



## Ayurvedic Blood Sugar Formula

(formerly NBS-AV)

Stock #1298-8 (100 capsules)

Blood Sugar Formula is an Ayurvedic herbal formula that helps strengthen pancreatic function, improves glucose metabolism, and increases insulin sensitivity. Blood Sugar Formula is designed to assist those with diabetes in regulating blood sugar levels and to reduce symptoms associated with diabetes. Blood Sugar Formula contains herbs that also improve digestion, strengthen the liver, purify the blood, lower cholesterol, reduce fever and inflammation, and provide astringent and mild diuretic actions.

Blood Sugar Formula is particularly helpful for aiding diabetes; however, it may also prove beneficial for diarrhea, dysentery, dyspepsia (indigestion), gastritis (stomach inflammation), intestinal parasites, liver problems, respiratory conditions, skin diseases and ulcerative conditions.

**Aegle marmelos** is one of the few fruits used in an immature state in Ayurvedic medicine.

The half-ripened fruit possesses strong astringent abilities and is used to relieve irritation in the gastrointestinal tract. It is also used to treat dysentery and both acute and chronic diarrhea, particularly when there is a condition of alternating diarrhea and constipation. When fully ripened, the fruit is more soothing and laxative in action, reduces intestinal ulceration, and provides a rich source of vitamin C. Ripe fruit is also used as a tonic for the stomach. *Aegle marmelos* reduces heart arrhythmia, soothes neuralgia, and acts as an expectorant. Additional uses for *aegle marmelos* include asthma, gout, rheumatism, and fever such as malaria.

**Andrographis paniculata** has been shown to reduce both the symptoms and duration of the common cold, and is also helpful for fever, sinusitis and sore throat, according to information published in *Phytomedicine*. *Andrographis paniculata* also reduces respiratory and urinary tract inflammation, purifies the blood, stimulates bile flow, improves digestion, and destroys parasites and worms. *Andrographis paniculata* is helpful for bacillary dysentery, bronchitis, colds, debility, dyspepsia, fever, flatulence, loss of appetite, neuralgia (nerve pain) and pneumonia.

**Azadirachta indica**, also known as Neem, is regarded as one of the most important detoxifying agents and blood purifiers in Ayurvedic medicine. Every part of the neem tree is employed in phytomedicine: the astringent bark is used for hemorrhoids; the leaves are used to cool fevers such as malaria and are also used as a treatment for parasites and peptic ulcers; oil obtained from the seeds has been shown to provide antibacterial, anti-fungal, antiviral, anti-inflammatory, immunostimulant and hypoglycemic effects. Neem is used internally for arthritis, coughs, diabetes, inflammatory skin conditions, hepatitis, intestinal worms, jaundice, malaria, nausea/vomiting, rheumatism, thirst, tuberculosis and ulcers (internal and external). Neem is not recommended for infants, the elderly or for those in a debilitated condition.

**Curcuma longa**, also known as turmeric, has been shown by scientific research to help treat digestive and liver problems. Turmeric increases the production of digestive fluids and bile, relieves stomach pain, and provides antibacterial and antioxidant protection. Turmeric has also been found to reduce blood-clotting, cool inflammation, and exhibit hypocholesterolemic activity. Studies conducted between 1971 and 1991 showed turmeric's anti-inflammatory action to be more powerful than hydrocortisone. Turmeric's protective action against oxidative damage is due primarily to the presence of curcumin, an antioxidant that is stronger than vitamin E. Turmeric is recommended for arthritis, asthma, gastritis, hyperacidity, inflammatory skin conditions, jaundice and nausea.

**Cyperus rotundus**, also known as Musta in India, is regarded as a liver tonic to improve digestion and as one of the most important herbal remedies for treating female problems. Musta enhance nutrient absorption in the small intestine, destroys parasites, promotes and regulates menstruation, relaxes muscle spasms, relieves pain, reduces premenstrual edema, cools fever, and exhibits some lipid-lowering effects. Musta is helpful for *Candida albicans*, diarrhea, dysentery, dysmenorrhea (painful menstruation), dyspepsia, gastritis, gastrointestinal infection, malabsorption, menopause, piles (hemorrhoids) and sluggish liver function. Musta is not recommended if there is constipation.

**Enicostemma littorale** exhibits anti-inflammatory effects that have been compared to the standard anti-inflammatory drug hydrocortisone. In addition, animal research has identified some antitumor activity. However, *enicostemma* is primarily used in Ayurvedic medicine for the treatment of diabetes mellitus.

**Gymnema sylvestre**, called the "killer of diabetes" in the Sushruta—Ayurveda's most famous medical text—is so-named due to its popularity as a treatment in Ayurvedic medicine for treating diabetes mellitus types I and II. *Gymnema* aids the pancreas in producing insulin by enhancing regeneration of insulin-producing beta cells to control

glucose levels in diabetics. According to a study published in the *Journal of Ethnopharmacology*, although gymnema markedly improves pancreatic function, gymnema does not alter glucose levels in healthy individuals with normal pancreatic function. Ayurvedic doctors also use gymnema to treat allergies, anemia, coughs, glycosuria (carbohydrate excretion in the urine) and other urinary disorders, obesity and osteoporosis. Blood Sugar Formula contains both gymnema sylvestre leaf and concentrated extracts of gymnema sylvestre leaf.

**Momordica charantia** has been shown to reduce blood sugar levels and may help reduce the onset of diabetes. Momordica contains an insulin-like polypeptide (polypeptide-p) and various terpenoids that are believed to be responsible for the plant's ability to reduce sugar levels in the blood and urine. Polypeptide-p chemically mimics insulin activity. A study published in the *British Medical Journal* confirmed momordica's hypoglycemic activity and ability to enhance glucose tolerance. Furthermore, the results of a clinical trial published in *Phytomedicine* showed that 73% of non-insulin-dependent diabetics who received treatment with the juice from momordica fruit experienced improvement in glucose tolerance. The unripe momordica fruit is used primarily for adult-onset diabetes, while the ripened fruit is used as a digestive tonic for treating ulcers, as a diuretic for soothing inflamed urinary tissues, as a laxative to cleanse toxins and parasites from the bowel, and as a uterine stimulant for promoting menstruation. Momordica charantia should not be taken by those with low blood sugar levels.

**Picrorhiza kurroa** stimulates circulation, enhances liver function, and increases the production of digestive fluids and bile. Improved digestion has been shown to reduce blood allergens that contribute to asthma and respiratory congestion. The herb's cooling properties are also used to reduce fever. Picrorhiza kurroa contains an active constituent, which exhibits strong anti-inflammatory activity and which reduces platelet aggregation. Picrorhiza kurroa is recommended for acute and chronic infections, anemia, asthma, bronchitis, constipation, diarrhea, dyspepsia, dysentery-like disorders, hepatitis, hypoacidity (low stomach acidity), jaundice, and liver cirrhosis. Picrorhiza kurroa is also used to treat chronic nutritional impairment in children and autoimmune disease, such as psoriasis and vitiligo (partial or total loss of skin pigmentation).

**Pterocarpus marsupium gum** contains tannins and flavonoids that are strongly astringent and which help to tighten the mucous membranes of the gastrointestinal tract. Pterocarpus is often used to treat chronic diarrhea, promote healing, and relieve inflammation and irritation resulting from intestinal infection and colitis (colon inflammation). Pterocarpus also exhibits hypocholesterolemic (cholesterol-lowering) and hypoglycemic (blood sugar-lowering) effects. According to information published in *Lancet*, pterocarpus contains a flavonoid called epicatechin, which has been shown to prevent damage to pancreatic beta cells and to enhance regeneration of beta cells in animal studies. Pterocarpus marsupium has traditionally been used for diabetes, dysentery, fever, headache, inflammatory conditions, malaria and even toothache.

**Syzygium cumini** bears a fruit containing seeds that have been shown to significantly lower glucose levels in the blood and urine, thus confirming its use for treating diabetes. Syzygium cumini also reduces intestinal gas and indigestion and exhibits astringent and diuretic actions. The herb's astringent effect is helpful for relieving diarrhea. Syzygium cumini is beneficial for abdominal cramping, dysentery, dysmenorrhea, flatulence, frequent urination and stomach aches.

**Trigonella foenum-graecum** is widely used in India and the Middle East and is highly valued as a remedy for encouraging weight gain in conditions of anorexia and convalescence. Trigonella improves digestion, cools fever, soothes inflammation and irritated tissues, promotes healing, destroys parasites, reduces cholesterol, lowers blood sugar levels, exhibits antitumor activity, and also acts as an expectorant, diuretic and laxative. Animal studies indicate trigonella may also inhibit liver cancer, due to the presence of the alkaloid, trigonelline. Trigonella is used for numerous conditions, including arthritis, back pain, debility, late-onset diabetes, dysmenorrhea, edema in the legs, gastric ulcers, gastritis, gout, hernia, labor pains, neurasthenia (a condition characterized by chronic fatigue, weakness, memory loss and generalized aches and pains), poor digestion, respiratory problems, tuberculosis and underactive libido. Trigonella is also used to induce childbirth and stimulate breast-milk production. Trigonella should not be used by pregnant women.