

Turmeric component reduces type 2 diabetes incidence

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(HealthDay) -- A component of turmeric -- curcumin -- reduces the incidence of type 2 diabetes and improves β -cell function in adults with prediabetes, according to a study published online July 6 in *Diabetes Care*.

Somlak Chuengsamarn, M.D., from Srinakharinwirot University in Nakhonayok, Thailand, and colleagues randomly assigned 240 adults with prediabetes to receive oral curcumin or placebo twice a day for nine months. Type 2 [diabetes](#) progression was assessed following treatment.

After nine months the researchers found that 16.4 percent of the placebo group and none of the curcumin group were diagnosed with [type 2](#)

diabetes mellitus. Curcumin treatment was associated with significantly improved β -cell function, with higher homeostasis model assessment- β and lower C-peptide levels. Compared with the placebo group, curcumin treatment was also associated with lower homeostasis model assessment-insulin resistance and higher adiponectin.

"A nine-month curcumin intervention of a prediabetes population significantly lowered the number of prediabetic individuals who eventually developed [type 2 diabetes](#) mellitus," Chuengsamarn and colleagues conclude. "In addition, the curcumin treatment appeared to improve overall function of β -cells, with very minor adverse effects."

The Thai Government Pharmaceutical Organization provided the [curcumin](#) extract and placebo for the study.

More information: [Abstract](#)
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