

Liquorice Prevent Diabetes

Written by tim redaksi
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All this time, liquorice (*Glycyrrhiza glabra*) is known as substance made for candy or beverage. Now this plant is famous as anti-diabetes medicine. Scientist from Max Planck Institute, Berlin, Germany found anti-diabetes content, namely amorfrutin, in the liquorice.

The result of his research shows that amorfrutin substance can decrease blood glycogen content. Its roles are as anti-inflammation, inhibit greasy liver and can be tolerated by human body. It is possible if licorice is suitable to cure metabolism disorder. Sascha Sauer (senior researcher in Max Planck Institute) cited by

Science Daily

stated that its benefit for healthy is based on the fact that molecule of amorfrutin works directly to receptor in the nucleus which is mentioned as PPAR based

PPAR (gamma).

PPAR (gamma) is a receptor that play role at a cell building in fat and glucose. Furthermore, Sauer said that molecule of amorfrutin can activate many genes that minimized plasma from certain fatty acid and glucose. The decrease of glucose content will inhibit insulin resistance – the main cause of diabetes in adult

However, according to Sauer, it is still needed to do a development effort for special extraction process to get amorfrutin substance from liquorice in enough concentration, because substance concentration in a liquorice is still low.

(Source : Gatra magazine, special edition of Kartini day, 2012)

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