

OLD SPICES THE NEW HEALTH FOODS - CINNAMON AND CLOVES IN THE CONTROL OF TYPE 2 DIABETES

- *Keara*

At a meeting on Experimental Biology (April 4th 2006) held in San Francisco, two new studies were presented which suggest that Cinnamon and Cloves boost insulin function while lowering the level of cholesterol in the body.



The first study reinforced previously reported research (vide Digest Vol 1 Nos 1 & 2), indicating that a quarter teaspoon of the extract of Cinnamon bark, taken twice daily, can stimulate insulin-like activity, while lowering triglycerides, cholesterol, and glucose levels by 10 to 30 %. This communication also reported that the same doses of cinnamon may also alleviate inflammatory conditions such as arthritis.

A second study reported that a few grams of cloves per day would deliver a similar therapeutic effect. Both spices would help diabetic and pre-diabetic patients.



Dr. Richard Anderson and his team at the Nutrient Requirements and Functions Laboratory at the USDA, Beltsville, Md. have studied the effects of consuming one to six grams of cinnamon extract per day. (One gram of extract is about the equivalent of half a teaspoon of powdered cinnamon bark). The team found that cinnamon increased the levels of three important proteins crucial to boosting normal insulin promoting processes, a healthy inflammatory response, and efficient glucose transportation throughout the body. Dr. Anderson concludes: "If you can improve insulin function, the cholesterol goes down, triglycerides go down, glucose goes down, and all this goes towards the alleviation of type 2 diabetes." Clinical trials, designed to understand the mechanism of how cinnamon functions in the control of Type 2 diabetes, are now ongoing.

SOURCES:

Alan Mozes: Health Day Reporter April 5. 2006

ESSENTIAL OILS IN THE TREATMENT OF MALODOURS ASSOCIATED WITH NECROTIC ULCERS IN CANCER PATIENTS.

- *Annissa.*

Malodorous necrotic ulcers in cancer patients cause concerns resulting in social isolation and poor quality of life. Current medications and topical therapies have proven inadequate in their ability to reduce foul smells to acceptable limits according to the authors of a recent publication. Positive experience is here reported, by using essential oils on patients with incurable head and neck cancer and associated malodorous necrotic ulcers.

All patients in the study reported were treated with a standard course of therapy with oral or systemic antibiotics. Ulcers were additionally rinsed twice daily with an anti-bacterial mixture of essential oils (KMPT 70) of composition as follows:

Per gram contains:

Eucalyptus Oil	70mg
Maleleuca Oil	50mg
Lemon grass Oil	45mg
Lemon Oil	45mg
Clove Oil	07mg
Thyme Oil	03mg

-in 40% Ethanol.

The mixture had an acceptable smell and was popular. The researchers observe that the essential oils proved, in the clinical trials, to have both anti-bacterial, as well as anti-inflammatory effects. The topical use promoted a degree of re-epithelialization of neoplastic facial ulcers. The authors further report that "when used topically, essential oils appear to have low toxicity and great efficacy in reducing the morbidity associated with neoplastic ulcers of the face. This makes essential oils or their active components potentially valuable as an additive therapy in cancer treatment"

No allergic reactions were observed.

The researchers recommend a two-fold strategy for the treatment of extra-oral suppurative cancer ulcers as follows:

1. A 5-10 day course of systemic antibiotic cover (600mg clindamycin per os, twice daily. This is standard in palliative care.
2. The ulcers be rinsed with 5ml with the eucalyptus based oil mixture twice daily. The mixture used was KMPT 70 -Klonemax, Central Trilba, NSW, Australia.
3. When the smell ceases the antibiotic need not be extended.

FURTHER REFERENCES:

1. Allan P.(2001) Tea tree Oil. The science behind the antimicrobial hype. Lancet 358: 9289, 1225.
2. Cox S.D. et al: The mode of antimicrobial action of tea tree oil. J.Appl.Microbiol., 88(1), 170-5.

SOURCE:

P.H.Warnke et al. Phytomedicine 13, (2006),463-467.

AYURVEDA KNOWLEDGE IN A DIGITAL LIBRARY.

The Ayurvedic multi millennia old medical system is being rapidly embraced worldwide as complementary even as an alternative, to the modern allopathic conventional system. This places an additional strain on the supplier nations in respect of plant resources. Rare plant species in South and Southeast Asia are fast disappearing amidst concerns loudly expressed by bodies such as the IUCN, and even national conservationists.

Dr. V. K. Gupta, Director of India's National Institute of Science Communication and Information (NISCI) Resources in New Delhi is quoted (Time. 2006 Aug 7-14 pgs 58-59) as saying



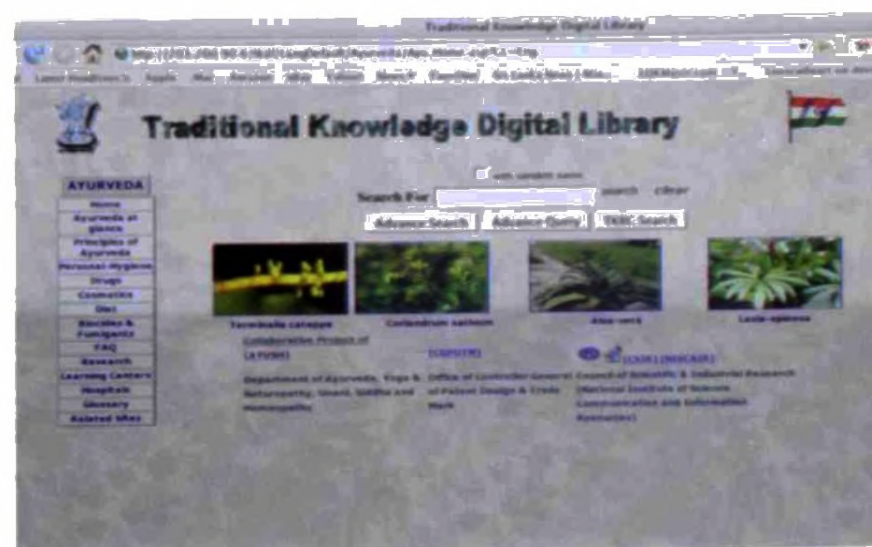
"Ayurveda is the accumulation of thousands of generations worth of knowledge. But we have to modernize it in order to mine it."

In Ayurveda, the medicinal properties of herbs are exhaustively documented in the literature. How each plant ingredient is identified, how it should be harvested and how prescriptions of many plants are chosen and prepared into medicines are among the valuable information recorded. The synergistic effect of some plants on others is also recorded. These medical texts were originally written in Sanskrit and some have been translated to English and other modern languages.

The information is presently being scanned by NISCI with a view to developing a Traditional Knowledge Digital Library (TKDL). So far over a 140000 recorded traditional treatments have been scanned and uploaded to an online database, and translated to English, French, German, Spanish, Japanese and Hindi. The database (TKDL) is a 2m dollar project and has been ongoing for 5 years.

It will provide a means of introducing the knowledge to the world, and will be regarded in modern parlance as "prior knowledge", which then cannot be patented.(The attempt to patent the biological effect of a plant spurred this effort)

There are already several multi volume compendia as Indian Medicinal Plants, but one serious factor is the endangerment of the plants themselves. " The demand for plants is accompanied by



unprecedented deforestation and unsustainable harvesting. Our medical resource base is shrinking before our eyes." -laments Indira Balachandran, author of a compendium on medicinal plants.

One of India's foremost Ayurvedic Institutions Arya Vaidya Sala Koltakal together with Dr. Balachandran runs a multidisciplinary Research Guide to foster means of saving plant species. Using modern biotechnological methods of micro propagation may be an effective means of ensuring that the plants, so valuable will not be rendered extinct.

SOURCE :

Time(2006), Aug7-14, pgs 58-59

TOMATO EXTRACT REDUCES BLOOD PRESSURE IN HYPERTENSIVE PATIENTS.

The American Society of Hypertension's 20th Annual Scientific Meeting & Exposition provided additional evidence that tomato extract helps lower blood pressure in hypertensive patients.

In a random double blind, placebo controlled cross over trial, Dr. Eslher Paran M.D. evaluated the effect of tomato extract on blood pressure, endothelial function and plasma lycopene levels in grade 1 hypertensive patients. A daily intake of a tomato extract preparation available as soft gel capsules was linked to a significant reduction in systolic and diastolic blood pressure after eight weeks of supplementation of a normal diet.

These results confirm two previous studies on natural tomato extract, published in the American Heart Journal (2006).

The results are attributed the antioxidant activity of the extract and the increase on nitric oxide.



NOMENCLATURE OF CHEMICALS AND A CUP OF TEA.

All names are perhaps designed to assign attributes to the objects or concepts they describe.

The great post-Renaissance chemist Antoine Lavoisier (1743-1794) initiated a naming system. He stated: "A well composed language will bring in its train a necessary and immediate revolution in the method of teaching. The logic of sciences is thus essentially dependant on their language"

Of course some of Lavoisier's concepts soon became dated, and have come to be completely replaced by modern systematic nomenclature based on molecular structure. As a result they are only intelligible to those in the know. This hardly includes the lay public. Even the chemical nomenclature of simple compounds, though clear to chemists, would be incomprehensible to most folk. Even natural products, chemicals derived from natural sources, if identified in terms of chemical nomenclature would appear quite unfamiliar to the laymen.



Derek Lohmann in "Sense about Science" cites this extreme example.

"If someone came onto your house and offered you a cocktail of : butanol, iso amyl alcohol, hexanol, phenyl ethanol, tannin, benzyl alcohol, caffeine, geraniol, quercetin, 3- galloyl epicatechin, 3-galloyl-epigallocatechin, and inorganic salts, would you take it? It sounds pretty ghastly. If instead you were offered a cup of TEA, you would probably take it."

SOURCE:

Richard van Noarden in Chem. World(2006),4, p80

The Digest Mail Bag

Letter 1

Dear Sir or Madam,

CABI recently reviewed your publication:

Title: LINK Natural Products Digest
ISSN: 1391-8869

for potential inclusion in the CAB Abstracts/Global Health databases. Having assessed the publication, we found it extremely useful for news and current topics and would very much like to receive the title on a regular basis if possible.

Claire Williams
Accessions Manager
CABI
PO Box 100, Wallingford
Oxon OX10 8DF, UK.

Letter 2

Addressed to the editor,

I received your new edition of the Link Digest today by e-mail. Going through your table of contents my eye got caught with your knowledge review on "The genesis of aromatherapy" by VIKRAMA. As you know, since years I am leading Europe biggest aromatherapy association FORUM ESSENZIA with approximately 1200 professional members from more than 15 countries from Europe, America and Asia. Twice yearly we publish our journal FORUM with up to date research and review findings on aromatherapy, aromacare and aromaculture for our membership.

I kindly ask you whether we can access an electronic copy of your article by VIKRAMA. I would like to propose to my editorial board of FORUM to review this article and to ask for permission (from you) to translate this article into German for publication in our FORUM journal. I consider your article as a very interesting view point on aromatherapy starting in Sri Lanka and integrating European and American publications and thoughts.

Unfortunately you are not giving reference to our homepage www.forum-essenzia.org, most probably because we publish our journal and homepage in large parts in German language only. We should consider the missing references to Forum Essenzia in your article as a good reason to devote more resources to publish more in English Language.

Klaus Duerbeck
Vorsitzender
Forum Essenzia e. V.
Rufstrabe 5, D-83064 Raubling

Phone: +49-8035-3690
Fax : +49-8035-8340

NOTE TO POTENTIAL CONTRIBUTORS

Link Natural Products Digest

The DIGEST is a popular publication, albeit a scientific one, dedicated to medicinal plants, herbal healthcare and personal care products, essential oils, aromatherapy, herbal therapy and Ayurveda, and related healthcare systems. It is published bi-annually.

The DIGEST welcomes contributions in English in the category of reviews, brief communications, ethno reports in brief, phytomedical and phytochemical communications, book reviews, and reports on safety and efficacy of phytomedicines.

Potential authors may consult the Editor-in-Chief prior to dispatch of communications, reports and reviews.

Authors may submit manuscripts by post or e.mail to :

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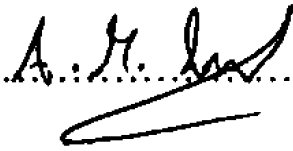
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