

Chapter VII

Summary & Conclusion

07. Summary and Conclusion:

The sample size involved in this study is sufficiently great, the result obtained are comparable with studies carried out in past. In summary, after 24 weeks follow up of treatment of Acarbose, Miglitol alone and in combination with Salacia species like *Salacia oblonga* and *Salacia reticulata*, the clinically meaningful decrease is observed in post prandial blood glucose level, fasting blood glucose level, HbA1C and weight of patient. The patients were divided into eight groups randomly and each group is treated with said drug and its combination with Salacia species.

The percent weight reduction observed in Group IV is more significant than in all Groups, the Group IV is treated with Acarbose + Salacia reticulate and percent weight reduction observed is 4.38%. The 48.42% reduction in fasting BSL is observed in Group III which is more significant than any other group. Post meal BSL reduction observed in Group I is more significant compared to other group. The HbA1c reduction in Group I is noticeable among all groups. From this study we can conclude that the group V shows significant reduction in all parameters, and group v is treated with Miglitol and *Salacia oblonga*.

It is concluded that results obtained by treatment of Acarbose, Miglitol alone are comparable with their combination with Salacia species, the percent reduction in HbA1c value is clinically significant greater in combination of Acarbose, Miglitol with Salacia species.

In diabetic patients the weight should be controlled because the weight gain give raise to number of complications, we can conclude that combination of Acarbose and Miglitol with Salacia species is favorable for the patients who needs weight reduction and whose HbA1c level needs to be controlled.

The effects of Salacia species also studied, but the results got are not that much significant compared to Acarbose, miglitol alone and their combination with Salacia species. Studying all data we can say that the combination of Acarbose, Miglitol with Salacia species is beneficial for Diabetic Mellitus type -2 patients.