

5<sup>th</sup> International Conference and Exhibition on

# Natural & Alternative Medicine

September 05-07, 2016 Beijing, China

## Herbal medicine could decrease the risk factor incidence of Diabetes Mellitus Type 2

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Many herbal medicinal plants from Indonesia are used to reduce Diabetes Mellitus. Diabetes is a topic area included in Healthy People 2020. In America, there are 1.4 million people diagnosed every year with Diabetes Mellitus. One of the causes of Diabetes Mellitus type 2 is obesity. The high cost of weight loss and side effects of synthetic chemical drugs cause most of the world community to switch to nutraceutical. The results of study prove that weight loss would improve by 10-15% risk of cardiovascular disease and metabolic syndrome. Recent study indicates the role of herbal decrease of chronic disease incidence suffering. The weight loss of adipose tissue corrects response and minimizes diameter adipocyte abdominal size. Herbal one that has the ability for that is coffee. If we consume 2 cup of coffee daily could improve the immune response. Coffee is able to correct immune system (NO, IL-10 and adipose tissue). The other herbal plant medicine which could improve the immune response are curcumin; isoflavon; catechin (tea-polifenol) etc. Herbal medicine could decrease the risk factor incidence of Diabetes Mellitus.

### Biography

Rosa Lelyana completed medical school in 1997 and graduated S2 is less than 2 years of research in the field of coffee. She is a member of the ACS (American Chemical Society) on request since 2014. In 2011 she received an award from the Dean of the Faculty of Medicine and University lecturer Diponegoro as one of the best level textbook authors of university medical faculty level Diponegoro.

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