

Formulation and Evaluation of Herbal Antidiabetic Tablet

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Abstract

About 60% of people use traditional medicines that are made from medicinal plants. This article focuses on Indian herbal medicines and plants that are utilized, particularly in India, to treat diabetes. Diabetes is a serious illness that affects many people worldwide from all areas of life. It is proven to be a serious health issue in India, particularly in the cities. Although there are many ways to lessen diabetes' negative effects and its secondary complications, herbal formulations are preferred because they have fewer side effects and are less expensive. A list of medicinal plants having established antidiabetic properties, as well as herbal medications used to treat diabetes, is compiled. These includes, *Tinospora cordifolia*, *Azadirachta indica*, *Encicostemma axillare*, *Momordica Charantia*, *Phyllanthus emblica*, *Centratherrum anthelminticum*. Damage caused by free radicals is one of the etiologic factors linked to the onset of diabetes and its complications, so an anti-diabetic drug having antioxidant qualities would be more advantageous. Historically, substances and extracts obtained from various natural resources, particularly plants, have been a valuable tool for managing and treating diabetes-related issues and complications. Therefore, this review aids the reader in understanding the significance of various herbal and polyherbal formulations that have been used traditionally to treat diabetes mellitus [1].

Keywords: Medicinal plant, Antidiabetic, Diabetes, Polyherbal formulation.

Introduction

India is the world's largest producer of medicinal herbs and is known as the world's botanical garden. The current research focuses on plants and herbal medication preparations used to treat diabetes mellitus, a serious condition that cripple's people all over the world and causes enormous economic losses [2].

Hyperglycemia, a shift in the metabolism of lipids, carbohydrates, and proteins, are all characteristics of the syndrome known as diabetes mellitus. The most prevalent chronic and metabolic disease, diabetes mellitus, is characterized by an increase in glucose levels brought on by an absolute or relative insulin shortage. Long-term effects of the condition include ocular, renal, cardiovascular, and neurological issues. One of the problems with immune system modulation is the destruction of beta cells in the islets of Langerhans in the pancreas, which leads to the development of insulin-dependent diabetes [3,4].

Three forms of diabetes mellitus: - Gestational diabetes, type 1, and type 2.

The pancreatic islets of Langerhans cells, which are present in Type 1 Diabetes mellitus, completely lose their ability to function, leading to the condition being recognized as insulin dependent diabetes mellitus. Type 2 diabetes, also known as insulin non-dependent diabetes mellitus, is characterized by a transient loss of cell mass. It is caused by a genetic predisposition, most commonly affects obese people, and is linked to high blood pressure and high cholesterol. To treat type 2 diabetes mellitus, insulin resistance must be reduced, and insulin production must be increased. A form of diabetes called gestational diabetes manifests as hyperglycemia in pregnant women. It often manifests in 2-4% of second- or third-trimester pregnancies. The symptoms of diabetes mellitus are polydipsia, polyuria, poly phagia, fatigue, nausea, vomiting, impotence in men, slow healing wound and blurred vision [3,4].

Pathophysiology of diabetes

If there is not enough insulin, cells do not respond well to insulin's effects, or the insulin itself is defective, glucose will not have its usual effect and will not be properly absorbed by the body cells that need it or properly stored in the liver and muscles. The result is persistently high blood glucose levels, inadequate protein synthesis, and other metabolic abnormalities, like acidosis. When blood glucose levels rise above the renal threshold, the proximal renal tubulin cannot fully reabsorb the glucose, and some of it remains in the urine (glycosuria). This raises the osmotic pressure of the urine and prevents the kidneys from reabsorbing water [3,4].

Diabetes Diagnosis

A healthy man's blood glucose levels range from 80 mg/dL when fasting to 160 mg/dL after eating. AYURVEDA is currently the best alternative for treating diabetes that has less side effects or no adverse effects to combat these unwanted effects. While synthetic drugs do not permanently cure diseases, herbal medicines permanently heal the patient and treat the illness. Herbal remedies include extracts of natural herbs, fruits, and vegetables that are helpful in treating a variety of conditions without causing any negative side effects. Chemical medications, on the other hand, are made synthetically and have negative effects. Comparing herbal preparations to allopathic medications, they are less expensive. Eco-friendly herbal formulations are available. Herbal remedies are created using natural ingredients, whereas allopathic medicines are created using natural ingredients that have been altered chemically. While allopathic medications require a prescription, herbal formulations are available over-the-counter[5].

Herbal formulation tablet

Solid ayurvedic dosage form made up of one or more drugs of plant, animal or mineral origin by the process of powdered, sieving and mixing with prescribed liquids and triturated till attained the consistency suitable for making tablet [2].

Traditional herbal Anti diabetic drugs

The anti-diabetic properties of medicinal plants and herbs are currently used in extract form. Numerous clinical studies have demonstrated that plant extracts from medicinal plants have anti-diabetic properties and can restore pancreatic beta-cell function. The following plants are used [6].

1. Tinospora cordifolia

Common Name: Guruchi, Giloy

Family: Menispermaceae

Pharmacological activities: -Anti-diabetic activity: The treatment for diabetes mellitus comes from a variety of phytoconstituents that were identified from various areas of *T. cordifolia*. Alkaloids, tannins, cardiac glycosides, flavonoids, saponins, steroids, and flavonoids are some of these phytochemicals. It has the power to magically drop a person's blood sugar level. Palmatine, jatrorrhizine, and magnoflorine are among the isoquinoline alkaloid-rich fractions from stems that exhibit insulin mimicking and releasing effects both in vitro (using rat Pancreatic -cell line) and in vivo.

2. *Azadirachta indica*

Common name: Neem

Family: Meliaceae

Pharmacological activity: Aqueous extract of neem leaves significantly decreases blood sugar level and prevents adrenaline as well as glucose-induced hyperglycemia. When orally fed, also produces hypoglycaemia in normal rats and decreased blood glucose levels in experimentally induced diabetes in rats.

3. *Enicostemma axillare*

Common name: Mamejava

Family: Gentianaceae

Pharmacological activity: The plant extract of *E. axillare* has the potential to enhance glucose-induced insulin release at 11.1 mM glucose from isolated rat pancreatic islets and was partially able to reverse the effect of diazoxide (0.25 mM). Incubation with Ca²⁺ chelator and Ca²⁺ channel blocker (nimodipine) did not affect the glucose induced insulin release augmented by the extract. A single dose of aqueous extract of *E. axillare* (15 g dry plant equivalent extract per kg) had shown significant increase in the serum insulin levels in alloxan-induced diabetic rats at 8 h. The insulinotropic action of aqueous extract of *E. axillare* was further investigated using rat pancreatic islets. Above results suggest the glucose lowering effect of aqueous extract of *E. axillare*.

4. *Momordica charantia* Linn.

Common name: Bitter ground, karela

Family: Cucurbitaceae

Pharmacological activity: Karela contains bitter chemicals like, charantin, vicine, glycosides and karavilosides along with polypeptide-p a plant insulin, which are hypoglycemic in action and improve blood sugar levels by increasing glucose uptake and glycogen synthesis in the liver, muscles and fat cells. Reports indicate that they also improve insulin release from pancreatic beta cells, and repair or promote new growth of insulin-secreting beta cells. P-Insulin, a polypeptide from fruits and seeds, rapidly decreased and normalized the blood sugar level in rats

5. *Phyllanthus emblica*

Common name: Amla, Indian gooseberry

Family: Euphorbiaceae

Pharmacological activity: Blood sugar level can be maintained by the consumption of amla. Low sugar and fibre fruit are ideal for any diabetic patient. Antioxidants in it help in reducing glycosylated end products, serum level of creatinine and hiobarbituric acid reactive substance levels which are oxidative substances levels which are oxidative. These are significantly reduced by amla consumption. Amla helps in regulating glucose in the blood and decreases albumin levels in patients.

6. *Centratherum anthelminticum*

Common name: Black cumin, *Vernonia anthelmintica*

Family: Asteraceae

Pharmacological activity: Ethanolic extract of *Vernonia anthelmintica* seeds showed significant hypoglycemic effect in STZ (Streptozotocin) induced diabetic rats. At a dose of 100 mg/kg body weight of extract showed a significant antihyperglycemic activity in the diabetic treated rats with a maximum fall of 82.3% in the blood glucose level after the 6th hour of treatment when compared with other fractions. Administration of ethanolic extract (100 mg/kg body weight) for 45 days showed significant reduction in plasma glucose, HbA1C, cholesterol, triglycerides, LDL, VLDL, free fatty acids, phospholipids and HMG-CoA reductase in STZ diabetic rats. Also, a significant decrease in plasma insulin, protein, HDL and hepatic glycogens was observed in STZ diabetic rats and that was normalized after 45 days of treatment with the active fraction of *V. anthelmintica* seeds. Thus, the seeds of *V. anthelmintica* showed significant antidiabetic and antihyperlipidemic property without toxic effects.

Review of Literature

1. Manindar kaur et al: The present study was based on Diabetes, its cure & herbal products available in market. In this they illustrate diabetes mellitus and its types, causes, sign and symptoms, complications, pathophysiology, diabetic medication, diabetic treatment, herbal diabetic cure, advantages of herbal medicines over allopathy and herbal formulations. Thus, this review article undertakes the attempt to provide updated information on the type of diabetes and herbal formulations which will enhance the existing knowledge of the researchers [9].
2. Verma et al: From this review article, it may be useful to health professionals, scientists and scholars to develop evidence-based alternative medicine to cure different kinds of diabetes problem using herbal preparation. Substances and extracts isolated from different natural resources play a very important role in designing medicine and treating hyperglycemic problem in diabetes mellitus [9].
3. Keerthy et al: The data thus obtained can be used to conclude that standardization of the manufacturing process and standardization of the raw materials will be helpful in reproducibility of formulations as well as to ensure the quality and safety of the formulations. The results of the evaluation suggest that several active ingredients present in the raw materials are seen in the final formulation there by suggesting that the desired action of efficacy of the drug be ensured [9].
4. Faheem et al: This review is an effort to summarize the chemical constituents and pharmacological properties of *C. anthelminticum*. A wide range of secondary metabolites such as: aliphatic fatty acids, flavones, saponins, steroids and glycosides have been reported from the *C. anthelminticum*. Its extracts are reported to possess a wide range of pharmacological activities such as: antihyperglycemic [9].
5. Madhu Gupta et al: This review of literature illustrates that the *Momordica charantia* Linn. (Karela) is a potential herbal plant which is used as vegetable and medicine. It is a 22 good source of various medicinally important biochemicals like, triterpene, protein, steroid, alkaloid, and phenolic which are responsible for its biological and pharmacological activities including anti-diabetic, antioxidant, antimalarial, anti-ulcerative and immunomodulatory etc. on the basis of all these properties *Momordica charantia* Linn. (Karela) can be utilized as a good source of nutritional, medicinal agent [9].

Aim and Objective

Formulation and evaluation antidiabetic polyherbal tablet using several plant extracts from the chosen plant is the aim of this study. Typically, plants are a reliable source of medicine. In actuality, a large number of currently available pharmaceuticals were either directly or indirectly made from plants. The ability of a substantial pharmacological dosage to combat diabetes formulation with multiple excipients, including starch, microcrystalline cellulose, and a special dry plant extract. According to statistics, talc was significant.

Material and Method

1. Material: -

The stem of *Tinospora cordifolia*, and fresh leaves of *Azardirachta indica*, and *Enicostemma axillare* were collected from pawan park society, sarod sayajiganj, Vadodara district, Gujarat, India.

The fresh fruits of *Phyllanthus emblica* and *Momordica charantia*, rhizome of *Zingiber officinale* and seeds of *Centratherrum anthelminticum* were collected from local market of Mandvi, vadodara district, Gujarat, India.

2. Method: -

Wet granulation method is used for preparation of tablet. Method of preparation [7,8,13]:

- Wash all the plant parts to remove impurities.
- Dry them completely under direct sunlight until there is no remaining moisture.
- Macerate the plant parts in a grinder till it becomes powdery.
- All the required ingredients were taken in a mortar pestle and mixed well.
- The formed dump mass was passed through sieve no.12.
- The obtained granules were kept for drying.
- Prepared granules were finally compressed by using 8mm punch of tablet punching machine.
- Figure 1: Polyherbal Tablet



Table 1: List of ingredients

Sr.no.	Ingredients	F1	F2	F3
1	Major Drug (Giloy, Mamejava, Karela)	58.33mg per powder	58.33mg per powder	58.33mg per powder
2	Minor Drug (Neem, Amla, Black Cumin)	25mg per powder	25mg per powder	25mg per powder
3	Microcrystalline cellulose	13.16mg	75.5mg	75.5mg
4	Starch	11.2mg	17.5mg	-
5	Magnesium stearate	2.8mg	3.5mg	3.5mg
6	Acacia gum	-	-	17.5mg

7	Talc	2.8mg	3.5mg	3.5mg
8	Total	280mg	350mg	350mg

Evaluation of herbal table

Pre-Formulation Studies [10,11]

Pre formulation studies were performed before formulating the tablets powders were subjected to following evaluation parameters.

1. Angle of repose:

The fixed height approach was used to compute the angle of repose to predict the flow parameters of the physical mixes in each formulation. At a height of 2 cm, a funnel with a 10 mm inner diameter stem was suspended from the platform. A total of 10 g of sample were gradually transferred. until the pile's tip formed and made touch with the steam coming from the funnel, along the funnel's side. Drawing a rough circle around helped determine the powder cone's radius base of the pile. The angle of repose was calculated using the average radius and the formula below.

$\theta = \tan^{-1} (h/r)$ Where,

θ = Angle of repose h = Height of the pile

r = Average radius of the powder cone

2. Bulk Density:

All different kinds of granules' bulk densities were measured by carefully pouring 5g of the substance through a glass funnel into a 100 ml graduated cylinder. It is measured the volume of the sample and noted. The apparent bulk density was calculated by measuring the volume and weight after pouring a weighed amount of the mixture into a graduated cylinder.

BD = Weight of the powder/volume of the packing.

3. Tapped density:

The tapped densities of all varieties of granules were determined by carefully pouring 5g of material through a glass funnel into a 100 ml graduated cylinder. The cylinder was tapped until a constant volume was obtained from a height of 2 inches. Following tapping, the sample's volume was measured, and the tapped density was determined. It was calculated using a graduated cylinder that contained a known mass of a medication excipient mixture. The cylinder was allowed to naturally fall at 2-s intervals from a height of 10 cm onto a hard surface. The tapping kept going until there was no more change in volume.

TD= weight of the powder blend/tapped volume of the packing

4. Compressibility index:

The compressibility index of the blends was determined by Carr's compressibility index. Compressibility index (%) = $(TD-BD) \times 100/TD$

5. Hausner's ratio:

It is a measurement of the drug's frictional resistance. The optimal range is between 1.2 and 1.5. It is calculated using the formula below:

Hausner's ratio= TD/BD

Evaluation of tablet

All the formulated tablets were subjected to following evaluation parameters: [10,11]

1. Color and appearance:

The compressed tablets were examined for their color and appearance.

2. Weight variation test:

To determine the uniformity of weight of the tablet/pills, twenty pills are selected randomly and weigh individually in a precision weighing balance. Then average weight was measured, and the percentage of deviation was calculated by using the following formula.

Deviation(D)= tablet weight – average weigh

% Wt. variation= $D/\text{average weight} \times 100$

As per USP standards, individual weights of two tablets should not deviate from the average weight by 5%.

3. Hardness:

Hardness is the measure of the mechanical integrity of the tablets. It is the force required to break the tablets in a specific plan. Tablet requires a certain amount of strength or hardness and resistance to withstand mechanical shakes of handling in manufacture, packaging and shipping. The randomly selected tablets were tested individually using Pfizer tablet hardness tester. The tablet was held vertically in between the jaws of the hardness tester. The force applied to the edge of the pill was gradually increased by pressing the jaws with the help of hand until the tablet breaks. The reading was recorded, and the average hardness of each group was calculated separately. The reading is expressed as “Kg/Cm²” or in Newton (N).

4. Friability:

One of the commonly employed tests to measure the ability of tablets to withstand mechanical stresses determines their resistance to chipping and surface abrasion by tumbling them in a rotating drum. The percentage weight loss after tumbling is referred to as the friability of the tablets. The friability test is conducted in the Roche friability apparatus by taking 20 tablets. This consists of a plastic drum that revolves at 25rpm, dropping the tablets through six inches in the friabilator to undergo shock, which is then operated for 100 revolutions. The tablets are reweighed. The tablet that loses less than 1.0% of the tablet weight are considered as acceptable.

5. Disintegrating time:

Disintegration is defined as that state in which no residue of the tablet remains on the screen of apparatus. This test determines whether the tablet disintegrates within a prescribed time when placed in a liquid medium under the prescribed experimental conditions. The tank of the disintegration apparatus was filled with distilled water up to the mark. 750 ml of distilled water in each of the 1000 ml beaker was taken. The timer of the instrument was set for 60 minutes. The temperature of water in beakers to 37°C and that of water in the main tank to 37°C was maintained. One tablet was introduced into each tube and a disk was added to each tube. The assembly was suspended in the beaker containing water and the apparatus was operated. The time duration at which the tablet disintegrates was noted. As per set criteria by USP if 6 tablets are tested, all the 6 tablets should be disintegrated.

6. Thin layer chromatography [12]:

6.1 *Tinospora cordifolia*:

- Testing solution: Extract 5gm of powdered drug with 37.5ml of n-hexane to defeat the material. Further extract the drug with methanol for 2 hours. Remove the solvent under reduced pressure. Dissolve 5mg of methanolic extractive in 1ml methanol and use the solution for TLC profiling.
- Stationary phase: Precoated silica gel 60 F254.
- Mobile phase: Chloroform: Methanol (8:2)
- Spraying reagents: Anisaldehyde sulphuric acid.

6.2 *Enicostemma axillare*:

- Testing solution: Defat 5gm of finely powdered material with 37.5ml solvent ether then reflux with 37.5ml of methanol for 25minute on water bath, filter and remove the solvent under reduced pressure. Dissolve 5mg of extractive in 1ml of methanol.
- Stationary phase: Precoated silica gel 60 F254.
- Mobile phase: chloroform: Methanol (8:2)
- Spraying reagents: Anisaldehyde sulphuric acid.

6.3 *Momordica charantia*:

- Testing solution: Extract 5gm of powdered drug with 37.5ml of n-hexane to defeat the material. Further extract the drug with methanol for 2 hours. Remove the solvent under reduced pressure. Dissolve 5mg of methanolic extractive in 1ml methanol and use the solution for TLC profiling.
- Stationary phase: Precoated silica gel 60 F254.
- Mobile phase: Chloroform: Methanol (8:2)
- Spraying reagents: Anisaldehyde sulphuric acid.

Physical evaluation [10,11]

1. Determination of total Ash: Incinerate about 2 to 3gm accurately weighed, of the grounded drug in a tared silica dish at temperature not exceeding 450°C until free from carbon, cool and weight. If a carbon free Ash cannot be obtained in this way, exhausted the charred mass with hot water, collect the residue on an Ashless filter paper, incinerate the residue and filter paper, add the filtrate, evaporate to dryness, and ignite at temperature not exceeding 450°C. Calculate the % of Ash with reference to the air-dried drug.
2. Determination of Acid insoluble Ash: Boil the Ash obtained for 5 minutes with 25ml of dil.HCL, collect the insoluble matter on an Ashless filter paper, wash with hot water and ignite to constant weight. Calculate the % of acid insoluble Ash with reference to the air-dried drug.
3. Determination of alcohol-soluble extractive: Macerate 5gm of the air-dried drug, coarsely powdered, with 100ml of alcohol of the specified strength in a closed flask for 24 hours shaking frequently for 6 hours and allowing to stand for 18 hours. Filter rapidly, taking precautions against loss of solvent, evaporate 25ml of filtrate to dryness in a tared flat bottom shallow dish, and dry at 105°C, to constant weight and weigh. Calculate the % of alcohol soluble extractive with reference to the air-dried drug.
4. Determination of water-soluble extractive: Chloroform water was used as solvent in the place of ethanol and the remaining procedure was the same as that alcohol soluble extractive values.

Anti-diabetic activity (Alpha amylase inhibition assay):

Plant extracts were dissolved in deionized water with 1 % DMSO by using vortex machine (500– 5000 ppm extracts/ 1– 250 ppm for pure compounds). A 100 μ L of α -amylase (8U /mL) was mixed with plant extract and incubated at 25 °C for about 30 min. A 100 μ L of this mixture was mixed with starch (0.5 % w/v) solution (100 μ L) and incubated at 25 °C for 3 min. DNSA reagent (100 μ L) was added, incubated at 85 °C for 15 min in a water bath, allowed to cool and then diluted with distilled water(900 μ L). Negative controls were conducted in the same manner with 1 % DMSO (100 μ L) in distilled water. Blanks were prepared by adding DNSA reagent prior to the addition of starch solution kept in 85 °C water bath for 15 min and then diluted with distilled water (900 μ L) as before. Absorbance was

measured at 540 nm. Percentage inhibition was plotted against concentration to calculate IC50 by software GraphPad Prism. Acarbose (1 – 100 ppm) was used as the positive control.

Results

Table 2: Appearance

Sr.no.	Parameter	Observation
1	Shape	Shallow convex
2	Size	8mm diameter
3	Surface texture	Smooth surface
4	Odour	Characteristic
5	Colour	Brownish

Table 3: Physicochemical parameter

Sr. No.	Parameter	Observation	Specification
1	Weight variation	2.64%	Not more than 5%
2	Hardness	4.1kg/cm	Between 4-10kg/cm
3	Friability	0.77%	Not more than 1%
4	Disintegration time	9.46 min	Not more than 15 min.

Table 4: TLC (Thin layer chromatography)

Sr. no.	Plant	Mobile phase	Spraying reagent	Rf value
1	<i>Tinospora cordifolia</i>	Chloroform: Methanol (8:2)	Anisaldehyde Sulphuric acid	0.39
2	<i>Momordica charanta</i>	Chloroform: Methanol (8:2)	Anisaldehyde Sulphuric acid	0.28
3	<i>Enicostemma axillare</i>	Chloroform: Methanol (8:2)	Anisaldehyde Sulphuric acid	0.31

1. *Tinospora cordifolia*
2. *Enicostemma axillare*
3. *Momordica charantia*



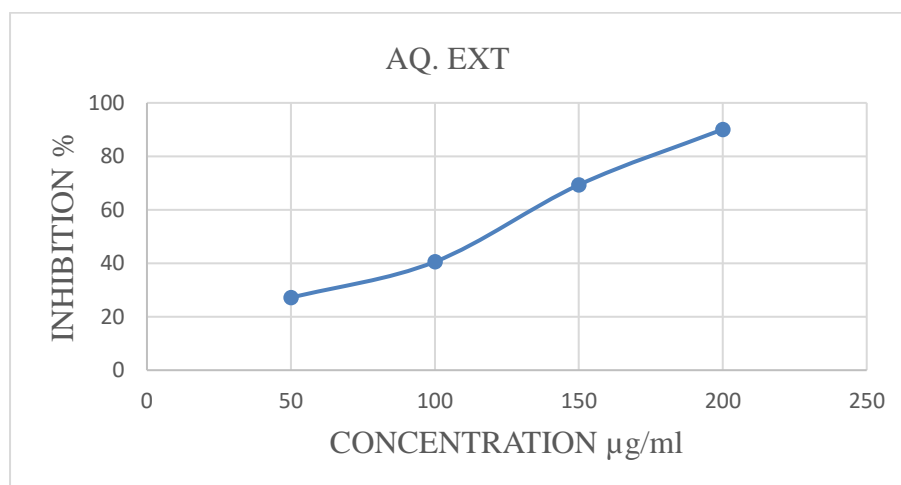
Figure 2: TLC

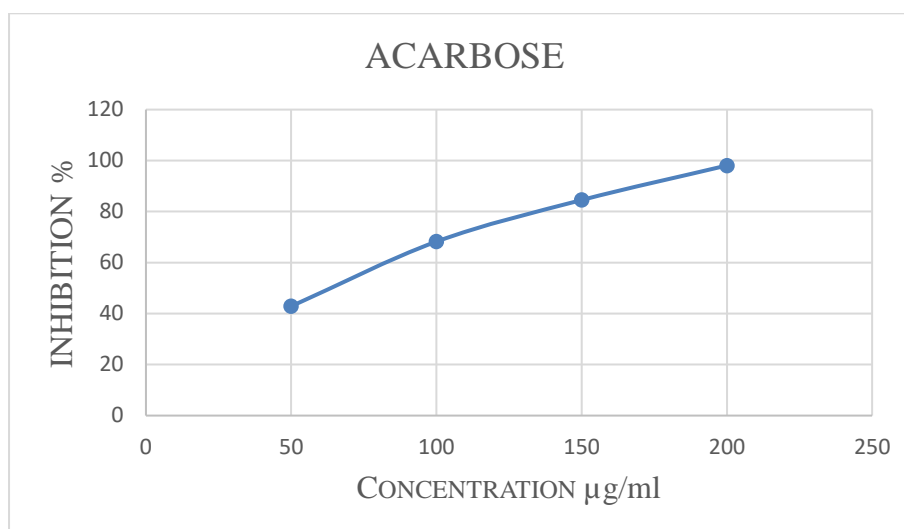
Table 5: Physical evaluation

Sr. no.	Name of drug	Total Ash		Acid insoluble ash		Alcohol soluble extractive		Water soluble extractive	
		Std.	Test	Std.	Test	Std.	Test	Std.	Test
1	Azadirachta indica	N.M.T 10%	7%	N.M.T 1%	0.7%	N.L.T 13%	23%	N.L.T 19%	25%
2	Enicostemma axillare	N.M.T 9%	6.5%	N.M.T 3%	2.4%	N.L.T 16%	19.7%	N.L.T 28%	32%
3	Momordica charantia	N.M.T 8.5%	5.5%	N.M.T 0.6%	0.1%	N.L.T 6%	9%	N.L.T 28%	31%
4	Centratherrum anthelminticum	N.M.T 5%	4%	N.M.T 1%	0.4%	N.L.T 4%	2.7%	N.L.T 12%	13.5%
5	Phyllanthus emblica	N.M.T 7%	5.5%	N.M.T 2%	0.9%	N.L.T 40%	44%	N.L.T 50%	53%
6	Tinospora cordifolia	N.M.T 16%	13%	N.M.T 3%	1.9%	N.L.T 3%	3.5%	N.L.T 11%	17%

Table 6: Anti-diabetic activity (Alpha amylase inhibition assay)

Test sample	Concentration (µg/ml)	Inhibition (%)
Aq.Ext	50	27.12±1.04
	100	40.55±2.52
	150	69.32±3.56
	200	90.07±7.18
Acarbose	50	42.87±2.56
	100	68.22±1.16
	150	84.53±0.77
	200	98.07±1.72





Conclusion

Millions of people worldwide are affected by the most prevalent endocrine illness diabetes mellitus. The project work was done for formulation and evaluation of antidiabetic polyherbal tablet. The polyherbal antidiabetic tablet was created in a lab using the technique described in the ayurvedic formulation. Weight variation, hardness, friability, disintegration and physicochemical evaluations like total ash are examples of physical characterization. Ash that is insoluble in acid, soluble in water, soluble in extract, soluble in alcohol, etc. were assessed and compared to their benchmark value. Along with these, polyherbal TLC study analysed antidiabetic tablet and we can see that there are components of medicinal plants that are active. So created a polyherbal antidiabetic tablet in lab were created, assessed and in compliance with normative values. For their reduced adverse effects and effectiveness in treating diabetes, the current study emphasized the development of antidiabetic pharmaceuticals including tablet over allopathic antidiabetics medication. Then, another study is necessary in addition to the preliminary research to demonstrate the antidiabetic effects of all of these herbs on a model animal.

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