

# Drinking chamomile tea may help fight complications of diabetes

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Chamomile tea could help prevent complications of diabetes, scientists report.  
Credit: Wikimedia Commons

Drinking chamomile tea daily with meals may help prevent the complications of diabetes, which include loss of vision, nerve damage, and kidney damage, researchers in Japan and the United Kingdom are reporting.

The findings could lead to the development of a new chamomile-based drug for type 2 diabetes, which is at epidemic levels in this country and spreading worldwide, they note. Their study appears in the Sept. 10 issue of the ACS' *Journal of Agricultural and Food Chemistry*.

In the new study, Atsushi Kato and colleagues point out that chamomile,

also known as manzanilla, has been used for years as a medicinal cure-all to treat a variety of medical problems including stress, colds, and menstrual cramps. Scientists recently proposed that the herbal tea might also be beneficial for fighting diabetes, but the theory hasn't been scientifically tested until now.

To find out, the researchers fed chamomile extract to a group of diabetic rats for 21 days and compared the results to a group of control animals on a normal diet. The chamomile-supplemented animals showed a significant decrease in blood glucose levels compared with the controls, they say. The extract also showed significant inhibition of both ALR2 enzymes and sorbitol, whose elevated levels are associated with increased diabetic complications, the scientists say.

Citation: "Protective Effects of Dietary chamomile Tea on Diabetic Complications"; [dx.doi.org/10.1021/jf8014365](https://doi.org/10.1021/jf8014365)

Source: ACS

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