling sugar disease, lowering obesity, lowering inflammation, lowering high lipid content, serving as a free radical scavenger, combating microbes, and potentially combating cancer.

- Fenugreek's efficacy in sugar disease may be because alkaloids such as trigonelline and fenugrecin possess a blood glucose lowering activity and influence insulin secretion



8.Mechanism of action

- Fenugreek seeds are rich in protein and contain a unique amino acid called 4-hydroxyisoleucine (4-OH-ILe). In both type 1 and type 2 diabetes, 4-OH-ILe acts to stimulate the insulin-producing cells in the pancreas and increase the body's sensitivity to insulin by directly stimulating these cells.

- Animal studies demonstrate that fenugreek works through several mechanisms: it activates key components of the insulin signaling pathway-insulin receptor and phosphatidylinositol 3-kinase-but without affecting protein kinase B.

- In other words, fenugreek exhibits insulin-like activity in the cells, though it is about 35% less effective compared to insulin as far as facilitating the uptake of glucose by the cells.

- Fenugreek seed delays the absorption of glucose from the intestines in rodents by inhibiting a few intestinal enzymes. Fenugreek seed powder corrects disturbances in several key enzymes: pyruvate kinase-an enzyme which breaks down glucose to form energy-and phosphoenolpyruvate carboxykinase-an enzyme involved in the synthesis of glucose.

- Finally, fenugreek seed powder appears to correct disturbances in glucose transporter distribution in muscle cells.

9.Bioactive constituent of Fenugreek

4- hydoxyisoleucine

- 4-Hydroxyisoleucine (4-OHIle) is a unique non-protein amino acid found in Fenugreek seeds that has garnered attention for its potential anti-diabetic properties.

- It works by stimulating insulin secretion in a glucose-dependent manner, meaning it enhances insulin release only when blood glucose levels are elevated.

- This mechanism reduces the risk of hypoglycemia, making it a promising therapeutic agent. Additionally, 4-OHIle improves insulin sensitivity, allowing glucose to enter cells more efficiently and reducing insulin resistance a key factor in type 2 diabetes.

- It's anti-inflammatory effects further contribute to its potential benefits by mitigating oxidative stress and inflammation, which are often associated with insulin resistance and diabetes complications.

- Human studies have indicated that 4-OHIle may improve blood sugar levels and enhance glucose metabolism, making it a useful compound in the management of type 2 diabetes. It is suggested that several pathways are targeted by it-insulin signaling and inflammation among them-which would be responsible for its effects.

- This compound, 4-OHIle, reinforces insulin secretion and sensitivity and diminishes inflammation; therefore, it could provide a multiapproach to diabetes treatment.

- Its possible action of improving lipid profile and cardiovascular health further potentiates its therapeutic interest. At a time when ongoing research unravels the full spectrum of the benefits of 4-OHIle, this fatty acid is a promising candidate both for dietary supplementation and adjunctive therapy in diabetes management.

Galactomannan

- Galactomannan is a type of dietary fiber that has shown promise in the management of diabetes mellitus. It acts by delaying carbohydrate absorption and thereby reduces postprandial blood glucose levels and increases insulin sensitivity.

- Galactomannan delays glucose absorption by inhibiting the enzyme α-glucosidase, resulting in improved glucose tolerance.
- It has been shown to lower fasting blood glucose, 2-hour postprandial blood glucose, and fasting insulin levels in type 2 diabetes patients. Galactomannan has also decreased total cholesterol and LDL levels, reducing the risk for cardiovascular complications.

- Furthermore, galactomannan may improve insulin signaling pathways and further increase glucose uptake into the cells.

- Due to its possible therapeutic role, galactomannan can serve as a useful adjuvant to therapy in type 2 diabetes, especially in combination with other treatments.

Diosgenin

- Diosgenin is a steroidal saponin found in plants such as Dioscorea and Fenugreek that has shown promise in the management of diabetes mellitus.
- It may lower blood glucose levels by stimulating insulin secretion and enhancing cellular glucose uptake, with resultant increased insulin sensitivity and reduced insulin resistance.
- Antioxidant properties of diosgenin mitigate oxidative stress and inflammation, therefore contributing to improved glucose metabolism.
- Diosgenin enhances glucose uptake in cells by activating insulin signaling pathways. Its potential applications involve the management of type 2 diabetes, for which it might be of value as an adjunctive treatment, and cardiovascular health because of its antioxidant and anti-inflammatory properties.
- Indeed, with these multifaceted benefits, diosgenin has emerged as a promising compound in diabetes management, though further research is indicated to fully understand its therapeutic potential and optimal dosage regimes.

Trigonelline

- Trigonelline is a phytochemical constituent that has been found in coffee, fenugreek, and other plants.
- It has attracted interest as a potential agent for the management of diabetes mellitus owing to its potential to improve glucose metabolism and decrease blood glucose levels by enhancing insulin sensitivity and reducing insulin resistance.
- Its antioxidant properties further provide beneficial effects on glucose metabolism by mitigating oxidative stress and inflammation.
- This xanthine alkaloid activates insulin signaling pathways, thereby improving glucose uptake in cells. Thus, it has therapeutic potential as an adjunctive therapy in type 2 diabetes, particularly in combination with conventional therapies.
- The multiple benefits identified ensure that trigonelline could be considered a promising compound for diabetes management. However, further studies are necessary to fully understand its therapeutic potential and identify the appropriate dosing regimens.

Bioactive compound	Phytochemical class	Pharmacological activity
4- hydroxyisoleucine	Amino acid derivative	Improve glucose tolerance Insulin screteagogue Antidiabetic effect
Galactomannan	Soluble fiber	Reduce blood glucose absorption Anti obesity
Trigonelline	Alkaloid	Antidiabetic Antihyperlipidemic Antioxident
Diosgenin	Steroidal saponine	Precursor for steroid synthesis Antihyperlipidemic action Anti-inflammatory action
Saponine	Glycosidic compound	Antidiabetic Immunomodulatory
Minerals	Essential minerals	Immunomodulatory Action Enzyme cofactor

10.Potential benefits of Fenugreek constituents in diabetic management

- The bioactive constituents of fenugreek offer several potential benefits over conventional diabetes medications derived from natural sources, they may provide a more holistic approach to diabetes management.

- Their multifaceted mechanisms of action, including insulin secretion stimulation, insulin sensitivity improvement, and antioxidant effects, may provide a more comprehensive approach to managing the condition.

- Compared to some conventional medications, these natural constituents may have a lower risk of adverse effects, such as hypoglycemia or weight gain.

- Additionally, some of these constituents may also have cardiovascular benefits, which is particularly important for individuals with diabetes who are at increased risk of cardiovascular disease.

- Furthermore, combining these natural constituents with conventional medications may enhance their therapeutic effects or reduce the required dosage of medications

11.Discussion

- Fenugreek, or Trigonelline foenum-graecum, has received considerable scientific attention in recent years due to its possible therapeutic uses, particularly in treating diabetes mellitus. Such attention might be due to its high content of bioactive compounds including 4-hydroxyisoleucine (4-HIL) and trigonelline, among others.

- Studies have indicated that fenugreek exerts hypoglycemic effects through multiple manners of action, which include enhancement of insulin sensitivity and induction of insulin secretion.

- Besides, fenugreek evinces antioxidant action, helping to reduce oxidative stress and inflammation, which is frequently associated with diabetes and its complications. It is promising for managing lipid profiles by exhibiting a reduction of total cholesterol, LDL cholesterol, and triglycerides, addressing another essential aspect of diabetes care.

- Investigations into the antidiabetic mechanisms of individual active principles of fenugreek have unravelled their biological targets and partly some of the underlying pathways. Diosgenin could regenerate pancreatic beta cells and insulin granules. Trigonelline enhances insulin sensitivity and corrects insulin signalling pathways.

- Galactomannan can improve lipid profiles while 4-HIL stimulates insulin secretion with anti-oxidative and anti-inflammatory actions. The majority of conventional anti-diabetic drugs, such as Metformin, have focused on a single target, namely insulin sensitivity or hepatic glucose production.

- Since fenugreek and its bioactive constituents have more biological targets and influence various biochemical pathways (like enhancement of insulin secretion and sensitivity, modulation of glucose absorption and enzyme activity, anti-inflammatory and antioxidant effects, and improvement in lipid metabolism), it may prove more effective in T2DM management.

- Being of natural origin and having been consumed through diet for many generations with noted health benefits, natural products are likely to have a relatively low risk of unwanted side effects compared to prescribed synthetic drugs. Controlled animal studies of administration of doses up to 1000 milligrams of fenugreek seed per kilogram of weight showed no toxic effects on mammals. Bioactive components of fenugreek have also shown promise regarding safety. Doses of up to 16 g of a galactomannan derivative given to human volunteers showed no side effects while being able to reduce glucose levels after eating.

- However, this is an area that needs further investigation since many plants produce toxic compounds as protection mechanisms, so purification methods need to be optimized to ensure any toxic components are removed. The precise mode of action of fenugreek and its active components needs to be fully elucidated prior to administering it as a drug to understand any potential adverse effects .

- Several promising clinical trials with fenugreek seeds and isolated bioactive compounds with T2DM patients have been observed; however, heterogeneity in the participant's diabetes status, low participant numbers, and the wide ranges of doses used and the duration of treatment given warrant further studies.

12.Conclusion:

Fenugreek (Trigonella foenum-graecum) and its bioactive constituents hold significant promise as a potential therapeutic alternative or adjunctive treatment for Type 2 Diabetes Mellitus (T2DM). T2DM is a growing global health concern characterized by a complex pathophysiology involving insulin resistance, impaired insulin secretion from dysfunctional pancreatic beta cells, chronic hyperglycemia, and associated inflammation and oxidative stress. Conventional medications often present issues with side effects and compliance. In contrast, fenugreek's efficacy is attributed to its multiple mechanisms of action, driven by compounds like 4-hydroxyisoleucine (4-OH-ILe), Galactomannan, Diosgenin, and Trigonelline. These components work synergistically to enhance insulin sensitivity (reducing resistance), stimulate insulin secretion (in a glucose-dependent manner for 4-OH-ILe), delay glucose absorption in the gut, and exhibit antioxidant and anti-inflammatory effects, which address the multifactorial nature of T2DM. This multifaceted approach is a key advantage over conventional single-target drugs. Furthermore, fenugreek components show potential cardiovascular benefits by improving lipid profiles (reducing cholesterol and triglycerides). While historical use and preliminary studies suggest a relatively low risk of side effects and good safety profile, the need for further research is crucial to fully elucidate the precise mechanism of action, optimal dosage regimens, and long-term effects before fenugreek can be established as a widely used drug therapy.

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