

Effectiveness of Vietnamese herbal specific for diabetes

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Abstract

Background

The widespread usage of Vietnamese herbal specific for diabetes (VHSD) is currently made as alternative medicine to treat diabetes in Vietnam. In the present study, the effectiveness of the VHSD has been assessed for its home glucose-blood level control from two observational studies and the medical records of a random sample of 10 diabetes patients at an Herbal Therapy Clinic In Ho Chi Minh City, Vietnam. The effectiveness of the VHS has also been evaluated via observing the complications of the former from the two independent cases.

Methods

The control of fasting serum glucose levels has been assessed for two patients with diabetes mellitus. One of them has taken the VHS tablets every day for over three months instead of insulin and oral medication used to control her diabetes mellitus for twenty years, causing her complications, such as blindness, foot ulcer, obesity and fatigue. The other has also daily taken the VHS for over three months. The fasting sugar-blood level for the former is measured to be 18.5 mmol/L, and for the latter to be 317 mg/dL right before having taken the VHS. These sugar-blood levels have been recorded in the glucose meters. The data were compared statistically by using Student's t-test. Additionally, the latter's diabetes-control was also assessed by fasting serum glucose levels as follows: level lower than 6.7 mmol/L (120 mg/dL) over a 3-month period was classified as well controlled, a level 6.7 to 8.9 mmol/L (120-160 mg/dL) as fairly well controlled, and a level greater than 8.9 mmol/L (160 mg/dL) as poorly controlled (Dorothy, Dennis & Nghia, 2001).

The two hour post-prandial sugar-blood levels were also tested from a random sample of 10 diabetes-diagnosed patients at an Herbal Therapy Centre right before and after taking the VHS for a month or more. The data analysis was undertaken via the paired sample-t-test using the SPSS.

Results

The data about glucose-blood levels before and after taking the VHSD from the two observational cases and from the random sample compared have all shown the very significant difference in means, as their p-value is $0.001 < 0.01 < 0.05$. According to the control criteria of glucose-blood levels, the patient's diabetes from the second observational case was assessed as well-controlled and fairly-well controlled for over three

months. These outcomes have been reinforced by the disappearance or deduction of the first patient's complications: she can see things a little bit more clearly; she is not fatigue and not hungry anymore; she is not obese; and especially her foot ulcer frustrating her for five years has disappeared, making it easier for her to walk normally.

Conclusions

The current study has given clear evidence that the clinical effect of the VHSD is very positive, supporting patients with diabetes mellitus to monitor their home glucose-blood control and/or to achieve closer-to-normal levels of glucose in the blood through which serious diabetes-related complications are likely to be treated or eradicated. In order for many more patients in Vietnam as well as in other countries to benefit from the VHSD, further in-depth studies should be carried out with foci on how effects of the VHSD are in controlling the glucose levels and/or achieving closer-to-normal glucose levels in the blood.