Title: Effect of ginseng capsule on life quality in type 2 diabetic patients

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Abstract: Type 2 diabetes is the most prevalence metabolic disease and forth cause of death in developed countries. According to definition of health by WHO ; Health is not only have no illness rather health is a physical, mental and social wellbeing. So life quality being more important in clinical and research health cares. Chronic diseases leads to change self imagine of person and make a new unknown position. According to American Diabetes Association diabetes is one of chronic diseases that make physical and mental disorders. Different studies exist that show relationship between diabetes and lower life quality and lower mental health, depression and anxiety.

Because of serious side effects of chemical mental drugs, studies on herbal drugs and their effects on mental health is usual now, one of this herbal drugs is ginseng that its reducing effect on blood glucose proved in clinical studies, in this study we investigated the effect of ginseng capsule on life quality in type 2 diabetic patients. A double-blind clinical trial study was designed and among the active document patients of Kermanshah Diabetes Center subjects were choose. 50 diabetes patients (20 men,30 women) by mean age 50.2 ±6.6 were choose by random method, after similarities in sex and age divided randomly in two group that each group contain 25 subject, intervention group take 2 gram ginseng that ingest as 500 mg capsules 4 time a day before meals and control group take placebo in same way. Before and after 3 month intervention a questionnaire were completed from subject by interviewer, we use SF-36 life quality questionnaire that contain 36 question about mental and physical status of subjects. Reliability of this questionnaire according the previous studies was R=68% (Kroonbach queueficient). Analyzing data by SPSS version 15 software, Kolmogorov-Smirnov test was used to investigate normal and not normal data. For compare the mean of data before and after intervention used Pair T-test. P<0.05 is significant. Compare the average degree of life quality before and after the study show that ginseng could affect significantly on physical parameters (p<0.05), But has no significant effect on mental parameters, in overall life quality index that calculate by the sum of mental and physical parameters by means of SF-36 questionnaire show a significant effect of ginseng at intervention group compare to control.

Type 2 diabetes, Ginseng, Life quality

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