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A Review on Hypoglycemic Role of Wheatgrass

Arpit Dubey[2], Himanshu Gautam [2], Seema Kashyap[1*], Rajesh Kumar Nema[1],

Harish Sharma[2], Gyanesh Kumar Sahu[1]

[1] Rungta Institute of Pharmaceutical Sciences

[2] Rungta Institute of Pharmaceutical Sciences & Research

Corresponding Author:

Mrs Seema Kashyap

Associate Professor
Email ID: kashyapseema85@gmail.com

ABSTRACT

The factory- grounded drug and diet is gaining significance in recent days. The consumption of Triticum aestivum lawn in the form of juice and tablets is adding among common people. The present study elaborates on the nutritive, antioxidant, and antimicrobial eventuality of a nongenetically modified type of T. aestivum lawn, along with the substantiation of molecular docking studies. TheT. aestivum lawn excerpts like decoction, waterless, ethanol, and chloroform were subordinated to primary Phyto- chemical tests, quantitative estimation, antioxidant analysis, and antimicrobial exertion determination.

Diabetes mellitus is a major complaint over worldwide numerous deaths every time. α- amylase is an enzyme that plays an important part in the carbohydrate digestion. One antidiabetic remedial approach reduces the post prandial glucose position in blood by the inhibition of nascence- amylase enzymes. These can be an important strategy in operation of blood glucose. The end of the present study is to probe the phytochemical bioactive composites of the ethanoic excerpt of factory excerpt, it's in vitro anti-diabetic exertion.

1.INTRODUCTION

Diabetes is a metabolic complaint or a condition in which the glucose situations in the blood will be high over a prolonged period of time. In other words, it can be defined as a condition that occurs when the body can't efficiently make use of glucose that serves as a source of energy for body cells. Blood sugar situations are controlled by a hormone called insulin.

Diabetes is a metabolic pattern that arises mainly due to deficiencies in insulin exertion, insulin caching, or both. This complaint can beget serious problems that affect mortal health. Over the long term, uncontrolled diabetes can lead to several habitual complications, including renal failure, heart failure, heart complaint, and blindness. According to World Health Organization (WHO), the complaint frequence in 2010 was about 285 million people worldwide, and the number is projected to grow to 438 million by 2030. recently India has endured rapid-fire- fire

urbanization and industrialization performing into remarkable changes in the life style and food habit of people. utmost communal people lead a sedentary life, consume tobacco and take high calorie diet. Inspite of tremendous advancement in the field of allopathic medical lores, frequence of diabetes mellitus is continuously adding due to consuming high calorie diet with lack of holistic approaches. frequence of type- 2 as well as type- 1 diabetes is adding encyclopedically. During the time 2000, India had31.7 million people suffering from diabetes mellitus(IDDM and NIDDM) and after eleven times total number of diabetes has double to62.4 million. The WHO has listed 21,000 shops, which are used for medicinal purposes around the world. Among these 2500 species are in India, out of which 150 species are used commercially on fairly large scale. India is the largest patron of medicinal gravies. A number of clinical studies have been carried out in recent times that show implicit links between herbal antidotes and bettered blood glucose situations. shops are being used as food, vegetables, cosmetic and medicinal purposes. Medicinal shops have a great part in treatment of various conditions. operation of diabetes without any side goods is still a challenge to the medical community. The input of shops and phytochemicals attained from shops are being traditionally followed worldwide. The input of proper nutritive food also adds to the phytotherapeutic parcels that play a protective part against the onset of various conditions.

Then we're using medicinal shops which give the useful source of hypoglycemic composites for the development of pharmaceutical realities. Wheatgrass is known as Gehun, Kanak in Ayurveda calls it's Godhuma. Wheatgrass juice is rich in essential minerals and nutrients that ameliorate liver function and boost impunity. Wheatgrass is known to minimize fatigue, ameliorate sleep and increase strength naturally. It's also used to manage weight as it improves digestion. Wheatgrass juice also works as a blood cleaner and supports healthy skin. therefore, it should be taken as the first mess of the day in order to explore its maximum benefits. Wheatgrass may lower blood sugar situations. thus, people with diabetes should keep their blood sugar situations covered while taking wheatgrass Tritium (Wheat lawn) is medicinal factory which is being explored for their hypoglycemic property. Triticum aestivum (common wheat), of the Kingdom plantae, family Poaceae (Gramineae) and rubric TriticumL. has been a major nutritive source since the history of man. The consumption of the youthful factory(wheatgrass) of Triticum aestivum has grown extensively in both developed and developing countries in the twentieth century (Ronald, 1990) driven by claims on multitudinous remedial benefits in mollifying mortal conditions (Swati et.al., 2010; Singh et.al., 2010). Recent studies have demonstrated wheatgrass implicit in treatment of cancer (Khan et.al., 2015; Patel, 2016), diabetes (Yogesh et.al., 2013), thalassemia (Marwaha, 2004) and ulcerative colitis(Ben- Arye et.al., 2002) as well as antimicrobial exertion(Sundaresan et.al., 2015). This study was done to estimate in vitro antihyperglycemic exertion and give safety data on the waterless excerpts of locally inner grown Triticum aestivum factory(wheatgrass).

Profile of Wheat Grass Juices and Its Therapeutic Potential Roles

Classification of the Wheat Grass

Kingdom: Plantae

Division: Magnoliophyta

Class: Liliopsida

Order: Cyperales

Family: Poaceae

Genus: Triticum

Species: aestivum

Forms available in market

Wheat lawn is generally accessible in three forms wheat capsule, wheatgrass greasepaint and wheatgrass authorities.

Phytochemicals in Wheatgrass

Reducing sugars, anthraquinones, saponins, flavonoids, tannins, alkaloids, terpenoids phenolics, are the phytochemicals present in wheatgrass which are responsible for a variety of medicinal parcels of wheatgrass(Tandon etal., 2011).

Therapeutic Roles of Wheatgrass against Chronic Diseases Anticancer activity

T. aestivum a major food crop widely, is perceived as aco-adjuvant in cancer treatment(Bonfilia et.al., 2009). Wheatgrass has high quantum of chlorophyll which go about as a cell underpinning and can impact cancer avoidance. Selenium and lactrile present in wheatgrass have anticancer exercises and can drop peril of cancer. Wheatgrass juice are useful supplements, nutrients, for diabetes as well as cancer forestallment representatives, chemicals, and also phytonutrients, wheatgrass is the same a competent detoxifier, especially of the liver as well as blood.

Anti-Diabetic activity

Wheatgrass contains a good number of fibres which are suitable to maintain blood sugar situations; chlorophyll present in wheatgrass is shown to perform as ananti-diabetic agent(Shirude, 2011). Shaik etal., (2011) has demonstrated that wheatgrass juice indicates hypoglycemic impact on instigated diabetic rodents. The antihyperglycemic action of the shops is for the utmost part a direct result of its capability to restore the limit of pancreatic tissues by causing a development in insulin performance the intestinal immersion of glucose or with the help of metabolites in inferior insulin styles. Glycosides, alkaloids, terpenoids, flavonoids, carotenoids, and so forth, from the shops, are a great part of the time associated with having antidiabetic sway.

2. MATERIALS AND METHODOLOGY:

Table.2.1: Materials and their quantities

S. No.	Materials	Quantity
1.	Wheatgrass powder	2gm
2.	Ethanol	20ml
3.	Starch	1ml
4.	Urea	1ml

Method of Preparation

Growing of Wheatgrass: The grass of T. aestivum used in this study was grown under inner conditions. Overnight soaked T. aestivum seeds were used to cultivate. Little amounts of water were sprinkled unevenly over soil and 3- 4 hours of circular sun protuberance was allowed daily for growth of grass. On theseventh day, grass isgathered and used for farther studies.

Fig.2.1: Wheat seeds

Fig.2.2: Wheat grass

Table2.2: Physical Characteristics of Wheatgrass (Triticum aestivum L.) juice

Physical Constants	T. aestivum L.
Macroscopic Characteristics Nature Colour Odour Taste	 Grass Bright green/Dark green Characteristic Acrid
Loss on drying (٪w/w)	21.1٪

Phytochemical Investigation

- Cultivation, collection and preparation of Wheatgrass juice.
- Qualitative chemical tests.
- Chromatographic studies

-High Performance Thin Layer Chromatography (HPTLC)

Table 2.3: Phytochemical analysis of fresh wheatgrass extract.

Test	Solvents				
	Methanol	Acetone	Ethanol	Water	Chloroform
Detection of Carbohydrates					
Molisches test	-	-	-	-	-
Fehlings test	+	+	+	+	+
Test for tannins	-	-	-	+	+

Test for steroids	+	-	+	-	+
Test for terpenoids					
Solkowiski test	-	+	-	-	+
Detection of alkaloids					
Mayers test	+	+	+	+	+
Detection of flavonoids	-	-	+	+	+
Test for protein					
Biuret test	-	-	-	-	-
Xanthoprotein test	-	-	-	-	-
Test for cardiac glycosides					
Keller killani test	-	+	-	-	+
Test for fixed oils	-	-	-	-	-
Test sapponins					
Foam test	-	-	-	-	-
Test for phenolic compounds					
FeCl3 test	-	-	-	-	-
Detection of coumarins	+	+	+	+	+
Test for aminoacids					
Ninhydrin test	-	-	-	-	-
Gum and mucilage	-	-	-	-	-

Table 2.4: Phytochemical analysis of chlorophyll instant powder

Test	**Solvents**				
	Methanol	**Acetone**	**Ethanol**	**Water**	**Chloroform**
Detection of carbohydrates					
Molisches test	+	+	+	+	+
Fehlings test	-	-	-	-	-
Test for tannins	+	+	+	+	-

Test for steroids	-	+	+	+	-
Test for terpenoids					
Solkowiski test	+	+	+	+	+
Detection of alkaloids					
Mayers test	+	+	+	+	+
Detection of flavonoids	+	+	-	-	+
Test for protein					
Biuret test	-	-	-	-	-
Xanthoprotein test	-	-	-	-	-
Test for glycosides					
Keller killani test	-	+	+	+	+
Test for fixed oils	-	-	-	-	-
Test for saponins					
Foam test	+	+	+	+	+
Test for phenolic compounds					
FeCl3 test	-	-	-	-	-
Detection of coumarins	+	-	+	-	-
Test for aminoacids					
Ninhydrin test	-	-	+	-	-
Gum and mucilage	-	-	-	-	-

Preparation of Plant Extract:

Fig.2.3: Before wash

Fig.2.4: After wash

The gathered wheatgrass (T. aestivum) is washed, also dried at room temperature. The dried grass was subordinated to size reduction to a coarse greasepaint by using dry grinder and passed through sieve. This greasepaint was packed into Soxhlet outfit and subordinated to hot nonstop percolation using ethanol. The excerpt was also filtered and concentrated under reduced pressure using a rotator evaporator at 40 ∘ C until the solvent fully dried. It took 52 hours for Wheat grass drying. Excerpt was prepared by consecutive maceration of the greasepaint(2 gm) at room temperature with ethanol excerpt(20 ml) in the shaker for 2 days. The excerpt attained was Centrifuge at 4 ˚°C for 15 twinkles at 10,000 RPM. The final excerpt attained was filtered and the filtrate was kept in refrigerator at 4 °C. Test the excerpt for enzyme inhibitory exertion.

Fig.2.5: Wheatgrass powder

Fig.2.6: After add the solvent

Fig.2.7: Micro centrifuge

Fig.2.8: After centrifuge

Testing of sample:

alpha-amylase DNSA reagent

STARCH → MALTOSE UNITS → RED COLOUR COMPLEX (545)

- Alpha-amylase activity can be measured in-vitro by hydrolysis of starch in presence of alpha-amylase enzyme.
- This process can be quantified using DNSA reagent, which gives red colour on reaction with reducing sugar maltose (hydrolysed product of starch).
- The intensity of red colour indicates the enzyme induced hydrolysis of starch into maltose. If the extract possesses alpha-amylase inhibitory activity, the intensity of red colour will be less.
- In other words, the intensity of red colour is inversely proportional to alpha-amylase inhibitory activity. Absorbance in presence and absence of inhibitor was calculated and noted.
- Three concentrations of each different sample were prepared. These were 0.5ml, 1ml, and 2ml.Then 20µl of α-amylase was added and incubates for 10 minute at 37°C. After pre-incubation, 200µl of 1% starch solution was added to each test tube and incubated for 1 hour at 37°C. A volume of 200µl of 1% iodine solution with 10ml of distilled water was added to each test tube. Finally, this reaction mixture was used to measure absorbance at 545nm.

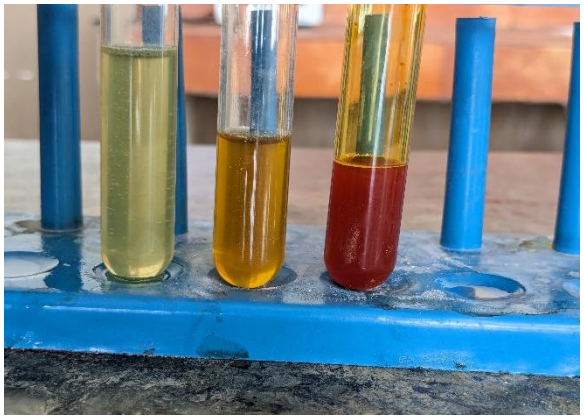


Fig.2.9: Reaction in presence and absence of inhibitor

Table.2.5:Percentage inhibition of α-amylase at varying concentration of wheatgrass

S. No.	Test	Enzyme 0.5%(ml)	Buffer pH 7 (ml)	Inhibitor (500µg/ml)	Starch 1% (ml)	DNSA (ml)	Optical Density (545nm)
1.	Blank	0.5	1.0	-	-	1	0.00
2.	Without Inhibitor	0.5	1.0	-	1	1	0.908
3.	Test with inhibitor	0.5	0.8	0.2	1	1	0.615
		0.5	0.6	0.4	1	1	0.605
		0.5	0.4	0.6	1	1	0.591
		0.5	0.2	0.8	1	1	0.546
		0.5	-	1.0	1	1	0.142

Calculation of enzyme activity:

$$\text{Enzyme activity } \left(\frac{\mu\text{mol}}{\text{min}}\right) = \frac{\mu\text{g of maltose released } \times 1000}{\text{Molecular weight of maltose } \times \text{Incubation time}}$$

Were,µg of maltose released – Absorbance / slope (slope: 0.00096)

Molecular weight of maltose – 342

Incubation time – 10min

Table.2.6: Enzyme activity of plant extract (Wheatgrass)

S. No.	Test	Inhibitor (500µg/ml)	Enzyme activity (µmol/min)
1.	Without inhibitor	-	276.55
2.	Methanolic extract as inhibitor	100µg/ml	187.31
		200µg/ml	184.27
		300µg/ml	180.00
		400µg/ml	166.30
		500µg/ml	43.25

- It is knowns that with increasing concentration of inhibitor (plant extract), the enzyme activity decreased successively as compared to the one without inhibitor showing maximum enzyme activity.

3. EVALUATION PARAMETERS

Physicochemical evaluation

- Macroscopic characteristics
- Nature
- Colour
- Odour
- Taste
- Water-soluble extractives
- Alcohol soluble extractives

Phytochemical Investigation

- Cultivation, collection and preparation of wheatgrass juice
- Qualitative chemical tests
- Chromatographic studies

- High Performance Thin Layer Chromatography (HPTLC)

Phytochemical Test:

1. Detection of carbohydrates
2. Molisches test
3. Fehling's test
4. Test for tannins
5. Test for steroids
6. Test for terpenoids
7. Solkowiski test
8. Detection of alkaloids
9. Mayers test
10. Detection of flavonoids
11. Test for protein
12. Biuret test
13. Xanthoprotein test
14. Test for cardiac glycosides
15. Keller killani test
16. Test for fixed oils
17. Test for saponin's
18. Foam test
19. Test for phenolic compounds
20. FeCl3 test
21. Detection of coumarins
22. Test for aminoacids
23. Ninhydrin test

24. Gum and mucilage

4. RESULT AND DISCUSSION

At the attention of0.5 ml/ ml (0.5 ml of factory excerpt in 1 ml of distilled water) wheat lawn showed maximum chance inhibition of the enzyme with the loftiest value of26.08(Table 3). While at the attention of 1ml/ ml (1 ml excerpt in 1 ml of distilled water) wheat lawn again showed maximum chance inhibition of the enzyme with loftiest value of58.69(Table 3), but at the attention of 2ml/ml (2 ml of excerpt in 1 ml of distilled water) crown flower stem showed the maximum chance inhibition of the enzyme with loftiest value of58.69. Recent exploration for Müller etal.(55) has reported that a 12- week intervention study with wheat bran excerpt of Arabinoxylan-Oligosaccharide(AXOS) leads to a dropped postprandial glucose attention compared to the placebo. either, three meta- analyses studies showed that regular whole- grain input had been constantly associated with a lower threat of T2D(67 – 69). also, eleven prospective studies reported by Priebe et.al.(69) showed harmonious results of a reduced threat of T2DM for consuming an advanced input of whole grain(27 to 30) or cereal fiber(28 to 37). These results prove that whole- grain input has the implicit to reduce the threat of T2DM.

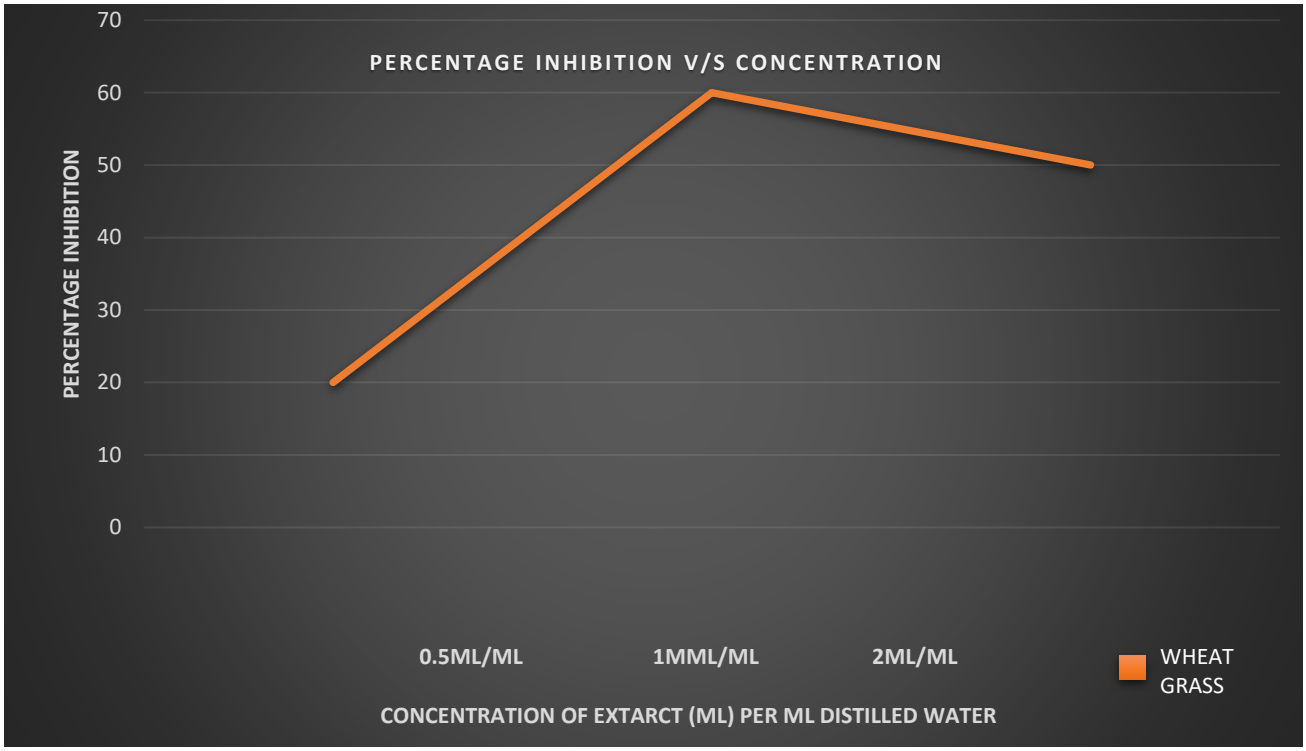
In a study for wheat seeds' antidiabetic exertion and medium, Ajiboye etal.(70) set up that dieting blood glucose, albumin, globulin, bilirubin, urea, creatinine, Na, and K situations were dramatically reduced by a diet grounded onT.A. seeds. likewise, diabetic rats on a diet rich

InT.A. seeds had significantly advanced insulin and glycogen situations. also, hexokinase, catalase, superoxide dismutase, and glutathione peroxidase situations as antioxidants were also elevated. In the same study, diabetic rats fedT.A. seed had significantly lower conditioning of glucose-6-phosphatase and fructose 1,6- diphosphatase, as well as a lower attention of malondialdehyde, and reversed the conditioning of liver function similar as alanine transferase, gamma- glutamyl transferase, alkaline phosphatase, and liver, order, and pancreas towel rejuvenescence, compared to the control group. Flavonoids have been linked to hypoglycemic goods and protection against oxidative stress due to their capability to scavenge free revolutionaries and contain possible antioxidant rates. specially, wheatgrass is used for its health advantages, and wheat is an important food crop tended worldwide. In streptozotocin- convinced diabetic rats, coadministration of a polyphenol-rich wheatgrass mess "9 days after germination" has controlled hyperglycemia, glycosuria, and recaptured body weight(71). Flavonoids similar as apigenin have been shown to enhance liver functions in diabetic rats fed a high- fat diet.

Insulin insufficiency also inactivates lipase, which raises blood phospholipid situations. Polyphenols similar as flavones and hydroxycinnamic acids inhibited adipogenesis and gluconeogenesis in colorful beast models by converting glucokinase exertion and thereby suppressing adipogenesis and gluconeogenesis(72). In diabetes pathogenesis, oxidative stress causes the product of reactive oxygen species, which leads to glucose bus oxidation, changes in antioxidant enzymes, and the generation of lipid peroxides. Damage caused by lipid peroxide impairs membrane function, increases membrane stiffness, and generates cellular deformability, all of which are typical features in the progression of diabetes. Al- Numair etal.(73) illustrated that the administration of kaempferol to diabetic rats redounded in a near- normalization of tube glucose, insulin, lipid peroxidation products, enzymatic andnon-enzymatic antioxidants. It also showed that the quantum of lipid peroxidative pointers in their tube and napkins was dramatically reduced by kaempferol. also, the diabetic rats entered ferulic acid supplementation, performing in lower glucose situations, TBARS, hydroperoxides, free adipose acids, and glutathione situations. In addition, ferulic acid enhanced superoxide dismutase, catalase, and glutathione peroxidase exertion and expanded pancreatic island size(74). In the same environment, diacylglycerol(DAG) and protein kinase C(PKC) increased situations are associated with retinal and renal dysfunctions in diabetes. thus, Koya etal.(75) tested nascence-tocopherol on streptozotocin- convinced diabetic mice to help glomerular hyperfiltration and albuminuria and PKC

conditioning increase. In addition, DAG content and PKC exertion increase was controlled by the effect of nascence- tocopherol on the glomeruli with significant enhancement in glomerular filtration rate and filtration bit.

Graph.4.1:Effect of different concentration of ethanol extract of Wheat grass on in vitro α- amylase inhibition test. The figure is in percentage showing the effect on in vitro α-amylase activity



5. CONCLUSION

In vitro condition of excerpts showed excellent inhibition of the α- amylase exertion. Determination of the natural antidiabetic emulsion of the factory excerpt will help to develop new medicine campaigners for antidiabetic remedy. The shops would consider as good sources of natural antidiabetants for medicinal uses. Natural products similar as factory excerpts, phytochemicals, and microbial metabolites are attracting further and further attention for their implicit uses in the treatment and forestallment of diabetes. A number of factory excerpts and natural biomolecules that have been tested for their antidiabetic parcels using in vitro approaches were reviewed then. Some of them show veritably promising goods, which indicate that the salutary input of phytochemicals could be a promising strategy for diabetes forestallment.The wheatgrass, Sorghum lawn and Barley lawn authorities are largely nutritional and has shown profitable goods in numerous conditions similar as diabetes, cancer, ulcer, rheumatoid arthritis, hyperlipidemia, thalassemia, anemia, order gravestone, digestive problems skin conditions, asthma etc. Due to the high quantum of chlorophyll, it's largely oxygenated and improves the function of heart and lungs. It also, wheatgrass Sorghum lawn and Barley lawn authorities have been reported as the most extravagant wellspring of vitamins, enzymes, minerals, amino acids, follow factors, phytochemical factors and a glycoprotein P4D1 and so on which can amp the fix of DNA and RNA if there should be a circumstance of their detriment. This information supports that wheatgrass, Sorghum lawn and barley lawn juice are fat in GABA, flavonoids, SOD, K-Ca, vitamins, and tryptophan, which are known to assume an essential part in multitudinous habitual conditions. Every one of them all in all give a decent remedial oxidative eventuality against a wide compass of affections including habitual conditions. Theongoing multitudinous experimenters reporting its antioxidant, against common,

hostile to hyperlipidemic or cardio protective, hostile to diabetic, comforting and immunomodulatory exercises have made this restorative factory more significant in herbal exploration. In the present inspection bid is made to concentrate on the analogous disquisition of helpful oxidative capability of wheatgrass Sorghum lawn and Barley lawn authorities against the different habitual conditions then primarily centered around antidiabetic effectiveness. To conclude that the wheatgrass, Sorghum lawn and Barley lawn authorities is supposedly encouraging home grown tradition and expansive exploration is demanded to study its useful operation in colorful conditions for unborn exploration work. There are lot of literature on wheatgrass but not as important on Sorghum lawn and Barley lawn authorities, it needs to be unborn exploration. According to these inquiries it can be said that the wheatgrass juice attained from 6 – 10- day old shoots in the exploration light is recommended for healthy life as 30 ml daily as a food supplement and 90 ml of diurnal lozenge for treatment.

Western life style is on sharp rise in India and also is the rise and frequence of diabetes. The cost of treatment is formerly running numerous families in sovereign India. This exploration appears thatT. aestivum lawn works asanti-diabetic agent. we got the unthinkable positive goods of wheat lawn juice on experimental diabetic creatures. So, this lawn will be helpful in treating the diabetes in sovereign India due to low cost, fluently vacuity and lower side goods associated with the use of this factory lawn. The treatment of diabetic case with wheat lawn juice will be more salutary than allopathic treatments. The results of the present study indicated that there was a significant reduction in body weight and BMI values of the named subjects of experimental group. Further it was noticed that diurnal supplementation of 3 g wheat lawn greasepaint for 60 days set up to have significant reduction in fasting and post prandial blood glucose position of the named diabetic subjects. It may be due to its ingredients like phenolic composites similar as alkaloids, flavonoids and tannins, saponins and sterols. thus, wheat lawn greasepaint having a remedial value can be used as natural antidiabetic product to control the frequence of diabetes mellitus. Wheatgrass is generally known as the youthful shoot or youthful lawn of the common wheat factory. It's also known by the name of “greenblood” because it has a nearly analogous structure to that of the hemoglobin patch. This factory has lesser significance in Ayurveda medicinal system and is used to treat colorful affections and diseases. It's used as a hemoglobin cover in humans to treat thalassemia and anemic cases, which increases RBCs and blood count. Due to the presence of high chlorophyll content, it's used to ameliorate heart and lung function. likewise, it carries pharmacological parcels similar as anticancer,anti-arthritic, antibacterial, antimicrobial, antidiabetic, antioxidant, andanti-thalassemia parcels. It's the richest source of vitamins, minerals, enzymes, amino acids, and antioxidants which helps in treating conditions similar as cancer, ulcer, skin conditions, and numerous further. From reported studies, it's clear that the wheatgrass factory contains a vast range of nutrients and other important chemical ingredients and need to explore more in the areas of exploration and studies to develop its further remedial and pharmacological parcels to promote its further medicinal value in the field of Ayurveda and medical lores.

The results attained from this study show glycemia lowering goods of the Triticum aestivum waterless excerpts which at boluses advanced than 50mg/ kg body weight compares to that of glibenclamide.

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