

Salacia Reticulata Extract.

Salacia reticulata have been used extensively in Ayurveda and traditional Indian medicine for the treatment of medoroga (obesity) and madhueha (diabetes). It is also been used in Japan as food supplement to manage diabetes and obesity¹⁻².

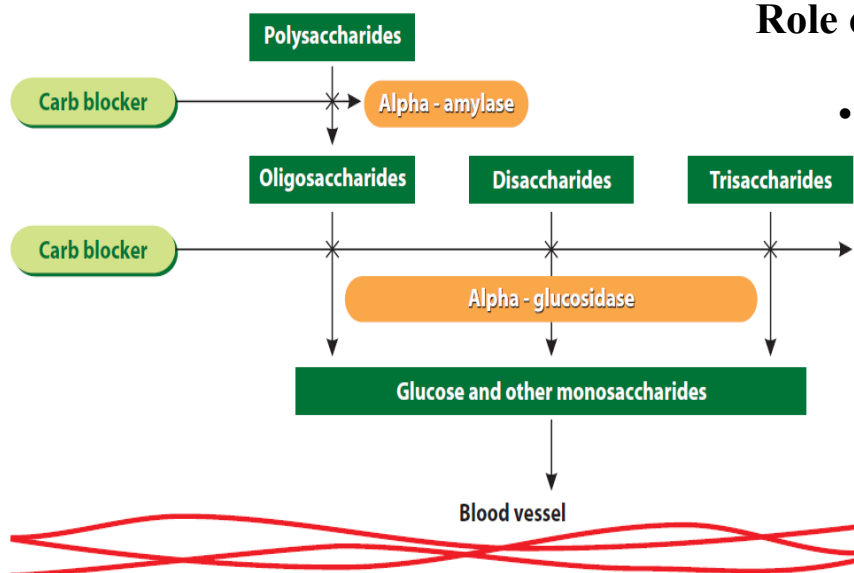
Interest in the use of *Salacia reticulata* extract has risen in recent years for a number of reasons, including the rapid increase in the incidence of diabetes and pre-diabetes, the need for safe and effective drugs and medicinal foods that can assist in the control of blood sugar as well as lipid levels, and the fact that *Salacia* extracts exhibit multiple mechanisms of action with respect to carbohydrate and lipid metabolism². In addition, extracts of *Salacia* appear to be very safe, based on animal and in vitro studies as well as human use.



Role of *Salacia* in blood sugar management.

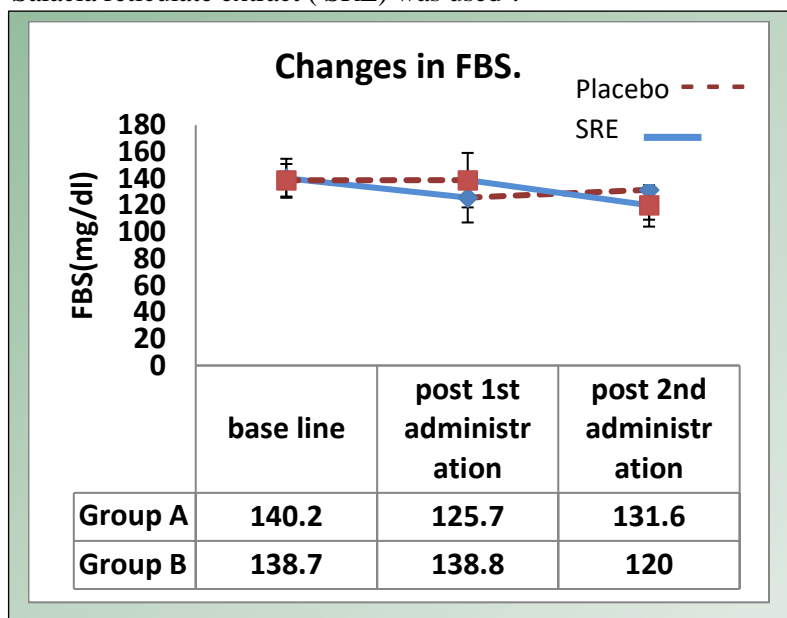
- **Salacia as carbohydrate blocker.**

Carbohydrate blockers are agents which inhibit enzyme(s) needed to digest carbohydrates: specifically alpha-glucosidase in the brush border of the small intestine and pancreatic alpha-amylase. Pancreatic alpha-amylase hydrolyzes polysaccharides to oligosaccharides in the lumen of the small intestine, whereas the membrane-bound intestinal alpha-glucosidase hydrolyze oligosaccharides, trisaccharides and disaccharides to glucose and other monosaccharides in the small intestine. Inhibition of these enzymes reduces the rate of digestion of complex carbohydrates, as a result less glucose gets absorbed.



- **Clinical trials.**

- ✓ One of the earliest clinical studies on the hypoglycemic effects of an aqueous extract of *Salacia reticulata*, demonstrated that the extract was beneficial in controlling postprandial hyperglycemia³.
- ✓ Another randomised double-blind, placebo-controlled study with borderline type II diabetics showed significant decrease in blood glucose levels compared to the control group when *Salacia reticulata* extract (SRE) was used⁴.



- ✓ Taking *Salacia reticulata* tea by 51 type II diabetic subjects in a double-blind, randomized placebo controlled cross-over study for 3 months exhibited significantly lower glycosylated hemoglobin, hemoglobin A1c (HbA1c) as compared with the placebo⁵.

- **Salacia effect in managing cholesterol.**

Salacia extract shows beneficial effects with respect to decreases in plasma total cholesterol, triglycerides, and LDL cholesterol with elevations in HDL cholesterol in many clinical studies.

Safety.

Many authors reported no evidence of adverse effects in conjunction with the biochemical studies involving administration of *Salacia* extracts to animals⁶⁻⁸. The human clinical studies also indicated highest safety margin for *Salacia*⁴.

Dose

250-500 mg/day/adult.

Why Prakruti products.

- *Salacia* extract standardized to bioactive compounds.
- Water soluble grades available; suitable for beverages and functional drinks.
- Every batch tested for alpha-glucosidase inhibition.

References

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2. *Salacia* root, a unique ayurvedic medicine, meets multiple targets in diabetes and obesity
Li Y, Huang TH, Yamahara J, Life Sci, 2008.
3. Effects of an aqueous extract of *Salacia reticulata*, a useful plant in Sri Lanka, on postprandial hyperglycemia in rats and humans. Shimoda H, Kawamori S, Kawahara Y, Nippon Eiyo Shokuryo Gakkaishi, 1998.
4. Effects of diet containing *Salacia reticulata* on mild type 2 diabetes in humans – a placebo controlled cross over trial. Kajimoto O, Kawamori S, Shimoda H, J Jap Soc Nutr Food Sci, 2000
5. A double blind randomized placebo controlled cross over study of a herbal preparation containing *Salacia reticulata* in the treatment of type 2 diabetes. Jayawardena MH, de Alwis NM, Hettigoda J, J Ethnopharmacol, 2005.
6. Hyperglycemic activity of the root and stem of *Salacia reticulata* var. β -diandra in alloxan diabetic rats. Ruvini Kumara NKVM, Pathirana RN, Pathirana C, Pharmaceut Bull, 2005.
7. Anti-diabetic activity of a leaf extract prepared from *Salacia reticulata* in mice. Yoshino K, Miyauchi Y, Kanetaka T, Biosci Biotechnol Biochem, 2009
8. Effect of three herbal extracts on cytochrome P450 and possibility of interactions with drugs. Yokotani K, Chiba T, Sato Y, Shakhin Eiseigaku Zasshi, 2013



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