Evaluation of Hypoglycemic and Hypolipidemic Activities of Methanolic Leaf Extract of *Garcinia gummi-gutta Linn* by HFD with Low Dose STZ Induced Type II Diabetes Mellitus on Rats

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Authors' contributions

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

Original Research Article

ABSTRACT

Objective: The present study aimed to evaluate the hypoglycemic and hypolipidemic activities of methanolic leaf extract of *Garcinia gummi-gutta Linn*. by HFD with low dose STZ induced T2DM on rats.

Materials and Methods: The animals were divided into five groups of six animals, and HFD was induced for 8 weeks. After 4th week of HFD treatment, type-II diabetes was induced by a single dose of 35mg/kg (*i.p*) STZ, hyperglycemia was confirmed by the elevated levels of blood glucose determined at 72h and the animals with blood glucose concentration (< 250mg/dl) were used for the study. The *In vitro* anti-diabetic activity was done by the DNS method.

Results: The *In vitro* anti-diabetic activity by α-amylase inhibition activity by DNS method was very mild as compared to Acarbose and the IC50 value of Acarbose was very low (170.84μg/ml) than MEGG (1989.59μg/ml). However, potent *In vivo* anti-diabetic activity (P<0.001) was observed after induction HFD with low dose STZ induced T2DM rats at the end of the 8th week, blood sugar level for MEGG high dose (173.40 ± 14.9mg/dl) was found to be almost same as that of standard drug Glibenclamide (164.60 ± 3.21mg/dl) as compared to control (287.90 ± 1.52). The lipid profile of the study showed a marked increase in TC, LDL, TG, and reduction in HDL in HFD with low dose STZ diabetic rats, whereas in MEGG and standard drugs treated by Glibenclamide were found to be

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substantially decreased and a fair amount of improvement in HDL level (P<0.001). Histologically, focal necrosis was observed in the diabetic rat pancreas whereas on standard and test mild and no evidence of necrosis were observed respectively, similar positive results were found in liver and adipocyte histology for standard and test groups against the HFD with STZ-induced group **Conclusion:** Therefore MEGG possesses potent *In vivo* anti-diabetic effect as well as hypolipidemic effect and therefore MEGG might be a potent phytochemical alternative to prevent and treat T2DM and atherosclerosis and also to reduce its associated complications.

1. INTRODUCTION

T2DM is characterized by abnormal metabolism especially related to glucose metabolism abnormality due to deficiency of insulin release (or) decreased sensitivity of insulin with chronic progression [1]. The causes of type-1 and T2DM are different however due to the chronic state of hyperglycemia it affects many organs such as the heart, CNS and PNS, and eye by promoting microvascular damage by promoting atherosclerosis resulting in the development of coronary heart, cerebrovascular, and peripheral vascular diseases as well as retinopathy, nephropathy, and neuropathy complications. T2DM is diagnosed and categorized based on the fast blood glucose level into pre-diabetes with a single fasting plasma glucose of 100-125mg/dl (or) an HbA1c of 5.7% to 6.4% and diabetes with fasting plasma glucose (>125 mg/dl); HbA1c of 6.5% (or) by random plasma glucose of (≥ 200 mg/dl) plus symptoms of hyperglycemia [2].

At present, diabetes states increase drastically in parallel with the obesity pandemic across the world, and among them, about 95 percent of those people belong to T2DM. It is essential to understand the pathogenesis process, and development of vascular and neural lesions on a molecular basis, studying the genetic and environmental might be helpful to develop newer animal models and to screen newer drugs and naval formulations to accompany the best therapeutic goals to treat T2DM. even though many animal models are available for the screening of T2DM [3–6], many models do not imitate the progress of the disease, and symptoms that occur in the human being are not similar to the clinical situation in humans. The selection of a proper animal model as well as inventing and combining the model would be more appropriate for the screening of T2DM. by adjusting the existing methods, developing new methodologies, or a combination of both.

It was observed that rats fed with HFD develop insulin resistance but not frank hyperglycemia (or) diabetes [7–9] and STZ was used widely employed to develop both insulin-dependent and non-insulin-dependent diabetes mellitus as it destroys β-cells of Langerhans by alkylation of DNA [10]. However, as a high dose of STZ develops Type-I diabetes, an animal with HFD following a low-dose STZ rat model was found to be a more appropriate model for the development of T2DM as it closely mimics the metabolic characteristics of human T2DM3-6 therefore we selected the same model for our current research.

Garcinia gummi-gutta Linn., commonly known as 'Kodampuli' (or) 'Malabar tamarind', is a dicotyledonous tropical tree belonging to the family Clusiaceae (Guttiferae). G. gummi-gutta is a semi-domesticated crop, with wide distribution in semi-evergreen to evergreen forests. In India, it is commonly found in the evergreen and Shola forests of the Western Ghats, Karnataka, and Kerala and also in the states of Maharashtra, Goa, and Tamil Nadu [11,12].

The leaves of Garcinia contain hydroxyl citric acid [13]. The presence of phytochemicals such as tannin, phlobatannin, saponin, flavonoids, terpenoids, and cardiac glycosides has been reported in the crude extract of *Garcinia gummi-gutta* leaves [14]. Most of these compounds contribute to the pharmacognostic properties of this plant against gastrointestinal infections. Several authors have linked the antimicrobial properties of the crude extracts to the presence of these bioactive compounds [15-17]. Much research has been carried out on the anti-inflammatory, anti-bacterial and anti-cancer properties of Garcinia [18-21]. A decoction made from leaves of Garcinia is administered for rheumatism and bowel complaints. In cattle, it is used as a wash for mouth diseases. Hydroxy citric acid extracted from the mature fruit rind is used against obesity [22].

2. MATERIALS AND METHODS

2.1 Plant Collection and Authentication

The fresh leaves of the plant *Garcinia gummi-gutta Linn* were collected from the surrounding areas of Mannar, Kerala during February and authenticated by the Botanical Survey of India (BSI) southern circle, Coimbatore, Tamilnadu (BSI/SRC/5/23/2019/Tech./3239).

2.2 Preparation of Plant Material

The collected leaves were cleaned, washed with distilled water, dried under a sunshade in the dark room, and powdered, after size reduction; leaves were sieved under sieve No. 40 and sieve No. 60, and stored in an airtight container at room temperature.

2.3 Selection of Solvent for Extraction

Dried leaf powder of *Garcinia gummi-gutta Linn* (500g) was defatted and extracted with 5 liters of 70% methanol using a cold maceration process until exhausting. The collected extract was filtered with Whatman No.1 and then evaporated under reduced pressure with a rotary evaporator at 50 °C, lyophilized, powdered, and kept at −20 °C until using.

2.4 Experimental Animals

Sprague Dawley rats of 6-8 weeks old with 160-180g body weight were obtained from KMCH College of Pharmacy, Coimbatore. All rats were housed and maintained under standard conditions of temperature (250C ± 50C), relative humidity (55 ± 10%), and a 12/12 h light/dark cycle. Animals were fed with a commercial pellet diet for control, an HDF diet for the treatment group, and water ad libitum freely throughout the study. Regular chow consists of 5% fat, 53% carbohydrate, and 23% protein, with a total calorific value of 25kJ/kg, and HFD consists of 22% fat, 48% carbohydrate, and 20% protein

with a total calorific value of 44.3kJ/kg were given.

2.5 Acute Toxicity Study

The Acute oral toxicity study was performed as per OECD-423 guidelines. The rats were fasted overnight with free excess water and were grouped into four groups consisting of 3 animals each, to which the extract was administered orally at the dose level of 5mg/kg, 50mg/kg, 300 mg/kg, and 2000mg/kg. They were observed for mortality; toxic symptoms such as behavioral changes, locomotor activity, and convulsions; direct observation parameters such as tremor, convulsion, salivation, diarrhea, sleep, coma, changes in skin and fur, eyes and mucous membrane, respiratory, circulatory, autonomic and CNS, somatomotor activity, etc. periodically for 30 min during first 24h and specific attention given during first 4h daily for a total period of 14 days.

2.6 Induction of Hyperlipidemia in Rats

The rats were divided into 5 groups (n=5) containing 6 rats, group-1 (normal control) animals were retained on a standard laboratory animal diet, and the remaining groups were fed with an HFD for 8 weeks, however group-3, 4, and 5 were intervened by Glibenclamide 5mg/kg (Ranbaxy, India), MEGG 200mg/kg and MEGG 400mg/kg respectively from 4th week of the induction of HFD and continued till 8th week (Table-1).

2.7 Experimental Induction of Diabetes

After the 4th week of HFD treatment, rats overnight fasted group-2, 3, 4, and 5th rats were injected with a single dose of 35 mg/kg (*i.p*), STZ (sigma chemical Co. U.S.A) dissolved in 0.1 M cold citrate buffer (PH 4.5), the initial fasting blood glucose and 48 hours after STZ administration blood samples were drawn by from tip of rat tail to confirm diabetes. The animals with blood glucose concentration more than 250 mg/dl were used for the study [23].

Table 1. Effect of MEGG and Acarbose on α-amylase inhibition activity by DNS method

Group	Group Name	Drug/Vehicle Treatment
1	Vehicle Control	Normal saline with normal diet for 8 weeks
2	HFD induced diabetic control	HFD + STZ 35mg/kg (*i.p*)
3	HFD induced positive diabetic control	HFD + STZ + Glibenclamide 5 mg/kg (*p.o*)
4	Test-1 (low dose MEGG)	HFD + STZ + MEGG 200 mg/kg (*p.o*)
5	Test-2 (high dose MEGG)	HFD + STZ + MEGG 400 mg/kg (*p.o*)

2.8 *In vitro* Diabetic Activity: Inhibition Assay for α-amylase Activity (DNS)

Acarbose (standard) and MEGG (test) of five concentrations (100, 200, 300, 400, and 500µg/ml) were prepared by dissolving in double-distilled water. A total of 500µl of plant extract and 500 µl of 0.02M sodium phosphate buffer (pH 6.9 with 0.006M sodium chloride) containing α-amylase solution (0.5mg/ml) were incubated for 10 minutes at 25°C.After pre-incubation, 500µl of 1% starch solution in 0.02M sodium phosphate buffer (pH 6.9 with 0.006M sodium chloride) was added to each tube at 5s intervals. This reaction mixture was then incubated for 10 minutes at 25°C.1ml of DNS color reagent was added to stop the reaction. These test tubes were then incubated in a boiling water bath for 5 minutes and cooled to room temperature. Finally, this reaction mixture was again diluted by adding 10ml distilled water following which absorbance was measured at 540nm [24].

Chemicals and reagents: The dialysis membrane and 1-4, α-D-Glucan-glucanohydrolase (α-amylase) were purchased from Hi-Media Laboratories, Mumbai, India. All other chemicals, reagents, kits, and solvents used in this study were of analytical grade and procured locally

$$\text{Percentage Inhibition} = \frac{\text{Abs. 540 (Control)} - \text{Abs. 540 (Test)}}{\text{Abs. 540 (Control)}} \times 100$$

2.9 Oral Glucose Tolerance Test (OGTT)

Rats were divided into five groups (n=5) and were administered normal saline, diabetic control (STZ, 35 mg/kg), Glibenclamide (10 mg/kg), and dose of 200 mg/kg and 400 mg/ kg (*p.o*) of MEGG at the end of 4th, week to 8th week after induction of diabetes. After an overnight fast (12–16 hours), a glucose solution of 2g/kg was administered 30 minutes after the administration of the extract (or) normal saline (or) drug, and blood samples were withdrawn at by tip of the rat tail vein after 60 minutes of glucose administration and the blood glucose levels were estimated using GOD-POD kit (Acuurex, India).

2.10 Histological Examinations

Pancreas and liver were instantly dissected out at the end of the 8th week, excised, and rinsed in an ice-cold saline solution. A portion of the liver and pancreas were fixed in 10% neutral formalin fixative solution were fixed in 10% formalin, dehydrated in alcohol, and then embedded in paraffin. Microtome sections of 4 5 µm thickness were made by using a rotary microtome. The sections were stained with hematoxylin-eosin (H&E) dye to observe histopathological changes [25].

3. RESULTS

3.1 Preliminary Phytochemical Screening

The methanol extract contained glycosides, saponins, flavonoids, terpenoids, steroids, tannins, proteins, amino acids, and carbohydrates. The percentage yield of MEGG was found to be 4.3% w/w and soluble in alcohol and water.

3.2 Acute Toxicity Study

The MEGG showed the normal behavior of the treated rats and no toxic effects were observed at a higher dose of 2g/kg body weight. Hence, there were no lethal effects observed in any of the groups till the end of the study, MEGG 200mg/kg and MEGG 400mg/kg were chosen as low and high doses respectively for *In vivo* anti-diabetic activity.

3.3 Effect of MEGG and Acarbose on α-amylase Inhibition Activity by DNS Method

Percentage inhibition activity for anti-diabetic activity was assessed at concentration ranges from 100 µg/ml to 500 µg/ml for standard and test and the maximal inhibition effect at 500µg/ml concentration was found to be 60.88% and 25.44% for Acarbose and MEGG respectively and the IC50 value of Acarbose and MEGG was found to be 170.84µg/ml and 1989.59µg/ml respectively [Table-2 and Fig. 1]. It implies MEGG may have a mild *In vitro* anti-diabetic effect by inhibition of α-amylase activity.

3.4 Blood Glucose Levels after Induction of HFD with Low Dose STZ Rat

At doses of 200mg/kg and 400 mg/kg of MEGG, fasting blood glucose levels were assessed in normal rats at various time intervals with the standard drug group treated with Glibenclamide [Table 3 and Fig. 2], demonstrating that the MEGG exhibited significant hypoglycemic activity on HFD with low dose STZ induced T2DM rats.

At the end of the 8th week of treatment, there was a 42.83%, 32.93%, and 39.77% decrease (P < 0.001) in blood glucose levels with Glibenclamde (standard), MEGG 200mg/kg, and MEGG 400mg/kg (test) as compared to a diabetes control group.

3.5 Serum Lipid Parameters of Control and Treatment Groups after Induction of HFD with Low Dose STZ Rats

Lipid profile showed significant (P < 0.001) reductions of 58.65%, 47.12%, 54.71% of T.

Cholesterol, 39.07%, 20.90%, 28.57% LDL, 54.56%, 24.91% 38.91% VLDL and 31.72%, 15.15% 26.94% of TGL (Triglyceride) were found after treatment with Glibenclamide (standard) MEGG at doses of 200 mg/kg and 400 mg/kg (test) respectively as compare to T2DM rats after HFD with low dose STZ induced diabetic rats. It was also observed there was a significant (P < 0.001) increase of 25.38%, 9.45%, 15.53% HDL level were found after treatment with Glibenclamide (standard) MEGG at doses of 200mg/kg and 400mg/kg (test) respectively as compare to T2DM rats. [Table-4 and Fig. 3].

Table 2. Effect of MEGG and Acarbose on α-amylase inhibition activity by DNS method

S.no	Concentration (µg/ml)	Percentage inhibition of Acarbose (%)	Percentage inhibition of MEGG (%)
1	100	44.17	18.46
2	200	53.85	22.50
3	300	57.12	23.87
4	400	58.59	24.48
5	500	60.88	25.44

IC_{50} value of Acarbose = 170.84 µg/ml
IC_{50} value of MEGG = 1989.59 µg/ml
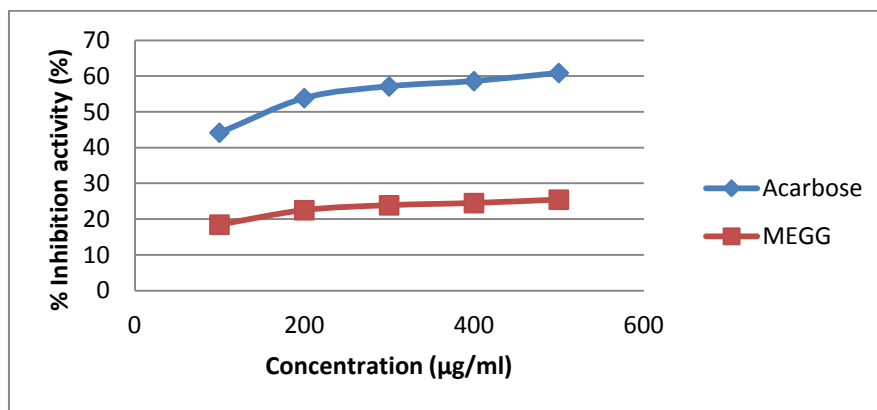
**Fig. 1. Effect of Acarbose and MEGG on α-amylase inhibition activity by DNS method**
IC_{50} value of Acarbose = 170.84 µg/ml
IC_{50} value of MEGG = 1989.59 µg/ml

Table 3. Blood glucose levels of control and treatment groups before and after induction of HFD with low dose STZ rats

Group No	4th week (mg/dl)	5th week (mg/dl)	6th week (mg/dl)	7th week (mg/dl)	8th week (mg/dl)
1	95.81 ± 1.70	97.11 ± 0.93	99.47 ± 2.64	97.23 ± 1.66	95.61 ± 2.57
2	98.54 ± 1.27	281.20 ± 3.63	290.70 ± 2.96	289.30 ± 2.93	287.90 ± 1.52
3	98.84 ± 1.88	187.00 ± 7.31	174.70 ± 6.74	169.80 ± 3.43	164.60 ± 3.21
4	98.26 ± 2.63	237.30 ± 5.29	219.10 ± 6.13	197.90 ± 4.25	193.10 ± 2.90
5	96.56 ± 2.61	203.30 ± 5.29	183.80 ± 3.87	182.00 ± 3.13	173.40 ± 14.9

*Values are expressed as means ± SD (n=6). Statistical evaluation was done by one-way ANOVA followed by Duncan's test, ***p < 0.001 as compared with control group*
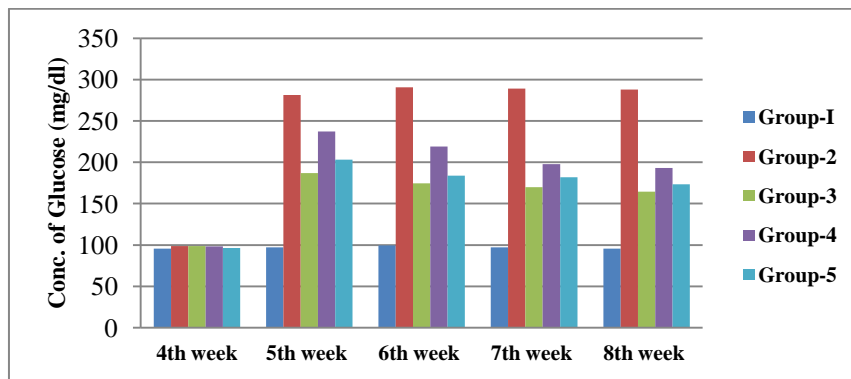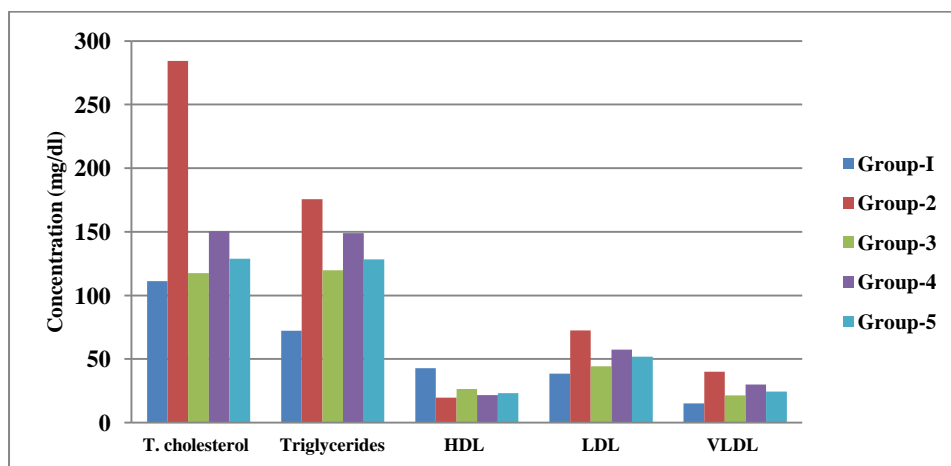
Fig. 2. Blood glucose levels of control and treatment groups after induction of HFD with low dose STZ induced T2DM rats

*Values are expressed as means ± SD (n=6). Statistical evaluation was done by one-way ANOVA followed by Duncan's test, ***p < 0.001 as compared with control group*

Table 4. Serum lipid parameters of control and treatment groups after induction of HFD with low dose STZ rats (end of 8th week)

Group No	Total cholesterol (mg/dl)	Triglycerides (mg/dl)	HDL (mg/dl)	LDL (mg/dl)	VLDL (mg/dl)
1	111.1 ± 2.039	72.24 ± 1.597	42.85 ± 1.433	38.63 ± 0.855	15.24 ± 0.801
2	284.4 ± 2.927	175.6 ± 1.597	19.64 ± 1.051	72.59 ± 1.637	39.94 ± 0.866
3	117.6 ± 1.880	119.9 ± 1.508	26.32 ± 1.375	44.23 ± 1.346	21.42 ± 1.214
4	150.4 ± 3.713	149.0 ± 3.190	21.69 ± 1.819	57.42 ± 1.464	29.99 ± 0.835
5	128.8 ± 3.008	128.3 ± 3.472	23.25 ± 1.208	51.85 ± 1.256	24.40 ± 1.071

*Values are expressed as means ± SD (n=6). Statistical evaluation was done by one-way ANOVA followed by Duncan's test, ***p < 0.001 as compared with control group.*

Fig. 3. Serum lipid profile of MEGG after induction of HFD with low dose induced STZ induced T2DM rats

*Values are expressed as means ± SD (n=6). Statistical evaluation was done by one-way ANOVA followed by Duncan's test, ***p < 0.001 as compared with control group*

3.6 Changes in Histopathology of the Pancreas and Liver

At the end 8th week of the treatment period, the histo-pathological examination of the pancreas of the control rats showed normal β cells with abundant granular cytoplasm, in HFD with low dose STZ induced T2DM rats were irregular, not well defined and necrosis of the cells was observed, whereas in standard (Glibenclamide)

and test (high dose of MEGG) showed the presence of more viable β cells with mild and no evidence of focal necrosis respectively [Fig. 4].

The histopathological examination of the HFD and STZ-induced diabetic group showed disordered liver structure with hepatocellular necrosis and extensive vacuolization in contrast to the control group. As in the case of Standard and low-dose of MEGG illustrate the presence of low infiltration of lymphocytes, however in high dose MEGG treated group showed nearly normal hepatocellular architecture with normal nucleus cytoplasm and distinct hepatic layer, indicating that high dose of MEGG has nearly healed the hepatocellular damage caused by HFD with STZ induction [Fig. 5].
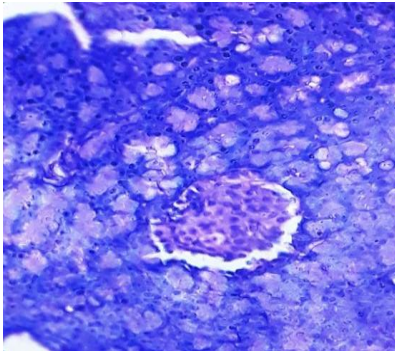
Fig. 4a. Control group
Pancreatic section of normal control group rats showing normal β cells with abundant granular cytoplasm
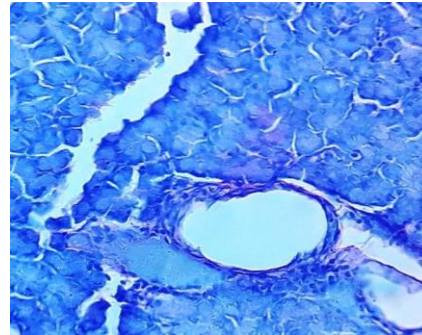

Fig. 4b. Diabetic group (HFD-STZ)
Pancreatic section of HFD with low dose STZ induced T2DM rats with irregular, not well defined and necrosis of the cells
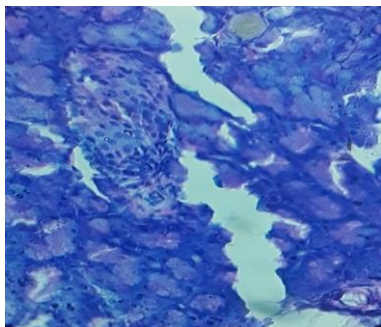
Fig. 4c. Positive group (Glibenclamide+HFD+STZ)
Pancreatic section of Positive control of HFD with low dose STZ induced T2DM rats with viable β cells with mild focal necrosis
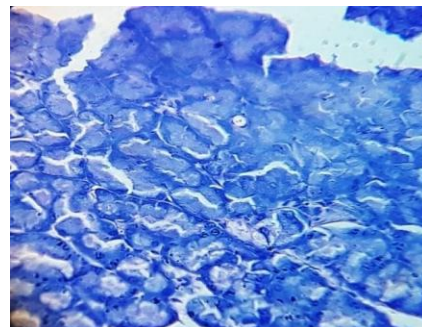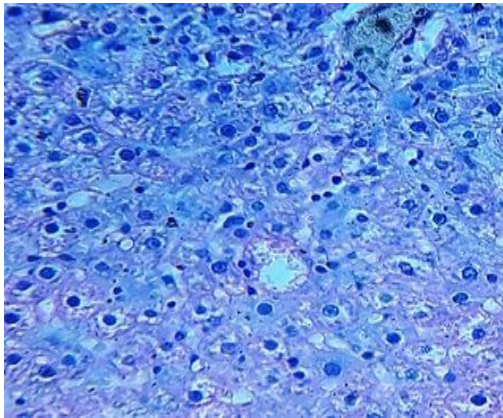

Fig. 4d. Test-1 (Group (MEGG-200mg+HFD+STZ)
Pancreatic section of Positive control of HFD with low dose STZ induced T2DM rats with more viable β cells without focal necrosis
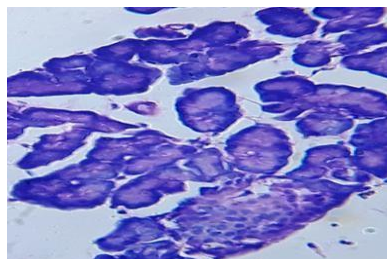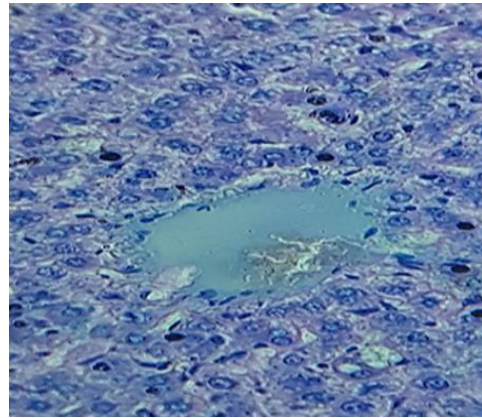

Fig. 4e. Test-2 (MEGG-400mg+HFD+STZ)
In high dose treated group there is restoration of normal β cells and shows granular cytoplasm
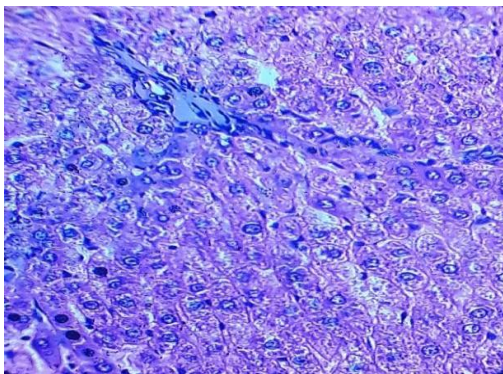
Fig. 4. Histopathology of pancreas

Fig. 5a. Control group
*Normal control group shows typical histological structure of rat liver*

Fig. 5b. Diabetic group (HFD-STZ)
HFD and STZ induced diabetic group shows disordered liver structure with hepatocellular necrosis and extensive vacuolization

**Fig. 5c. Positive group
(Glibenclamide+HFD+STZ)**
Glibenclamide treated group shows slight lymphocyte infiltration and preserved cell architecture
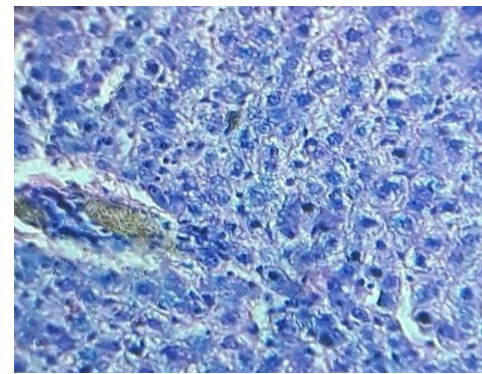
**Fig. 5d. Test-1 group
(MEGG-200mg+HFD+STZ)**
Low dose treated group shows lymphocyte infiltration
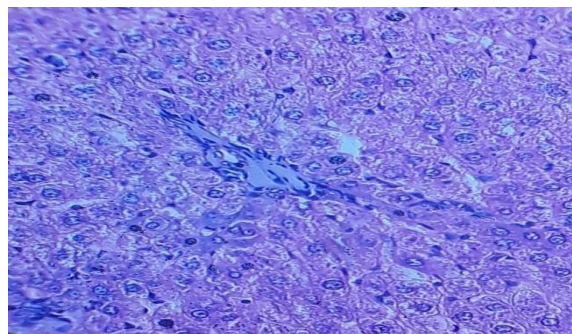
Fig. 5e. Test-2 (MEGG-400mg+HFD+STZ)
High dose treated group shows nearly normal hepatocellular architecture with normal nucleus cytoplasm and distinct hepatic layer

Fig. 5. Histopathology of liver

Similar histo-pathological illustrations were found in adipocytes, as in the case of HFD and STZ treated diabetic group showed increased in the size of the cells and inflammatory cell infiltration,
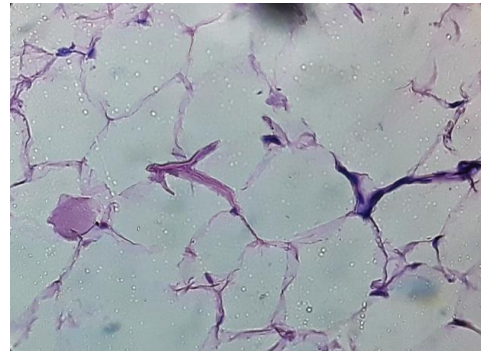
whereas in standard, low dose and high dose of MEGG treated group showed a decrease in size of the cells without any inflammatory infiltration, establish the potent effect of MEGG against HFD with STZ induction [Fig. 6].
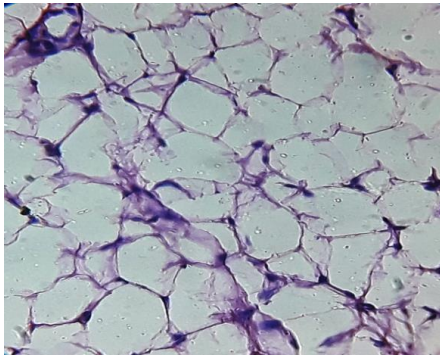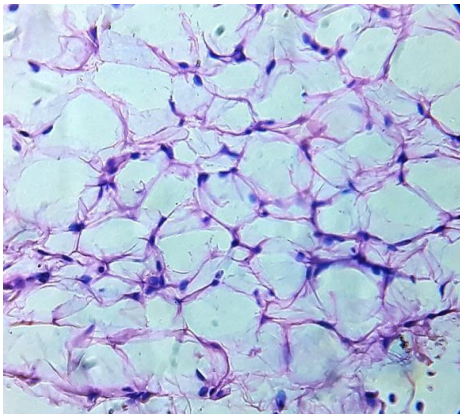

Fig. 6a. Control group
Histopathology of normal control group shows the normal size of adipose cells
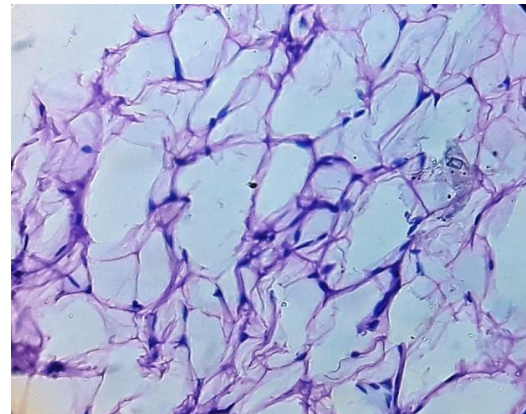

Fig. 6b. Diabetic control group
HFD and STZ treated diabetic group shows increase in the size of the cells and inflammatory cell infiltration

Fig. 6c. Positive group: (Glibenclamide+HFD+STZ)
Glibenclamide treated group shows decrease in the size of the cells

Fig. 6d. Test-1 Group (MEGG-200mg+HFD+STZ)
Low dose treated group shows decrease in the size of the cells compared to HFD and STZ treated diabetic group
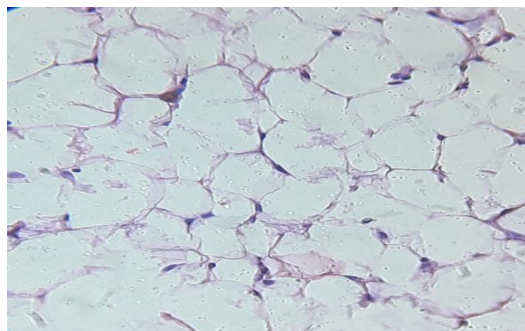
Fig. 6e. Test-2 Group (MEGG-400mg+HFD+STZ)
High dose treated group shows decrease in the size of the cells compared to HFD and STZ treated diabetic group

Fig. 6. Histopathology of adipose tissue

4. DISCUSSION

Currently, many studies have reported that HFD-fed rats develop insulin resistance. At the same time, low-dose STZ has been known to induce a mild impairment of insulin secretion which is similar to the feature of the later stage of T2DM. Plants serve as an excellent source of various therapeutic agents, with the major advantage of using plants is that they seldom show the deleterious side effects commonly associated with other allopathic drugs. This study investigated the ability of *Garcinia gummi-gutta Linn* to serve as effective anti-diabetic agent.

Preliminary phytochemical screening showed MEGG contained glycosides, saponins, flavonoids, terpenoids, steroids, tannins, proteins, amino acids, and carbohydrates. *In vitro* study of α-amylase inhibition activity assay provide mild (or) no anti-diabetic activity of test drug compared to the standard drug (Acarbose) in terms of the ability to reduce glucose absorbance by acting on small intestine to cause a decrease in the production of enzymes needed to digest carbohydrates, the results showed MEGG minimally inhibit α-amylase enzyme than standard drug Acarbose.

In vivo low dose STZ with HFD induced T2DM rats results showed, of STZ caused rapid destruction of pancreatic β-cells in rats, which led to impaired glucose-stimulated insulin release and insulin resistance, both of which are marked features of T2DM rats. The fasting blood glucose level was estimated at the end of the 4th, 5th, 6th, 7th and, 8th week by the tip of the rat tail vein showed the diabetic effect is stable from the starting of STZ induction till the end of the 8th week. The data illustrates a marked increase in serum glucose levels as compared to normal rats. The animals with a blood glucose concentration of more than 250mg/dl were selected and used for the study.

The study showed that the treatment of diabetic rats with Glibenclamide and MEGG caused a potential amelioration of glucose tolerance and a dose-dependent effect was observed with MEGG. It implies that MEGG might have a similar mechanism of action as Glibenclamide which belongs to the class of sulfonylurea derivatives, and produces a hypoglycemic effect by stimulating insulin release on pancreatic β cells by inhibiting the K^+/ATPse pump.

In the present study, the rise in blood glucose was accompanied by a marked increase in TC, LDL-C, TG, and reduction in HDL-C in HFD with low-dose of STZ diabetic rats, whereas the standard (Glibenclamide) and test (MEGG) produced great improvement of the altered serum lipid variables, thus MEGG has the potential to prevent the formation of atherosclerosis and coronary heart disease which are the secondary diabetic complications of severe diabetes mellitus. The hypothesis is further supported by pancreatic histology which showed protection of pancreatic β-cells from toxic effects of STZ and focal necrosis was observed in the diabetic rat pancreas. However, was less obvious in treated groups.

5. CONCLUSION

In conclusion, MEGG possesses potent *In vivo* anti-diabetic effects and mechanism of action contributing to the acute hypoglycemic effect of the extract would most likely by multiple mechanisms by both increased lease of insulin, as well as by increasing the sensitivity of insulin receptor. In addition to that, it also possesses a potent anti-atherosclerotic effect as it effectively improves cholesterol profile might be due to the presence of flavonoids and glycosides present in MEGG. MEGG might be a potent phytochemical alternative to prevent and treat T2DM and atherosclerosis and also to reduce its associated complications. However, isolation of phytochemical and its pharmacological evaluation would confirm the specific phytochemical, precise mechanism of action, and the therapeutic potential of *Garcinia gummi-gutta Linn* in treating T2DM and anti-atherosclerotic drug therapy.

CONSENT

It is not applicable.

ETHICAL APPROVAL

The protocol for the study was approved by the Institutional Animal Ethical Committee (KMCRET/M.Pharm/15/2019-20).

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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