

عنوان مقاله:

Protective effects of purslane seed (*Portulaca Oleracea* L.) on plasma levels of Cystatin C, Cathepsin S, and Creatinine in women with type ۲ Diabetes

محل انتشار:

فصلنامه پزشکی هرمزگان، دوره 19، شماره 1 (سال: 1394)

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خلاصه مقاله:

Introduction: Diabetes is a chronic metabolic disease which is associated with the inflammation of cardiovascular system and kidney. Studies have shown that medicinal plants could be effective in reducing inflammation; however, the effectiveness of purslane (*Portulaca oleracea*) on inflammation is not well defined. Thus, this study attempted to investigate the effect of *Portulaca oleracea* seed consumption on plasma levels of cystatin C, cathepsin S, and creatinine in women with type ۲ diabetes. **Methods:** In this quasi-experimental study, ۱۴ women with type ۲ diabetes were randomly divided into two equal groups of intervention and control ($n=۷$). The subjects received *Portulaca oleracea* seed ۲.۵ g at lunch and ۵ g at dinner (totally ۷.۵ g) per day for ۸ weeks. Blood was collected before and ۴۸ hours after the last intervention. Data were analyzed with paired and independent t-tests, and $P<۰.۰۵$ was considered significant. **Results:** Levels of cystatin C, cathepsin S, creatinine, and lipid profile decreased significantly in the intervention group after ۸ weeks ($P<۰.۰۵$). There was also a significant difference between the intervention and control groups in levels of cystatin C and cathepsin S. **Conclusion:** Changes in biochemical markers showed that *Portulaca oleracea* seed could improve the levels of cardiovascular and kidney damage biomarkers and lipid profile in diabetic patients. However, further research is needed for more accurate conclusions.

کلمات کلیدی:

Cystatin C, Cathepsin S, Creatinine, Diabetes, Cystatin C, Cathepsin S, Creatinine, Diabetes

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