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**STUDY OF THE EFFECTIVENESS OF THE GINSENG (PANAX GINSENG) USE IN PATIENTS WITH DIABETES MELLITUS TYPE II AND COMORBID CHRONIC PYELONEPHRITIS**

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Diabetes Mellitus Type II previously known as adult onset diabetes is a type of Diabetes Mellitus that is characterized by high blood glucose level, insulin resistance. The main pathophysiology of the insulin resistance is the receptor mutation or damage. Also we know that people with Diabetes Mellitus are more likely than normal to be infected because of compromised immune system. Diabetes Mellitus is therefore of current interest as part of comorbid pathology.

Many drugs are being given to treat hyperlipidemia, but their side effects stimulated many doctors to find additional natural treatment. One alternative could be herbal therapy. Especially herbal remedies that can also affect comorbid pathology. That is the reason we focused on Ginseng (Panax ginseng).

Known facts about Ginseng herb effects includes:

1. Reducing the level of blood glucose shown in the previous study, the mechanism is by boosting the pancreatic function and induce insulin production.
2. Anti-inflammatory activity as ginseng can be responsible for targeting immune pathways that could reduce inflammation.
3. Remedy of erectile disorder, studies showed that this phytotherapy can reduce the stress in penile vessels and tissues to insure better sexual activity.
4. It have some benefits on the brain cells which enhance the brain function like memory cells, mood and behavior in addition several studies showed that ginseng eliminates the harmful effect of free radicals.

**Methods.** We conducted an experiment among 55 patients aged from 43-65 years old. These patients both females and males suffered from Diabetes Mellitus Type II moderate severity with coexisting chronic pyelonephritis mild activity. We divided them into 2 group. Group A (30 patients) were administered normal Diabetes Mellitus medication (metformin 500 mg twice a day) and antibacterial drug Nitroxoline 100 mg four times a day in addition the Ginseng extract per os 30–40 minutes before meals, 30–50 drops of tincture 2-3 times a day. Group B (25 patients) was given the same treatment without the Ginseng extract.

**Result and discussion.** 22 patients (74%) in group A have shown decreasing in blood glucose level on 23% and improvement in the symptoms of

chronic pyelonephritis in addition increase in overall energy. On the level of the experiment 17 patients (56%) shown decreased in dysuria and 6 patients (19%) have normalization of temperature.

14 (54%) patients in group B have shown improvement in blood glucose level on 17%. Also noted a correction of the chronic pyelonephritis symptoms: 10 patients from group B (40%) had improvement of dysuria and 5 patients (20%) showed optimized temperature.

There were no side effects from the use of ginseng.

**Conclusion.** As a final result we can say that Ginseng extract showed a tendency to reduce blood glucose level with a variety of other effects such as anti-inflammatory activity, elimination of fatigue in patients with Diabetes Mellitus Type II and chronic pyelonephritis. With the awareness to the interaction with other drugs depending on the case. And we recommend using Ginseng extract in addition to the traditional treatment for this comorbid pathology.

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**THERAPEUTIC USE OF BITTER LEAF (VERNONIA**  
**AMYGDALINA) IN NIGERIA FOR TROPICAL DIABETES**  
**MELLITUS IN PATIENTS WITH COMORBID CHRONIC GASTRITIS**

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**Background:** The prevalence of Diabetes Mellitus is on the rise and is becoming a global pandemic, the peculiar challenge of developing countries includes late disease detection and limited access to prophylactic and therapeutic measures. Our case study “Tropical Diabetes Mellitus” which was reported from Sub Saharan Africa, South-East Asia with the highest presence in India poses a serious health challenge due to the atypical presentations, more aggressive nature and poor social economic conditions in these countries. Tropical Diabetes Mellitus is connected with chronic malnutrition (inadequate diet) and diabetes resulting from tropical chronic pancreatitis (fibro calculous pancreatic diabetes). This disease manifests as severe nutritional deficiency, duct gland calculi, abdominal discomfort, endocrine and secretor insufficiency primarily due to the excessive intake of Cassava which is highly utilized in Nigeria.

**Introduction:** Vernonia amygdalina (VA) known best as bitter leaf in Nigeria due to its bitter taste and many other names in the local dialect is a very popular vegetable used as an ingredient in the preparation of many delicacies after soaking or boiling in water to reduce the bitter taste and also for its medicinal value. Our traditional healers provide care based on cultural beliefs,