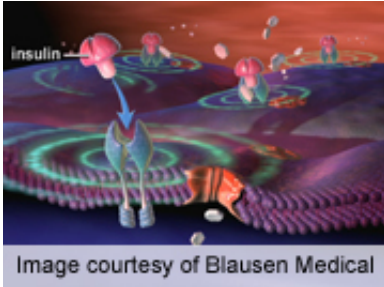


# Turmeric component reduces type 2 diabetes incidence

12 July 2012



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

(HealthDay) -- A component of turmeric -- curcumin -- reduces the incidence of type 2 diabetes and improves  $\beta$ -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 Nakornnayok, 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  $\beta$ -cell function, with higher homeostasis model assessment- $\beta$  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  $\beta$ -cells, with very minor adverse effects."

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

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2012 [HealthDay](#). All rights reserved.

APA citation: Turmeric component reduces type 2 diabetes incidence (2012, July 12) retrieved 11 November 2019 from <https://medicalxpress.com/news/2012-07-turmeric-component-diabetes-incidence.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*