The Plant Chamaecostus cuspidatus (Costus igneus) and Its Properties, by the Infusion Method, in Blood Glucose Levels for Patients with Diabetes Mellitus Type 2

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This investigation came to development because patients with diabetes type 2, suffer various side effects due to insulin injection and prescribed drugs by their specialized doctors. The purpose of this investigation was to evaluate the effect of the plant Chamaecostus cuspidatus, also known as “The Insulin Plant”, as a natural remedy, in patients with diabetes mellitus type 2 blood glucose levels. Ten patients with diabetes type 2 were chosen. They filled out a questionnaire, letting the investigators know the treatments they use to keep their blood glucose levels in a healthy range, whether they are prescribed drugs or home remedies. During the experiment, the patients took three blood samples a day. The first was on an empty stomach, the second after thirty minutes of eating breakfast, and the third three hours after ingesting the infusion during a period of thirty days. The patients filled out a table with the instructions given by the investigators. The results were analyzed and interpreted by a specialist in the field of diabetes and it was demonstrated that the plant Chamaecostus cuspidatus can be a natural an effective remedy to decrease blood glucose levels in patients with diabetes type 2. Patients with the insulin injection reduced an average of twenty-five units of insulin keeping the blood glucose levels in a healthy range and patients with prescribed drugs achieved a decrease in their blood glucose levels in comparison with their previous treatment by their specialized doctors.

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