

## Effect of curcumin on oxidative measures in diabetic individuals

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**Background:** Oxidative stress has a key role in development of type II diabetes mellitus (T2DM). There has been considerable evidence confirming curcumin's antioxidant properties. The aim of this study was to assess the effects of curcumin on oxidative indices in diabetic individuals.

**Methods:** Diabetic subjects were randomly assigned to curcumin (1 g/day) plus piperine (10 mg/day) or placebo for a period of 3 months. Serum levels of malondialdehyde (MDA), superoxide dismutase (SOD) and total antioxidant capacity (TAC) were measured at baseline and at the end of study.

**Results:** Curcumin supplementation significantly elevated serum MDA, SOD activity and TAC level ( $P < 0.001$  for all variables) compared with placebo.

**Conclusion:** The results showed that curcumin supplementation can improve oxidative indices in diabetic patients.

**Keywords:** Curcumin; Type II diabetes mellitus; Malondialdehyde; Total antioxidant capacity; Superoxide dismutase

### Biography:

Yunes Panahi received his PhD (in Clinical Pharmacotherapy) degrees from the Tehran University of Medical Sciences (Tehran, Iran), and is currently serving as a Professor at the Chemical Injuries Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran. His research focuses on the clinical investigation of natural products.