

GYNURA PROCUMBENS (GP) AS A HEALTHY TEA

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1. Introduction

As the entire world could obviously see of what is changing, the rate of mankind suffering from diabetes or high Glucose level had been increasing drastically due to the irresponsible food sellers which are serving extremely unhealthy food such as fast food, sweet drinks in gigantic cups and snacks. This study shows that the constant consumption of Gynura procumbens in the form of liquid which is tea could reduce the Glucose level in our blood. Excessive Glucose level leads to diabetes and also high Glucose levels which could be deadly to us. Other than that, consuming Gynura procumbens in the form of Tea will make a change in minutes to the Glucose level in our blood.

2. Methodology

Gynura procumbens leaves are collected and leave to dry. The leaves are later grind. The grind leaves are fill into sachets of 5g, 10g, 15g, 20g and 25g. Tea can be produce by pouring hot water in to a cup with Gynura procumbens sachet.

This test is carried out by having 10 normal people without diabetes and 10 people with diabetes as our sample. All of them are given control meal and their blood samples are taken. The data tabulated. After food consumption the people are given the Gynura procumbens tea, the blood sample are taken hourly. The processes were repeated for 5 more weeks with different weight of gynura procumbens tea sachets.

3. Result

Data is tabulated by weeks and Gynura procumbens' tea sachets weigh.

Person	W/out Gynura (Hours After Meal) (Monday Week 5) (mmol/L)					With Gynura After 1 hour Consumption. (Tuesday Week 5) (mmol/L)				
	Before Meal	1h	2h	3h	4h	Before Meal	1h	2h	3h	4h
1	5.1	13.3	10.9	7.6	6.7	5.1	13.6	8.9	6.4	6.5
2	5.7	13.7	11.4	7.8	6.5	5.7	13.8	9.0	6.4	6.3
3	5.2	13.5	11.4	7.4	6.4	5.2	13.3	9.3	6.8	6.6
4	5.9	13.6	10.7	7.3	6.4	5.9	13.6	9.2	6.5	6.3
5	5.7	13.5	11.5	7.7	6.7	5.7	13.7	8.6	6.5	6.6
6	5.5	12.5	10.6	6.7	6.4	5.5	12.5	8.7	6.3	6.4
7	5.5	13.3	10.7	6.0	6.4	5.5	13.6	9.0	6.6	6.5
8	5.9	13.7	11.6	7.4	6.7	5.9	13.6	9.0	6.6	6.4
9	5.2	13.5	11.5	7.6	6.5	5.2	13.6	9.1	6.4	6.4
10	5.4	13.5	11.7	7.6	6.7	5.4	13.4	9.0	6.7	5.8

Table 1: Shows the data for non-diabetic patient with and without gynura procumbens after meal consumption for 15g gynura procumbens sachets.

Person	W/out Gynura with Insulin (Hours After Meal) (Monday Week 5) (mmol/L)					With Gynura without Insulin After 1 hour Consumption of meal. (Tuesday Week 5) (mmol/L)				
	Before Meal	1h	2h	3h	4h	Before Meal	1h	2h	3h	4h
1	8.0	10.8	9.1	8.9	8.8	8.0	14.8	12.0	11.8	9.5
2	8.2	10.2	9.5	9.3	9.2	8.2	14.2	12.1	11.5	9.8
3	8.8	10.6	9.9	9.2	9.2	8.8	14.6	12.6	11.2	9.0
4	7.5	10.4	8.9	8.0	7.9	7.5	14.9	12.9	11.1	9.4
5	9.1	11.0	9.3	9.0	8.8	9.1	16.8	14.9	(insulin)	
6	8.8	11.0	8.9	8.9	8.9	8.8	15.0	12.0	10.9	9.0
7	8.8	10.5	9.0	9.0	9.0	8.8	15.5	12.5	11.0	9.2
8	7.4	10.1	8.8	8.8	8.8	7.4	15.1	12.1	10.8	9.3
9	8.1	10.0	9.2	9.2	9.2	8.1	15.0	12.0	10.9	9.6
10	8.8	10.1	9.2	9.2	9.2	8.8	16.4	14.0	(insulin)	

Table 2: Shows the data for diabetic patient with and without gynura procumbens after meal consumption for 15g gynura procumbens sachets.

4. Conclusion

Based on the results, it is shown that after consuming Gynura procumbens, it has shown a drop in glucose level. In conclusion, Gynura procumbens is able to lower the glucose level in our blood. With the amount of 15g of Gynura procumbens, the level of glucose in our blood can reach a normal state. So, this proves that Gynura procumbens is a brilliant alternate remedy for pre-diabetic patients to lower the blood sugar to normal.