



UNIVERSITI PUTRA MALAYSIA

***ANTIDIABETIC ACTIVITY OF BIOACTIVE FRACTIONS FROM
Lepisanthes fruticosa (Roxb.) Leenh. FRUITS IN
STREPTOZOTOCIN-INDUCED DIABETIC RATS***

MIRFAT BT HJ AHMAD HASAN SALAHUDDIN

FPSK(p) 2021 24



**ANTIDIABETIC ACTIVITY OF BIOACTIVE FRACTIONS FROM
Lepisanthes fruticosa (Roxb.) Leenh. FRUITS IN STREPTOZOTOCIN-
INDUCED DIABETIC RATS**

MIRFAT BT HJ AHMAD HASAN SALAHUDDIN

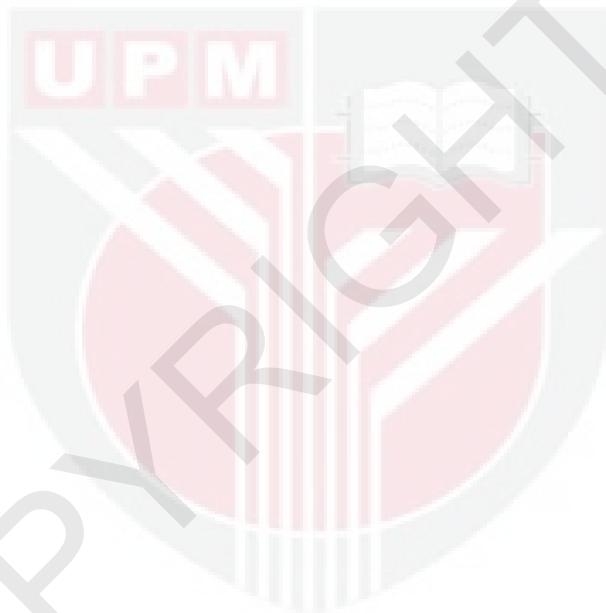
**Thesis Submitted to the School of Graduate Studies,
Universiti Putra Malaysia, in Fulfilment of the Requirements for the
Degree of Doctor of Philosophy**

April 2021

COPYRIGHT

All material contained within the thesis including, without limitation text, logos, icons, photographs, and all other artwork, is copyright material of Universiti Putra Malaysia unless otherwise stated. Use maybe made of any material contained within the thesis for non-commercial purposes from the copyright holder. Commercial use of material may only be made with the express prior written permission of Universiti Putra Malaysia.

Copyright © Universiti Putra Malaysia



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of
the requirement for the degree of Doctor of Philosophy

**ANTIDIABETIC ACTIVITY OF BIOACTIVE FRACTIONS FROM
Lepisanthes fruticosa (Roxb.) Leenh. FRUITS IN STREPTOZOTOCIN-
INDUCED DIABETIC RATS**

By

MIRFAT BT HJ AHMAD HASAN SALAHUDDIN

April 2021

Chairman: Prof. Amin bin Ismail, PhD

Faculty: Medicine and Health Sciences

Lepisanthes fruticosa (Roxb.) Leenh. or locally known as *ceri Terengganu* is an underutilised fruit species from the family Sapindaceae. The species was previously identified as a potent antioxidant source, but scientific information of the fruit species is still lacking and limited to *in vitro*. Therefore, the present study focused on both *in vitro* and *in vivo* evaluations of antioxidant and antidiabetic activities of *L. fruticosa* fruit extracts along with phytochemical profiling using liquid chromatography mass spectrometry (LC-MS/MS) approach. The different parts of the unripe fruits were successively extracted with hexane, chloroform, ethyl acetate and ethanol. Ethanolic seed crude extract was the most potent due to the strongest radical scavenging (IC_{50} 0.178 ± 0.001 mg/mL), β -carotene bleaching (71%), α -glucosidase inhibition (IC_{50} 1.873 ± 0.421 μ g/mL) and highest total phenolic content (363.515 ± 46.296 mg GAE/g) ($P < 0.05$). Bioassay-guided fractionation of the ethanolic seed crude extract showed fraction M4 as the most active due to the remarkable radical scavenging (IC_{50} 0.128 ± 0.004 mg/mL), β -carotene bleaching (87%), α -glucosidase inhibition (IC_{50} 0.341 ± 0.094 μ g/mL) and greatest amount of total phenolic (1045.6 mg GAE/g) ($P < 0.05$). Further LC-MS/MS analysis of the ethanolic seed crude extract and fraction M4 showed the presence of putative phytochemicals from various classes. Among the dominant compounds with notable antioxidant and antidiabetic properties were soyacerebroside II, α -kojibiose, genistein-7,4'-di-O- β -D-glucoside, daturametelin J and actinidioionoside which were detected in negative mode interface. The MTT (3-[4,5-dimethylthiazol-2-yl]-2,5-diphenyltetrazolium bromide) assay revealed that *L. fruticosa* ethanolic extracts showed no cytotoxic effect against 3T3 (mouse embryonic fibroblast) cells up to concentration of 500 μ g/mL. To investigate the *in vivo* antidiabetic effect of *L. fruticosa* ethanolic seed extract (LFSE) in Sprague Dawley rats, a combination of high fat diet (HFD) and low dose streptozotocin (STZ) (35 mg/kg body weight) was used. After 8 weeks of obesity induction, the STZ-induced diabetic rats were orally treated with 300 and 600 mg/kg body weight LFSE for 4 weeks. At the end of the experiment, significant ($P < 0.05$) differences in body weight, water and energy intake between normal and diabetic groups were observed. There were no significant variations in the relative organ weights of heart,

liver, lung and spleen of all diabetic groups as compared to normal control group. The LFSE treatment (600 mg/kg body weight) showed a more pronounced effect in anti-hyperglycaemic activities in both long-term (4 weeks) and short-term (2 hours) studies as assessed by oral glucose tolerance test (OGTT). The reduction of blood glucose level was comparable to metformin-treated group. The glucose lowering ability of LFSE (600 mg/kg body weight) was supported by its improved serum insulin level (32%) as compared to diabetic control. The treatment group also resulted in a significant ($P<0.05$) increase in plasma superoxide dismutase (SOD) (23%) and catalase (CAT) (75%) activities. Treatment with LFSE (600 mg/kg body weight) led to a significant ($P<0.05$) increase in the high density lipoprotein-cholesterol (HDL-c) (25%) when compared to diabetic control. The HDL-c level was also higher than all other groups at the end of study. Besides, LFSE (600 mg/kg body weight)-treated group exhibited a lower levels of aspartate transaminase (AST), alanine transaminase (ALT) and alkaline phosphatase (ALP) than diabetic control group. No significant changes were seen in other liver and kidney functions. The findings may suggest that LFSE has potentials in reducing hyperglycaemia and oxidative stress-related biomarkers in HFD/STZ-induced diabetic rats. Although the underlying mechanisms remain elusive, the presence of various compounds could possibly be the key to the synergistic effects. Therefore, it can be concluded that *L. fruticosa* may be considered as a new potential therapeutic agent for diabetes management and its related complications.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai
memenuhi keperluan untuk Ijazah Doktor Falsafah

**AKTIVITI ANTIDIABETIK FRAKSI BIOAKTIF DARIPADA
BUAH *Lepisanthes fruticosa* (Roxb.) Leenh. DALAM TIKUS DIABETIK
DIARUH STREPTOZOTOCIN**

Oleh

MIRFAT BT HJ AHMAD HASAN SALAHUDDIN

April 2021

Pengerusi: Prof. Amin bin Ismail, PhD

Fakulti: Perubatan dan Sains Kesihatan

Lepisanthes fruticosa (Roxb.) Leenh. atau nama amnya ceri Terengganu adalah spesies buah nadir daripada keluarga Sapindaceae. Spesies buah ini telah dikenalpasti sebagai sumber antioksidan yang berpotensi, namun kajian saintifik masih kurang dijalankan dan terhad secara *in vitro*. Oleh itu, kajian ini dijalankan untuk menilai aktiviti antioksidan dan antidiabetik ekstrak buah *L. fruticosa* secara *in vitro* dan *in vivo*, serta mengenalpasti profil fitokimia menggunakan kaedah kromatografi cecair spektrometri jisim (LC-MS/MS). Bahagian buah muda yang berbeza diekstrak secara berperingkat menggunakan heksana, kloroform, etil asetat dan etanol. Ekstrak kasar etanol daripada bahagian biji menunjukkan aktiviti pemusnahan radikal (IC_{50} 0.178 ± 0.001 mg/mL), pelunturan β -karotena (71%), perencutan enzim α -glucosidase (IC_{50} 1.873 ± 0.421 μ g/mL) dan jumlah kandungan fenolik (363.515 ± 46.296 mg GAE/g) yang paling tinggi ($P < 0.05$). Ujian biologi pemeringkatan terarah ekstrak kasar etanol daripada bahagian biji menunjukkan fraksi M4 sebagai fraksi yang paling aktif berdasarkan aktiviti pemusnahan radikal (IC_{50} 0.128 ± 0.004 mg/mL), pelunturan β -karotena (87%), perencutan enzim α -glucosidase (IC_{50} 0.341 ± 0.094 μ g/mL) dan jumlah kandungan fenolik (1045.6 mg GAE/g) yang paling tinggi ($P < 0.05$). Analisis LC-MS/MS mendapati ekstrak etanol daripada bahagian biji dan fraksi M4 mengandungi sebatian fitokimia yang dicadangkan daripada pelbagai kelas. Antara sebatian utama yang dikenalpasti mempunyai aktiviti antioksidan dan antidiabetik adalah *soyacerebroside II*, α -kojibiose, *genistein-7,4'-di-O- β -D-glucoside*, *daturametelin J* dan *actinidioionoside* yang diperoleh daripada analisis mod negatif. Ujian kesitoloksikan MTT (3-[4,5-dimetilthiazol-2-yl]-2,5-diphenyltetrazolium bromida) membuktikan ekstrak etanol *L. fruticosa* adalah tidak toksik kepada sel 3T3 (fibroblast embrio mencit) pada kepekatan sehingga 500 μ g/mL. Seterusnya, untuk mengkaji kesan antidiabetik ekstrak etanol daripada bahagian biji *L. fruticosa* (LFSE) terhadap tikus *Sprague Dawley*, kombinasi diet tinggi lemak (HFD) dan dos *streptozotocin* (STZ) yang rendah (35 mg/kg berat badan) telah digunakan. Selepas 8 minggu induksi obesiti, tikus diabetik aruhan-STZ diberikan rawatan 300 dan 600 mg/kg berat badan LFSE secara oral selama 4 minggu. Di akhir eksperimen, terdapat perbezaan signifikan ($P < 0.05$) pada berat badan tikus, pengambilan air dan tenaga di

antara kumpulan tikus normal dan diabetik. Tiada perbezaan signifikan pada berat organ relatif jantung, hati, paru-paru dan limpa bagi semua kumpulan diabetik dibandingkan dengan kumpulan kawalan normal. Dos rawatan LFSE (600 mg/kg berat badan) menunjukkan kesan yang lebih baik bagi aktiviti anti-hiperglisemik bagi kedua-dua tempoh masa yang panjang (4 minggu) dan pendek (2 jam) yang ditentukan dengan kaedah ujian oral toleransi glukosa (OGTT). Penurunan paras glukosa ini adalah setanding dengan kumpulan rawatan metformin. Keberkesanan LFSE (600 mg/kg berat badan) dalam menurunkan paras gluokosa disokong dengan kenaikan paras insulin serum (32%). Kumpulan rawatan ini juga meningkatkan paras enzim plasma *superoxide dismutase* (SOD) (23%) dan *catalase* (CAT) (75%). Kesemua aktiviti signifikan ($P<0.05$) ini dibandingkan dengan kumpulan kawalan diabetik. Selain itu, LFSE (600 mg/kg berat badan) menunjukkan peningkatan yang signifikan ($P<0.05$) dalam paras kolesterol-lipoprotein ketumpatan tinggi (HDL-c) (25%) dibandingkan dengan kumpulan kawalan diabetik. Paras HDL-c di akhir eksperimen juga menunjukkan kenaikan yang paling tinggi berbanding kumpulan tikus yang lain. Kumpulan rawatan LFSE (600 mg/kg berat badan) menunjukkan paras *aspartate transaminase* (AST), *alanine transaminase* (ALT) dan *alkaline phosphatase* (ALP) yang lebih rendah berbanding kumpulan kawalan diabetik. Tiada perbezaan signifikan didapati pada fungsi hati dan buah pinggang yang lain. Hasil kajian ini mencadangkan LFSE mempunyai potensi dalam mengurangkan hiperglisemia dan penanda bio yang berkaitan tekanan oksidatif dalam tikus diabetik aruhan-HFD/STZ. Walaupun mekanisme di sebalik aktiviti-aktiviti ini sukar difahami, kehadiran pelbagai sebatian kimia mungkin telah menyumbang kepada kesan sinergistik aktiviti tersebut. Kesimpulannya, spesies buah *L. fruticosa* boleh dipertimbangkan sebagai agen terapeutik berpotensi yang baharu untuk pengurusan diabetes dan komplikasi-komplikasi yang berkaitan.

ACKNOWLEDGEMENTS

First and foremost, praises and thanks to Allah S.W.T., the Almighty, for His showers of blessings throughout the course of my PhD, and for providing me with the ability and perseverance that were needed to complete this thesis. This unforgettable journey is definitely not an individual experience; rather it involves these wonderful people whom I would like to sincerely convey my gratitude.

I would like to express my utmost gratitude to my principal supervisor, Prof. Dr. Amin Ismail for his inexhaustible ideas, wisdom, enthusiasm, patience and motivation. He has been a great source of inspiration and the guiding light for all my endeavours. Without his invaluable guidance and persistent help, this thesis would not have been possible. It was a great privilege and honour to have an opportunity to be under his supervision. I could not have ever imagined having other better supervisor.

My deepest appreciation to my co-supervisors, Dr. Muhajir Hamid, Dr. Nur Kartinee Kassim and Dr. Mohd. Shukri Mat Ali for providing necessary facilities and resources for the successful completion of my work. Their immense support, insightful comments and generous advice have helped me at various stages of my research.

I owe sincere thanks to Malaysian Agricultural Research and Development Institute (MARDI) for granting me a generous scholarship to obtain this Doctoral Degree. I am also thankful to both Universiti Putra Malaysia (UPM) and MARDI whose financial support has made it possible for me to complete the research.

I would also like to take this opportunity to sincerely acknowledge my fellow lab mates in Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences and Department of Chemistry, Faculty of Science, UPM for their kindness and fruitful discussions. Special thanks also go to my senior colleagues Mr. Razali Mirad and Dr. Syahida Maarof, and staff from Agrobiodiversity and Environment Research Centre, and Food Science Research Centre, MARDI for their co-operation and constructive suggestions.

I am extremely grateful to my mother who has been the pillar of my life. Her endless love and constant prayers are priceless. I would not have reached this stage in my life without her blessings and encouragement. My heartfelt thanks also go to my siblings for their good wishes and encouragement whenever I needed, either directly or indirectly. My loving family has been a great source of strength and motivation for me to accomplish my PhD.

Last but not least, I would like to extend my sincere appreciation to those who have knowingly or unknowingly, directly or indirectly helped me throughout the years that lead to the successful completion of this Doctoral research.

This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfillment of the requirement for the Degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

Amin bin Ismail, PhD

Professor

Faculty of Medicine and Health Sciences

Universiti Putra Malaysia

(Chairman)

Muhajir bin Hamid, PhD

Associate Professor

Faculty of Biotechnology and Biomolecular Sciences

Universiti Putra Malaysia

(Member)

Nur Kartinee binti Kassim, PhD

Senior Lecturer

Faculty of Science

Universiti Putra Malaysia

(Member)

Mohd. Shukri bin Mat Ali @ Ibrahim, PhD

Principal Research Officer

Horticultural Research Centre

Malaysia Agricultural Research and Development Institute

(Member)

ZALILAH MOHD SHARIFF, PhD

Professor and Dean

School of Graduate Studies

Universiti Putra Malaysia

Date: 08 July 2021

TABLE OF CONTENTS

	Page
ABSTRACT	i
ABSTRAK	iii
ACKNOWLEDGEMENTS	v
APPROVAL	vi
DECLARATION	viii
LIST OF TABLES	xiv
LIST OF FIGURES	xvi
LIST OF ABBREVIATIONS	xix
 CHAPTER	
1 INTRODUCTION	1
1.1 Research Background	1
1.2 Problem Statements	2
1.3 Significance of Study	4
1.4 Objectives of Study	4
2 LITERATURE REVIEW	5
2.1 <i>Lepisanthes fruticosa</i> Fruit Species	5
2.1.1 General Descriptions	5
2.1.2 Traditional Uses	7
2.1.3 Biological Activities and Phytochemistry	7
2.2 Diabetes Mellitus	9
2.2.1 Definition	9
2.2.2 Epidemiology	9
2.2.3 Classifications	10
2.2.4 Pathophysiology	11
2.2.5 Complications	12
2.3 Diabetes Mellitus and Oxidative Stress	13
2.3.1 Free Radicals	13
2.3.2 Oxidative Stress	14
2.3.3 Antioxidants	15
2.3.3.1 Endogenous Antioxidants	16
2.3.3.2 Exogenous Antioxidants	17
2.4 Diabetes Mellitus Therapy	18
2.4.1 Antidiabetic Drugs	19
2.4.2 Mechanisms of Antidiabetic Actions	19
2.4.2.1 Stimulation of Insulin Secretion from Beta-Cells	20
2.4.2.2 Enhancing Insulin-Mediated Glucose Uptake by Target Cells	20
2.4.2.3 Inhibition of Gluconeogenesis	21
2.4.2.4 Reabsorption of Glucose from Renal System	21
2.4.2.5 Beta-Cell Protection/Regeneration	22

2.4.2.6	Inhibition of Carbohydrate Hydrolysing Enzymes	22
2.4.3	Underutilised Fruits as Antidiabetic Plant Remedies	24
2.5	Phytochemicals for Diabetic Management	31
2.5.1	Phenolics	31
2.5.1.1	Flavonoids	33
2.5.1.2	Tannins	35
2.5.2	Terpenes and Terpenoids	36
2.5.3	Saponins	38
2.5.4	Alkaloids	39
3	IN VITRO ANTIOXIDANT, ANTIDIABETIC AND CYTOTOXICITY ACTIVITIES OF VARIOUS <i>L. fruticosa</i> EXTRACTS	41
3.1	Introduction	41
3.2	Materials and Methods	42
3.2.1	Chemicals	42
3.2.2	Plant Materials	42
3.2.3	Preparation of Crude Extracts	43
3.2.4	Bioassay-Guided Fractionation	43
3.2.5	Chromatographic Methods	45
3.2.5.1	Column Chromatography	45
3.2.5.2	Thin Layer Chromatography	45
3.2.6	<i>In Vitro</i> Antioxidant Assays	46
3.2.6.1	DPPH Radical Scavenging Assay	46
3.2.6.2	β -Carotene Bleaching Assay	47
3.2.7	<i>In Vitro</i> Antidiabetic Assays	48
3.2.7.1	α -Glucosidase Inhibition Assay	48
3.2.7.2	α -Amylase Inhibition Assay	48
3.2.8	Phytochemical Screening	49
3.2.8.1	Determination of Total Phenolic Content	49
3.2.8.2	Determination of Total Flavonoid Content	49
3.2.9	Cell Viability Assay	50
3.2.10	Statistical Analysis	50
3.3	Results and Discussion	50
3.3.1	Extract Yields	50
3.3.2	DPPH Radical Scavenging Activity of <i>L. fruticosa</i> Extracts	52
3.3.3	β -Carotene Bleaching Activity of <i>L. fruticosa</i> Extracts	54
3.3.4	α -Glucosidase Inhibitory Activity of <i>L. fruticosa</i> Extracts	56
3.3.5	α -Amylase Inhibitory Activity of <i>L. fruticosa</i> Extracts	57
3.3.6	<i>In Vitro</i> Antioxidant and Antidiabetic Activities of α -Kojibiose	59
3.3.7	Total Phenolic Content of <i>L. fruticosa</i> Extracts	61
3.3.8	Total Flavonoid Content of <i>L. fruticosa</i> Extracts	63

3.3.9	Cytotoxicity of <i>L. fruticosa</i> Ethanolic Extracts	65
3.4	Conclusion	66
4	IDENTIFICATION OF PHYTOCHEMICAL COMPOUNDS FROM <i>L. fruticosa</i> ETHANOLIC SEED EXTRACTS BY LC-MS/MS	67
4.1	Introduction	67
4.2	Materials and Methods	68
4.2.1	Identification of Phytochemical Compounds using UHPLC-QTOF-MS/MS	68
4.2.2	Quantification of α -Kojibiose by UHPLC-QqQ-MS/MS	69
4.3	Results and Discussion	69
4.3.1	LC-MS/MS Analysis of Ethanolic Seed Crude Extract	70
4.3.1.1	Negative Ion Mode	70
4.3.1.2	Positive Ion Mode	86
4.3.2	LC-MS/MS Analysis of Ethanolic Seed Fraction	95
4.3.2.1	Negative Ion Mode	95
4.3.2.2	Positive Ion Mode	106
4.3.3	Quantification of α -Kojibiose	113
4.4	Conclusion	116
5	HYPERGLYCAEMIC EFFECTS OF <i>L. fruticosa</i> ETHANOLIC SEED EXTRACT AND ITS OXIDATIVE STRESS-RELATED BIOMARKERS IN STREPTOZOTOCIN-INDUCED DIABETIC RATS	117
5.1	Introduction	117
5.2	Materials and Methods	118
5.2.1	Chemicals	118
5.2.2	Experimental Animals	119
5.2.3	Induction of Experimental Obesity	119
5.2.4	Preparation of <i>L. fruticosa</i> Seed Extract	121
5.2.5	Induction of Experimental Diabetes	121
5.2.6	Experimental Group Design	122
5.2.7	Oral Glucose Tolerance Test	123
5.2.8	Sample Collections	123
5.2.8.1	Blood Collection	123
5.2.8.2	Organ Collection	124
5.2.9	Biochemical Analysis	124
5.2.9.1	Determination of Haematological Profile	124
5.2.9.2	Determination of Insulin Level	124
5.2.9.3	Determination of Antioxidant Enzyme Activities	125
5.2.9.4	Determination of Lipid Peroxidation	127
5.2.9.5	Determination of Lipid Profile	127
5.2.9.6	Determination of Liver and Kidney Functions	128
5.2.10	Statistical Analysis	128

5.3	Results and Discussion	130
5.3.1	Induction of Obesity using High Fat Diet	130
5.3.2	Induction of Diabetes using STZ	133
5.3.3	Effects of LFSE on Body Weight, Water, Food and Energy Intakes	133
5.3.4	Effects of LFSE on Relative Organ Weight	137
5.3.5	Effects of LFSE on Haematological Profile	138
5.3.6	Effects of LFSE on Blood Glucose Level	141
5.3.7	Effects of LFSE on Oral Glucose Tolerance Test	143
5.3.8	Effects of LFSE on Insulin Level	144
5.3.9	Effects of LFSE on Antioxidant Enzyme Activities	146
5.3.10	Effects of LFSE on Lipid Peroxidation	149
5.3.11	Effects of LFSE on Lipid Profile	150
5.3.12	Effects of LSFE on Liver and Kidney Functions	153
5.4	Conclusion	157
6	SUMMARY, GENERAL CONCLUSIONS AND RECOMMENDATIONS FOR FUTURE RESEARCH	158
6.1	Summary	158
6.2	General Conclusions	160
6.3	Recommendations for Future Research	160
REFERENCES		163
APPENDICES		186
BIODATA OF STUDENT		190
LIST OF PUBLICATIONS		191

LIST OF TABLES

Table		Page
3.1	Antioxidant activities of <i>L. fruticosa</i> pulp and seed crude extracts	53
3.2	Antioxidant activities of <i>L. fruticosa</i> ethanolic seed fractions	55
3.3	Antidiabetic activities of <i>L. fruticosa</i> pulp and seed crude extracts	57
3.4	Antidiabetic activities of <i>L. fruticosa</i> ethanolic seed fractions	58
3.5	Comparison of antioxidant and antidiabetic activities of α -kojibiose to <i>L. fruticosa</i> extracts at 1 mg/mL	60
3.6	Cell viability of <i>L. fruticosa</i> ethanolic crude extracts exposed to 3T3 cells	66
4.1	LC-MS/MS profile of <i>L. fruticosa</i> ethanolic seed crude extract under negative ion mode	72
4.2	LC-MS/MS profile of <i>L. fruticosa</i> ethanolic seed crude extract under positive ion mode	88
4.3	LC-MS/MS profile of fraction M4 under negative ion mode	97
4.4	LC-MS/MS profile of fraction M4 under positive ion mode	108
5.1	Composition of rats' administered food: Standard and high fat diet	120
5.2	Characteristics of experimental group of rats during induction of obesity	132
5.3	Characteristics of experimental group of rats during antidiabetic study	136
5.4	Relative organ weight of experimental group of rats	138
5.5	Haematological profile of experimental group of rats	140
5.6	Insulin level of experimental group of rats	146
5.7	Antioxidant enzyme activities of experimental group of rats	148
5.8	Lipid peroxidation level in serum and liver of experimental group of rats	150
5.9	Lipid profile of experimental group of rats	152

5.10	Liver functions of experimental group of rats	155
5.11	Kidney functions of experimental group of rats	156



LIST OF FIGURES

Figure		Page
2.1	<i>Lepisanthes fruticosa</i> fruit trees in Malaysian Agricultural Research and Development Institute (MARDI)	5
2.2	Red accession of <i>L. fruticosa</i> fruit at (a) unripe and (b) ripe stage, and (c) yellow accession at ripe stage	6
2.3	(a) Size and (b) shape of the fruit	6
2.4	Different parts of the fruit; (a) pulp (b) seed	6
2.5	Pathophysiology of diabetes mellitus and its associated complications	12
2.6	Free radicals and antioxidants imbalance causes oxidative stress and results in various disorders	18
2.7	Mechanism and site of action of antidiabetic drugs	24
2.8	<i>Syzygium cumini</i> fruits	26
2.9	<i>Canarium odontophyllum</i> fruits	27
2.10	<i>Carissa carandas</i> fruits	27
2.11	<i>Averrhoa bilimbi</i> fruits	28
2.12	<i>Cynometra cauliflora</i> fruits	29
2.13	<i>Mangifera odorata</i> fruits	30
2.14	<i>Morinda citrifolia</i> fruits	31
2.15	Some common phenolic compounds	32
2.16	Structure and classification of flavonoids	34
2.17	Structure and classification of tannins	36
2.18	Structure and classification of terpenes	37
2.19	Structure of the main aglycones (a) steroid and (b) triterpenic saponins	38
2.20	Structure of some common alkaloids	40

3.1	Schematic diagram of extraction and bioassay-guided fractionation of <i>L. fruticosa</i> fruit extracts	44
3.2	Yield percentage of different <i>L. fruticosa</i> crude extracts	51
3.3	Antioxidant activities of <i>L. fruticosa</i> crude extracts as screened by TLC-autographic method	54
3.4	Total phenolic content of <i>L. fruticosa</i> pulp and seed crude extracts	62
3.5	Total phenolic content of <i>L. fruticosa</i> ethanolic fractions	62
3.6	Total flavonoid content of <i>L. fruticosa</i> pulp and seed crude extracts	64
3.7	Total flavonoid content of <i>L. fruticosa</i> ethanolic seed fractions	64
4.1	Total ion chromatogram of the main components of <i>L. fruticosa</i> ethanolic seed crude extract under negative ion mode	71
4.2	LC-MS/MS spectra and possible fragmentation pattern of peak 21, tentatively identified as soyacerebroside II	76
4.3	LC-MS/MS spectra and possible fragmentation pattern of peak 1, tentatively identified as α -kojibiose	79
4.4	LC-MS/MS spectra and possible fragmentation pattern of peak 14, tentatively identified as genistein-7,4'-di-O-B-D-glucoside	82
4.5	Total ion chromatogram of <i>L. fruticosa</i> ethanolic seed crude extract under positive ion mode	87
4.6	LC-MS/MS spectra of peak 7, tentatively identified as isohyperoside	91
4.7	LC-MS/MS spectra of peak 8, tentatively identified as myricetin	92
4.8	LC-MS/MS spectra of peak 12, tentatively identified as kaempferol-3-O- β -D-glucopyranoside	93
4.9	Total ion chromatogram of fraction M4 under negative ion mode	96
4.10	LC-MS/MS spectra and possible fragmentation pattern of peak 22, tentatively identified as daturametelin J	101
4.11	LC-MS/MS spectra and possible fragmentation pattern of peak 8, tentatively identified as actinidioionoside	103
4.12	Total ion chromatogram of fraction M4 under positive ion mode	107
4.13	LC-MS/MS spectra of peak 3, tentatively identified as	111

	3'-hydroxymelanettin	
4.14	LC-MS/MS spectra of peak 12, tentatively identified as naringenin	112
4.15	Total ion chromatogram of a) α -kojibiose and b) <i>L. fruticosa</i> ethanolic seed crude extract	114
4.16	Extracted ion chromatogram of α -kojibiose	115
5.1	Schematic diagram of the experimental animal study	129
5.2	Changes of body weights of experimental group of rats from week 0 until week 13	135
5.3	Fasting blood glucose level of experimental group of rats	142
5.4	Oral glucose tolerance test and area under the curve of experimental group of rats	144

LIST OF ABBREVIATIONS

ADMET	Absorption, distribution, metabolism, excretion and toxicology
ADP	Adenosine diphosphate
AGE	Advanced glycation end products
ALT	Alanine aminotransferase
ALP	Alkaline phosphatase
AMPK	AMP-activated protein kinase
amu	Atomic mass unit
AST	Aspartate aminotransferase
ATP	Adenosine triphosphate
AUC	Area under the curve
cAMP	Cyclic adenosine monophosphate
BHA	Butylated hydroxyanisole
BHT	Butylated hydroxytoluene
BMI	Body mass index
CC	Column chromatography
DM	Diabetes mellitus
DMPK	Drug metabolism and pharmacokinetics
DPP-IV	Dipeptidyl peptidase-IV
DPPH	2,2-diphenyl-1-picrylhydrazyl
ELISA	Enzyme-linked immunosorbent assay
ESI	Electrospray ionisation
FBPase	Fructose-1,6-biphosphatase
FFA	Free fatty acid

FRAP	Ferric reducing antioxidant power
G6P	Glucose-6-phosphate
G6Pase	Glucose-6-phosphatase
GAE	Gallic acid equivalent
GK	Glucokinase
GLP-1	Glucagon-like peptide-1
GLUT	Glucose transporter
GPx	Glutathione peroxidase
GSH	Reduced glutathione
GSSG	Oxidized glutathione
GST	Glutathione-S-transferase
GR	Glutathione reductase
H ₂ O ₂	Hydrogen peroxide
HAT	Hydrogen atom transfer
Hb	Haemoglobin
Hct	Haematocrit
HFD	High fat diet
HRP	Horseradish peroxidase
HPLC	High performance liquid chromatography
HRP	Horseradish Peroxidase
IC ₅₀	Inhibitory concentration 50%
IDDM	Insulin dependent diabetes mellitus
IDF	International Diabetes Federation
LC-MS	Liquid chromatography-mass spectrometry
M	Molar

MDA	Malondialdehyde
MPO	Myeloperoxidase
MRM	Multiple reaction monitoring
MS	Mass spectrometry
MTT	3-[4,5-dimethylthiazol-2-yl]-2,5-diphenyltetrazolium bromide
MUFA	Monounsaturated fatty acids
m/z	Mass-to-charge ratio
NADPH	Nicotinamide adenine dinucleotide phosphate
NCD	Non-communicable disease
NHMS	National Health and Morbidity Survey
NIDDM	Non-insulin dependent diabetes mellitus
NOS	Nitric oxide synthase
OGTT	Oral glucose tolerance test
PEPCK	Phosphoenolpyruvate carboxykinase
PKC	Protein kinase C
pNPG	<i>p</i> -nitrophenyl α -D-glucoside
PPAR- γ	Peroxisome proliferator-activated receptor gamma
PUFA	Polyunsaturated fatty acids
QTOF	Quadrupole time-of-flight
RDA	Retro-Diels–Alder reaction
RE	Rutin equivalent
RNS	Reactive nitrogen species
ROS	Reactive oxygen species
RT	Retention time
SET	Single electron transfer

SGLT	Sodium-coupled glucose transporters
SOD	Superoxide dismutase
STZ	Streptozotocin
T1DM	Type 1 diabetes mellitus
T2DM	Type 2 diabetes mellitus
TBARS	Thiobarbituric acid reactive substances
TIC	Total ion chromatogram
TLC	Thin layer chromatography
TPC	Total phenolic content
UHPLC	Ultra high pressure liquid chromatography
UV	Ultraviolet
WHO	World Health Organisation

CHAPTER 1

INTRODUCTION

1.1 Research Background

Diabetes mellitus (DM) is a deadly disease with increasing prevalence throughout the world. The metabolic disorder is characterised by a persistent hyperglycaemia associated with disturbances of carbohydrate, fat and protein metabolism that results from absolute or relative deficiency of insulin secretion, action or combination of both (Nanjan et al., 2018; Rathore et al., 2014). World Health Organisation (WHO) has projected that around 422 million people worldwide are diabetics (Zhang et al., 2016a) and the numbers are expected to rise over 650 million by the year 2040 (Tang et al., 2017). The disease has also been considered to be one of the top leading causes of death worldwide (Nain et al., 2012), with the highest rates of prevalence and mortality in both developed and developing countries (Vahid et al., 2017). In 2017, the occurrence was found to be the highest in China (110 million diabetics), followed by India (70 million) and the US (30 million) (Shettar et al., 2017). It is anticipated to affect South East Asia region with 145 million diabetics by 2025. Based on the National Health and Morbidity Survey (NHMS) 2015, the prevalence of diabetes in Malaysia was similar to other countries in the Asia-Pacific Region such as Japan, Brunei Darussalam, Singapore and Republic of Korea (Tee and Yap, 2017).

A recent NHMS reported that the diabetes prevalence in Malaysia has increased from 13.4% in 2015 to 18.3% in 2019. The NHMS 2019 has also found that about 3.9 million Malaysians aged 18 years and above suffers from diabetes, higher than 3.5 million in 2015. Furthermore, Malaysia is described to have the highest prevalence of type 2 DM in South East Asia (Lasano et al., 2019). Type 2 is the most common condition which accounts for nearly 95% of all the DM cases (Chinsembu, 2018; Irondi et al., 2015). It typically occurs when the body produces enough insulin but fails to utilise it effectively due to impaired insulin secretion and/or insulin resistance (Wang and Zhu, 2016).

Several complications have been associated with DM that result in significant morbidity and mortality if left untreated. Hyperglycaemia-mediated oxidative stress produces free radicals which plays a major role in the development of diabetic complications. Almost all organisms possess antioxidant defences and repair systems to protect them against the harmful free radicals. However, in diabetic situation, antioxidant defence systems are compromised due to the imbalance in the free radicals production and scavenging ability of antioxidants (Tang et al., 2017). The excessive production of free radicals may trigger oxidative stress which causes cellular damage by altering macromolecules such as proteins, lipids, carbohydrates and DNA leading to disturbances in most metabolic processes (Ceriello et al., 2016; Martín and Ramos, 2016). If uncontrolled, this condition may result in the pathogenesis of various chronic diseases such as cancers, neurodegenerative and cardiovascular diseases (CVD) (Martín and Ramos, 2016).

According to WHO recommendations, antidiabetic agents from natural plant origin have drawn much attention for their potential uses in the treatment and prevention of type 2 DM. Natural products have been considered as effective antidiabetic agents owing to the presence of notable phytochemicals such as polyphenols which exert antioxidant and hypoglycaemic effects (Tang et al., 2017). Phenolic compounds have increasingly gained popularity due to their excellent health benefits that are mostly ascribed to their free radical scavenging and antioxidant activity, and thereby contribute to the alleviation of various oxidative stress associated diseases such as cancer and diabetes (Passo Tsamo et al., 2015). In addition to phenolics, terpenes, saponins and alkaloids have been reported to be the bioactive antidiabetic principles (Hu and Jia, 2018; Muhd Sani, 2015).

In the present study, *Lepisanthes fruticosa* (Roxb.) Leen., an underutilised fruit species from Sapindaceae family was evaluated. The species can be found in Malaysia, Myanmar, Thailand, Indonesia and the Philippines, and has long been used as food source and traditional remedy by rural folks (Mirfat et al., 2017). Wetwitayaklung et al. (2012) reported that *L. fruticosa* root has anti-pyretic properties and the ripe fruit has anti-diarrhoea effect. It was also discovered that *L. fruticosa* fruit was a promising source of antioxidant in comparison to a number of underutilised fruits and some popular fruits such as guava, mango and orange (Mirfat and Salma, 2015). Its formulated drink showed stronger antioxidant activity (83%) than commercially available antioxidant drink powerberries (acai berry, blueberry, cranberry, mulberry, raspberry) and blackcurrant (Mirfat et al., 2012a). However, the antioxidant properties of *L. fruticosa* showed a significant decrease with fruit maturation. The antioxidant activity and total phenolic content of the fruit pulp were found the highest at the unripe stage (Mirfat et al., 2017). *In vitro* antidiabetic study of aqueous extract of the unripe fruit pulp showed that *L. fruticosa* possessed strong α -glucosidase inhibition and insulin secretion activity (Mirfat et al., 2018). A preliminary phytochemical profiling using high performance liquid chromatography (HPLC) found the presence of 4-hydroxybenzoic acid in the ripe fruit pulp extracts which was previously reported to possess free radical scavenging activity (Nur Yuhasliza et al., 2018). In an *in silico* modelling, 5,6,7,4'-Tetrahydroxyflavanone6,7-diglucoside, 5,7,4'-Trihydroxy3,6,8,2',5'-pentamethoxyflavone, distemonatin, quercetin 3-galactoside-7-xyloside and cyanidin-3-O-rutinoside were suggested as promising compounds with medicinal benefits (Lina et al., 2018).

1.2 Problem Statements

Diabetes mellitus has been a global health concern causing significant mortality and morbidity. Even more alarming, DM has now reached epidemic proportions and the prevalence is expected to increase in the foreseeable future. This deadly disease is the most common non-communicable disease (NCD) posing a substantial economic burden on human health worldwide. Sustainable Development Goal 3 (SDG 3) has projected the cumulative economic losses to low- and middle-income countries from cardiovascular diseases, cancers, chronic respiratory diseases and diabetes to exceed USD 7 trillion by 2025. Based on the NHMS 2015, estimates by the US place the management costs of the chronic diseases at around three-quarters of the total national health expenditure. In some European countries, diabetes accounts for 2% to 15% of the national health expenditure. In Malaysia, management of NCD complications is also difficult and costly, which

further contributes to the increasing burden of NCDs in the country. International Diabetes Federation (IDF) reported that in 2013, about USD 548 billion was spent on DM management alone (Irondi et al., 2015). Data from the IDF showed that the healthcare expenditure has significantly increased from USD 232 billion in 2007 to USD 727 billion in 2017. This economic burden is projected to rise to USD 776 billion by 2045 (Hu and Jia, 2018).

Despite the huge capital investment, DM remains a major global health and economic burdens, having no reasonable effective therapy in modern medicine in terms of safety and efficacy. Even though there are various antidiabetic agents available to reduce, control and manage DM, there are some disadvantages of these synthetic drugs such as low efficacy, high secondary failure rates, undesirable side effects and being expensive to most of the people (Rashid and Sil, 2017). In addition, the carcinogenic properties and adverse side effects have also been reported for some synthetic antioxidants making them less acceptable. Some of the currently used synthetic antioxidants are butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT), which are suspected of being carcinogenic and causing liver damage (Barchan et al., 2014).

Considering the chronic nature of DM, high management cost and the limitations of current therapies, particularly for rural populations, there remains a consensus for the need to explore new dietary constituents from natural sources as an alternative treatment for diabetes management. According to WHO, natural sources are excellent candidates for oral therapy as they are effective, non-toxic, and have low or no side effects (Gargouri et al., 2016). Antidiabetic drugs from natural origin also counter the high cost and poor availability of the existing antidiabetic drugs especially in low income countries. However, the potential to discover new antidiabetic drugs from plants is still untapped. It has been postulated that more than 800 plants used in the management of DM have a great clinical potential, but only 30% of plants used in folk medicines have been scientifically validated which may support their substitution for the current therapies (Chinsembu, 2018).

Underutilised fruits are usually maintained by cultural preferences and traditional practices, that some of them have been largely neglected in research and conservation. They have not been comprehensively investigated for their biological activities as compared to commercial fruits. This could be due to the lack of knowledge of their potential values and also promotional campaigns. *Lepisanthes fruticosa* is an underutilised fruit which has not received much attention from scientific research. Previous research involved only *in vitro* with the ripe edible portion (pulp) being the most commonly studied. The *in vitro* study, nevertheless, cannot be simply extrapolated to the *in vivo* situation. *In vitro* assays only serve as preliminary steps or important indicator for further biological studies particularly, *in vivo*. Hence, supplementation with *in vivo* assays is vital to complement *in vitro* investigations and therefore assess the full potential of the extract.

1.3 Significance of Study

Malaysia possesses a rich diversity of underutilised fruits grown in orchards, home gardens and some can be found in the wild of Peninsular Malaysia, Sabah and Sarawak. These underutilised fruits are excellent sources of food and nutrition especially for rural and farm communities, which improve the quality of diets and nutrition of the communities. The diversity of the fruit species does not only provide nutritionally balanced diets, but also more importantly, secures household income, and thus leads to the improvement of the livelihood. This is in line with SDG2 which aims to end hunger, achieve food security, improve nutrition and promote sustainable agriculture. In addition, SDG3 is concerned with ensuring health and well-being, including a bold commitment to achieve universal health coverage and provide access to safe and effective medicines by 2030.

The present study is critical to generate useful data and produce supporting information for antidiabetic medication. Since scientific information of *L. fruticosa* is still scarce, this study provides a greater insight on the potential of the fruit species as an antidiabetic agent. The data obtained from the study also serve as a guideline for prioritisation of further use of *L. fruticosa* fruit, as part of the diet, in disease prevention and health promotion, based on the active compounds and its antidiabetic effects. In addition, the findings add valuable information to the current knowledge of health and nutritional properties of underutilised fruit species. From this, better understanding of the nutraceutical and functional product potential of the underutilised fruit can be developed which is important for the enhancement of the fruit species. This will create new income generation opportunities and new market niche in the future. The value of *L. fruticosa* fruit species will further be increased to help enhance the preservation and sustainable use of these neglected species in strengthening food and nutrition security, and health wellbeing.

1.4 Objectives of Study

The overall aim of this study was to investigate the antidiabetic effects of *L. fruticosa* fruit. The hypothesis of the study was that *L. fruticosa* would ameliorate hyperglycemia and oxidative stress-related biomarkers in diabetic rats induced with streptozotocin (STZ) that could be attributed to the synergistic actions of various phytochemicals. Therefore, to test this hypothesis the following specific objectives were investigated:

- 1.4.1 To determine the *in vitro* antioxidant and antidiabetic activities of *L. fruticosa* various extracts.
- 1.4.2 To identify and characterise the chemical constituents from *L. fruticosa* active extracts using LC-MS/MS approach.
- 1.4.3 To evaluate the *in vivo* effects of *L. fruticosa* active extracts on hyperglycaemia and oxidative stress-related biomarkers in streptozotocin-induced diabetic rats.

REFERENCES

- Aba, P. E., & Asuzu, I. U. (2018). Mechanisms of actions of some bioactive anti-diabetic principles from phytochemicals of medicinal plants: A review. *Indian Journal of Natural Products and Resources*, 9: 85–96.
- Abbas, G., Al-Harrasi, A. S., & Hussain, H. (2017). α -Glucosidase Enzyme Inhibitors from Natural Products. In *Discovery and Development of Antidiabetic Agents from Natural Products* (pp. 251–269). Elsevier Inc.
- Abd Aziz, A. F., & Mohammad, I. (2013). Antioxidant activity and phytochemical composition of *Cynometra cauliflora*. *Journal of Experimental and Integrative Medicine*, 3(4): 337–341.
- Abd Aziz, A. F., Bhuiyan, M. S. A., & Iqbal, M. (2017). An evaluation of antioxidant and antidiabetic potential of *Cynometra cauliflora* (Nam-nam, Fabaceae). *Transactions on Science and Technology*, 4(3): 372–383.
- Abiola, T., Dibie, D. C., Akinwale, O. J., & Shomuyiwa, O. A. (2018). Assessment of the antidiabetic potential of the ethanolic extract of date palm (*Phoenix dactylifera*) seed in alloxan-induced diabetic rats. *Journal of Diabetes and Metabolism*, 9(1): 1–9.
- Abu Bakar, M. F., Mohamad, M., Rahmat, A., Burr, S. A., & Fry, J. R. (2010). Cytotoxicity, cell cycle arrest, and apoptosis in breast cancer cell lines exposed to an extract of the seed kernel of *Mangifera pajang* (bambangan). *Food and Chemical Toxicology*, 48(6): 1688–1697.
- Abu Bakar, M. F., Mohamed, M., Rahmat, A., & Fry, J. (2009). Phytochemicals and antioxidant activity of different parts of *bambangan* (*Mangifera pajang*) and *tarap* (*Artocarpus odoratissimus*). *Food Chemistry*, 113(2): 479–483.
- Achour, M., Mateos, R., Fredj, B., & Mtiraoui, A. (2018). A comprehensive characterisation of rosemary tea obtained from *Rosmarinus officinalis* L. collected in a sub-humid area of Tunisia. *Phytochemical Analysis*, 29: 87–100.
- Adam, Z., Khamis, S., Ismail, A., & Hamid, M. (2012). *Ficus deltoidea*: A potential alternative medicine for diabetes mellitus. *Evidence-Based Complementary and Alternative Medicine*, 1–12.
- Ahmad, S. (2007). Introduction of Plant Constituents and their Tests. In *Pharmacognosy* (pp. 1–40).
- Ahmad, Z., Zamhuri, K. F., Yaacob, A., Siong, C. H., Selvarajah, M., Ismail, A., & Hakim, M. N. (2012). *In vitro* anti-diabetic activities and chemical analysis of polypeptide-k and oil isolated from seeds of *Momordica charantia* (bitter gourd). *Molecules*, 17(8): 9631–9640.
- Ahmed, I. A., Mikail, M. A., Bin Ibrahim, M., Bin Hazali, N., Rasad, M. S. B. A., Ghani, R. A., Wahab, R. A., Arief, S. J., & Yahya, M. N. A. (2015). Antioxidant activity and phenolic profile of various morphological parts of underutilised *Baccaurea angulata* fruit. *Food Chemistry*, 172: 778–787.
- Ahmed, E., Arshad, M., Khan, M. K., Amjad, M. S., Sadaf, H. M., Riaz, I., Sabir, S., Ahmad, N., & Sabaoon (2017). Secondary metabolites and their

- multidimensional prospective in plant life. *Journal of Pharmacognosy and Phytochemistry*, 6(2): 205–214.
- Ajiboye, B. O., Oloyede, H. O. B., & Salawu, M. O. (2018). Antidiabetic activity of *Triticum aestivum* seed – based diet on alloxan-induced diabetic rats. *Journal of Dietary Supplements*, 1–17.
- Akomas, S. C., Ijioma, S. N., & Emelike, C. (2015). Effect of *Euphorbia hirta* on haematological and biochemical indices in albino rats. *Applied Journal of Hygiene*, 4(1): 1–5.
- Al Rashid, M. H., Majumder, S., Mandal, S., Mandal, S. C., & Thandavarayan, R. A. (2018). In search of suitable extraction technique for large scale commercial production of bioactive fraction for the treatment of diabetes: The case *Diospyros melanoxylon* Roxb. *Journal of Traditional and Complementary Medicine*, 1–13.
- Ali, E., Mohamed, H., Yam, M. F., Ang, L. F., Mohamed, A. J., & Asmawi, M. Z. (2013). Antidiabetic properties and mechanism of action of *Orthosiphon stamineus* Benth bioactive sub-fraction in streptozotocin-induced diabetic rats. *Journal of Acupuncture and Meridian Studies*, 6(1): 31–40.
- Ali, M. Ben, Mnafgui, K., Feki, A., Damak, M., & Allouche, N. (2014). *In vitro* antidiabetic, anti-obesity and antioxidant properties of Rosemary extracts. *Journal of Advances in Chemistry*, 10(2): 2305–2316.
- Ali, Y., Paul, S., Tanvir, E. M., Hossen, S., Rumpa, N. N., Saha, M., Bhounik, N. C., Islam, A., Hossain, S., Alam, S., Gan, S. H., & Khalil, I. (2017). Antihyperglycemic, antidiabetic, and antioxidant effects of *Garcinia pedunculata* in rats. *Evidence-Based Complementary and Alternative Medicine*, 1–15.
- Alia, M., Ramos, S., Mateos, R., Bele, A., Bravo, L., & Goya, L. (2006). Quercetin protects human hepatoma HepG2 against oxidative stress induced by tert-butyl hydroperoxide. *Toxicology and Applied Pharmacology*, 212: 110–118.
- Al-Ishaq, R. K., Abotaleb, M., Kubatka, P., Kajo, K., & Büsselberg, D. (2019). Flavonoids and their anti-diabetic effects: Cellular mechanisms and effects to improve blood sugar levels. *Biomolecules*, 9(430): 1–35.
- Allwood, J. W., De Vos, R. C. H., Moing, A., Deborde, C., Erban, A., Kopka, J., Goodacre, R., Hall, R. D., De Vos, R. C. H., & Moing, A. (2011). Plant Metabolomics and Its Potential for Systems Biology Research: Background Concepts, Technology and Methodology. In *Methods in Enzymology*, 1st ed., Vol. 500 (pp. 299–336). Elsevier Inc.
- Alothman, M., Bhat, R., & Karim, A. A. (2009). Antioxidant capacity and phenolic content of selected tropical fruits from Malaysia, extracted with different solvents. *Food Chemistry*, 115(3): 785–788.
- Al-Snafi, A. E. (2017). Medical importance of *Datura fastuosa* (syn: *Datura metel*) and *Datura stramonium* - A review. *IOSR Journal of Pharmacy*, 7(2): 43–58.
- Arif, M., Kamal, M., Jawaid, T., Khalid, M., Saini, K. S., Kumar, A., & Ahmad, M. (2016). *Carissa carandas* Linn. (Karonda): An exotic minor plant fruit with

- immense value in nutraceutical and pharmaceutical industries. *Asian Journal of Biomedical and Pharmaceutical Sciences*, 6(58): 14–19.
- Arslan, I. (2014). Saponins Produced by Gypsophila Species Enhance the Toxicity of Type I Ribosome-Inactivating Proteins. In *Studies in Natural Products Chemistry*, Vol. 43 (pp. 375–380). Elsevier Inc.
- Arulselvan, P., Abdul Ghafar, H. A., Karthivashan, G., Abdul Halim, M. F., Abdul Ghafar, M. S., & Fakurazi, S. (2014). Antidiabetic therapeutics from natural source: A systematic review. *Biomedicine and Preventive Nutrition*, 4(4): 607–617.
- Arulselvan, P., Fard, M. T., Tan, W. S., Gothai, S., Fakurazi, S., Norhaizan, M. E., & Kumar, S. S. (2016). Role of antioxidants and natural products in inflammation. *Oxidative Medicine and Cellular Longevity*, 1–15.
- Arun, K. B., Chandran, J., Dhanya, R., Krishna, P., Jayamurthy, P., & Nisha, P. (2015). A comparative evaluation of antioxidant and antidiabetic potential of peel from young and matured potato. *Food Bioscience*, 9: 36–46.
- Arunachalam, K., & Parimelazhagan, T. (2014). Antidiabetic and enzymatic antioxidant properties from methanol extract of *Ficus talboti* bark on diabetic rats induced by streptozotocin. *Asian Pacific Journal of Reproduction*, 3(2): 97–105.
- Athiappan, M., Srinivasan, S., Anandan, R., & Rajaram, J. (2020). Novel Process of Ellagic Acid Synthesis from Waste Generated from Mango Pulp Processing Industries. In *Emerging Technologies in Environmental Bioremediation* (pp. 443–454). Elsevier Inc.
- Awouafack, M. D., McGaw, L. J., Gottfried, S., Mbouangouere, R., Tane, P., Spiteller, M., & Eloff, J. N. (2013). Antimicrobial activity and cytotoxicity of the ethanol extract, fractions and eight compounds isolated from *Eriosema robustum* (Fabaceae). *BMC Complementary and Alternative Medicine*, 13: 289.
- Bae, U., Jung, E., Jung, S., Chae, S., & Park, B. (2018). Mulberry leaf extract displays antidiabetic activity in db/db mice via Akt and AMP-activated protein kinase phosphorylation. *Food and Nutrition Research*, 62(1473): 1–9.
- Bahadir, O., Keskin, I., & Ipek, N. (2017). Evaluation of hepatoprotective and antidiabetic activity of *Alchemilla mollis*. *Biomedicine & Pharmacotherapy*, 86: 172–176.
- Bakr, R. O., Mohamed, S. A., & Waly, N. E. (2017). Phytochemical and biological investigation of *Eugenia uniflora* L. cultivated in Egypt. *Journal of Pharmacognosy and Phytotherapy*, 9(5): 57–66.
- Balaji, V., Selvaraj, J., Sathish, S., Mayilvanan, C., & Balasubramanian, K. (2013). Molecular mechanism underlying the antidiabetic effects of a Siddha polyherbal preparation in the liver of type 2 diabetic adult male rats. *Journal of Evidence-Based Complementary & Alternative Medicine*, 18(1): 29–42.
- Bansal, P., Paul, P., Mudgal, J., Nayak, P. G., Thomas, S., Priyadarsini, K. I., & Unnikrishnan, M. K. (2012). Antidiabetic, antihyperlipidemic and antioxidant effects of the flavonoid rich fraction of *Pilea microphylla* (L.) in high fat diet/streptozotocin-induced diabetes in mice. *Experimental and Toxicologic Pathology*, 64(6): 651–658.

- Barchan, A., Bakkali, M., Arakrak, A., Pagán, R., & Laglaoui, A. (2014). The effects of solvents polarity on the phenolic contents and antioxidant activity of three *Mentha* species extracts. *International Journal of Current Microbiology Applied Sciences*, 3(11): 399–412.
- Barrière, D. A., Noll, C., Roussy, G., Lizotte, F., Kessai, A., Kirby, K., Belleville, K., Beaudet, N., Longpré, J. M., Carpentier, A. C., Geraldès, P., & Sarret, P. (2018). Combination of high-fat / high-fructose diet and low-dose streptozotocin to model long-term type-2 diabetes complications. *Scientific Reports*, 8(424): 1–17.
- Basha, S. K., & Kumari, V. S. (2012). *In vitro* antidiabetic activity of *Psidium guajava* leaves extracts. *Asian Pacific Journal of Tropical Disease*, 2: S98–S100.
- Basma, A. A., Zakaria, Z., Latha, L. Y., & Sasidharan, S. (2011). Antioxidant activity and phytochemical screening of the methanol extracts of *Euphorbia hirta* L. *Asian Pacific Journal of Tropical Medicine*, 4(5): 386–390.
- Beccaria, M., & Cabooter, D. (2020). Current developments in LC-MS for pharmaceutical analysis. *Analyst*, 1–46.
- Belguith-Hadriche, O., Ammar, S., Contreras, M., Fetoui, H., Segura-carretero, A., El A., & Bouaziz, M. (2017). HPLC-DAD-QTOF-MS profiling of phenolics from leaf extracts of two Tunisian fig cultivars: Potential as a functional food. *Biomedicine et Pharmacotherapy*, 89: 185–193.
- Bergman, R. N., Finegood, D. T., & Kahn, S. E. (2002). The evolution of β-cell dysfunction and insulin resistance in type 2 diabetes. *European Journal of Clinical Investigation*, 32(3): 35–45.
- Bharti, S. K., Krishnan, S., Kumar, A., Gupta, A. K., Gosh, A. K., & Kumar, A. (2015). Mechanism-based antidiabetic activity of fructo- and isomaltoligosaccharides: Validation by *in vivo*, *in silico* and *in vitro* interaction potential. *Process Biochemistry*, 50(2): 317–327.
- Bhat, R., & Yahya, N. (2014). Evaluating *belinjau* (*Gnetum gnemon* L.) seed flour quality as a base for development of novel food products and food formulations. *Food Chemistry*, 156: 42–49.
- Bras, N. F., Cerqueira, N. M., Ramos, M. J., & Fernandes, P. A. (2014). Glycosidase inhibitors: A patent. *Expert Opinion on Therapeutic Patents*, 24(8): 1–18.
- Buettner, R., Scholmerich, J., & Cornelius, B. (2007). High-fat diets: Modelling the metabolic disorders of human obesity in rodents. *Obesity*, 15(4): 798–808.
- Canneyt, A. Van. (2015). *Demonstrating the Necessity of Enzyme Engineering: Towards a Highly Efficient Process for the Synthesis of Kojibiose*. MSc Thesis, Gent University, Belgium.
- Castro, A. V. B., Kolka, C. M., Kim, S. P., & Bergman, R. N. (2014). Obesity, insulin resistance and comorbidities? Mechanisms of association. *Arquivos Brasileiros de Endocrinologia & Metabologia*, 58: 600–609.
- Chang, Cazarolli, L. H., Zanatta, L., Alberton, E. H., Santos, M., Bonorino, R., Folador, P., Damazio, R. G., & Pizzolatti, M. G. (2008). Flavonoids: Cellular and molecular mechanism of action in glucose homeostasis. *Mini-Reviews in Medicinal Chemistry*, 8: 1032–1038.

- Cerf, M. E. (2013). Beta cell dysfunction and insulin resistance. *Frontiers in Endocrinology*, 4: 1–12.
- Ceriello, A., Testa, R., & Genovese, S. (2016). Clinical implications of oxidative stress and potential role of natural antioxidants in diabetic vascular complications. *Nutrition, Metabolism and Cardiovascular Diseases*, 26(4): 285–292.
- Cersosimo, E., Solis-Herrera, C., & Triplitt, C. (2014). Inhibition of renal glucose reabsorption as a novel treatment. *Brazilian Journal of Nephrology*, 1(210): 80–92.
- Chakroun, M., Khemakhem, B., Mabrouk, H. Ben, El Abed, H., Makni, M., Bouaziz, M., Drira, N., Marrakchi, N., & Mejdoub, H. (2016). Evaluation of anti-diabetic and anti-tumoral activities of bioactive compounds from *Phoenix dactylifera* L.'s leaf: *In vitro* and *in vivo* approach. *Biomedicine & Pharmacotherapy*, 84: 415–422.
- Chala, T. S., & Ali, G. Y. (2016). Recent advance in diabetes therapy: Pancreatic beta cell regeneration approaches. *Diabetes Management*, 6(6): 108–118.
- Chang, C. I., Tseng, H. I., Liao, Y. W., Yen, C. H., & Chen, T. M. (2011). *In vivo* and *in vitro* studies to identify the hypoglycaemic constituents of *Momordica charantia* wild variant WB24. *Food Chemistry*, 125: 521–528.
- Chávez-Silva, F., Cerón-Romero, L., Arias-Durán, L., Navarrete-Vázquez, G., Almanza-Pérez, J., Román-Ramos, R., Ramírez-Avila, G., Perea-Arango, I., Villalobos-Molina, R., & Estrada-Soto, S. (2018). Antidiabetic effect of *Achillea millefolium* through multitarget interactions: α -glucosidases inhibition, insulin sensitization and insulin secretagogue activities. *Journal of Ethnopharmacology*, 212: 1–7.
- Chen, L., Sun, P., Wang, T., Chen, K., Jia, Q., Wang, H., & Li, Y. (2012). Diverse mechanisms of antidiabetic effects of the different procyanidin oligomer types of two different Cinnamon species on db/db Mice. *Journal of Agricultural and Food Chemistry*, 60: 9144–9150.
- Cherbal, A., Kebieche, M., Yilmaz, E. M., Aydogmus, Z., Benzaouia, L., Benguessoum, M., Benkedidah, M., & Madani, K. (2017). Antidiabetic and hypolipidemic activities of Algerian *Pistachia lentiscus* L. leaves extract in alloxan-induced diabetic rats. *South African Journal of Botany*, 108: 157–162.
- Chew, L. Y., Prasad, K. N., Amin, I., Azrina, A., & Lau, C. Y. (2011). Nutritional composition and antioxidant properties of *Canarium odontophyllum* Miq. (*dabai*) fruits. *Journal of Food Composition and Analysis*, 24(4–5): 670–677.
- Chinsembu, K. C. (2018). Diabetes mellitus and nature's pharmacy of putative antidiabetic plants. *Journal of Herbal Medicine*, 1–35.
- Choudhury, H., Pandey, M., Chua, K. H., Cheah, S. M., Koh, J., Kong, L., Liang, Y. E., Ashraf, N. A., Soohg, W. S., Tan, S. Y., Pichika, M. R., Gorain, B., & Kesharwani, P. (2018). An update on natural compounds in the remedy of diabetes mellitus: A systematic review. *Journal of Traditional Chinese Medical Sciences*, 8(3): 361–376.
- Collins, R. A., Ng, T. B., Fong, W. P., Wan, C. C., Yeung, H. W. (1997). Inhibition of glycohydrolase enzymes by aqueous extracts of Chinese medicinal herbs in a

- microplate format. *Biochemistry and Molecular Biology International*, 42: 1163–116.
- Coman, C., Rugină, O. D., & Socaciu, C. (2012). Plants and natural compounds with antidiabetic action. *Notulae Botanicae Horti Agrobotanici Cluj-Napoca*, 40(1): 314–325.
- Costamagna, M. S., Zampini, I. C., Alberto, M. R., Cuello, S., Torres, S., Pérez, J., Quispe, C., Schmeda-Hirschmann, G., & Isla, M. I. (2016). Polyphenols rich fraction from *Geoffroea decorticans* fruits flour affects key enzymes involved in metabolic syndrome, oxidative stress and inflammatory process. *Food Chemistry*, 190: 392–402.
- Dahech, I., Srih, K., Hamden, K., Feki, A., Belghith, H., & Mejdoub, H. (2011). Antidiabetic activity of levan polysaccharide in alloxan-induced diabetic rats. *International Journal of Biological Macromolecules*, 49(4): 742–746.
- Dai, J., & Mumper, R. J. (2010). Plant phenolics: Extraction, analysis and their antioxidant and anticancer properties. *Molecules*, 15: 7313–7352.
- Dembitsky, V. M., Poovarodom, S., Leontowicz, H., Leontowicz, M., Vearasilp, S., Trakhtenberg, S., & Gorinstein, S. (2011). The multiple nutrition properties of some exotic fruits: Biological activity and active metabolites. *Food Research International*, 44(7): 1671–1701.
- Deng, L., Shi, A., Liu, H., Meruva, N., Liu, L., Hu, H., Yang, Y., Huang, C., Li, P., & Wang, Q. (2016). Identification of chemical ingredients of peanut stems and leaves extracts using UPLC-QTOF-MS coupled with novel informatics UNIFI platform. *Journal of Mass Spectrometry*, 51: 1157–1167.
- Deutschländer, M. S., van de Venter, M., Roux, S., Louw, J., Lall, N. (2009). Hypoglycaemic activity of four plant extracts traditionally used in South Africa for diabetes. *Journal of Ethnopharmacology*, 124: 619–624.
- Dontha, S. (2016). A review on antioxidant methods. *Asian Journal of Pharmaceutical and Clinical Research*, 9(2): 14–32.
- Dra, L. A., Sellami, S., Rais, H., Aziz, F., Aghraz, A., & Bekkouche, K. (2018). Antidiabetic potential of *Caralluma europaea* against alloxan-induced diabetes in mice. *Saudi Journal of Biological Sciences*, 1–8.
- Ducluzeau, H., Fletcher, M., Vidal, H., Laville, M., & Tavare, M. (2020). Molecular mechanisms of insulin-stimulated glucose uptake in adipocytes. *Journal of Diabetes and Metabolism*, 28(2): 85–92.
- Edet, A. E., Patrick, E. E., & Olorunfemi, E. A. (2013). Hematological parameters of alloxan-induced diabetic rats treated with ethanol extracts and fractions of *Nauclea lafiloia* leaf. *European Scientific Journal*, 9(27): 203–210.
- Eleazu, C. O., Iroaganachi, M., & Eleazu, K. C. (2013a). Ameliorative potentials of cocoyam (*Colocasia esculenta* L.) and unripe plantain (*Musa paradisiaca* L.) on the relative tissue weights of streptozotocin-induced diabetic rats. *Journal of Diabetes Research*, 1–8.
- Eleazu, C. O., Iroaganachi, M., Okafor, P. N., Ijeh, I. I., & Eleazu, K. C. (2013b). Ameliorative potentials of ginger (*Z. officinale* Roscoe) on relative organ

- weights in streptozotocin induced diabetic rats. *International Journal of Biomedical Science*, 9(2): 82–90.
- El-Kashoury, M. M. A., Abdel Fattah, S. M., Ramadan, L. A., & El-Denshary, E. S. (2016). The role of yeast beta glucan on blood coagulation in streptozotocin-induced diabetes and irradiated rats. *Arab Journal of Nuclear Science and Applications*, 49(2): 164–187.
- Engel, H., Xiong, L., Reichenberger, M. A., Germann, G., Roth, C., & Hirche, C. (2019). Rodent models of diet-induced type 2 diabetes mellitus: A literature review and selection guide. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 13(1): 195–200.
- Fernández-Ochoa, Á., Cázares-Camachoc, R., Borrás-Linares, I., Domínguez-Avilad, J. A., Segura-Carretero, A., & González-Aguilar, G. A. (2020). Evaluation of metabolic changes in liver and serum of streptozotocin- induced diabetic rats after Mango diet supplementation. *Journal of Functional Foods*, 64: 103695.
- Firdous, S. M. (2014). Phytochemicals for treatment of diabetes. *Experimental and Clinical Sciences*, 13: 451–453.
- Folorunsho, A. A., Akhigbe, R. E., & Olaleye, S. (2012). Haematological evaluation of *Cryptolepis sanguinolenta* stem ethanolic extract in rats. *International Journal of Medicine and Biomedical Research*, 1(1): 56–61.
- Fu, H., Xie, B., Ma, S., Zhu, X., Fan, G., & Pan, S. (2011). Evaluation of antioxidant activities of principal carotenoids available in water spinach (*Ipomoea aquatica*). *Journal of Food Composition and Analysis*, 24(2): 288–297.
- Furman, B. L. (2016). Streptozotocin-induced diabetic models in mice and rats. *Current Protocols in Pharmacology*, 70(5): 5.47.1-5.47.20.
- Gaikwad, S. B., Mohan, G. K., & Rani, M. S. (2014). Phytochemicals for diabetes management. *Pharmaceutical Crops*, 5: 11–28.
- Gandhi, G. R., Ignacimuthu, S., & Paulraj, M. G. (2012). Hypoglycemic and β -cells regenerative effects of *Aegle marmelos* (L.) Corr. bark extract in streptozotocin-induced diabetic rats. *Food and Chemical Toxicology*, 50: 1667–1674.
- García-Salas, P., Gómez-Caravaca, A. M., Morales-Soto, A., Segura-Carretero, A., & Fernández-Gutiérrez, A. (2015). Identification and quantification of phenolic and other polar compounds in the edible part of *Annona cherimola* and its by-products by HPLC-DAD-ESI-QTOF-MS. *Food Research International*, 78: 246–257.
- Gargouri, M., Magné, C., & El Feki, A. (2016). Hyperglycemia, oxidative stress, liver damage and dysfunction in alloxan-induced diabetic rat are prevented by Spirulina supplementation. *Nutrition Research*, 1–41.
- Garza, A.Z., Park, S.B., & Kocz, R. (2020). Drug Elimination. In StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing.
- Gerich, J. E. (2010). Role of the kidney in normal glucose homeostasis and in the hyperglycaemia of diabetes mellitus: Therapeutic implications. *Diabetic Medicine*, 27: 136–142.

- Ghani, U. (2015). Re-exploring promising α-glucosidase inhibitors for potential development into oral anti-diabetic drugs: Finding needle in the haystack. *European Journal of Medicinal Chemistry*, 103: 133–162.
- Gheibi, S., Kash, K., & Ghasemi, A. (2017). A practical guide for induction of type-2 diabetes in rat: Incorporating a high- fat diet and streptozotocin. *Biomedicine and Pharmacotherapy*, 95: 605–613.
- Gilbert, E. R., & Liu, D. (2013). Antidiabetic functions of soy isoflavone genistein: mechanisms underlying effects on pancreatic β-cell function. *Food & Function*, 4(2): 200–212.
- Gonçalves, A. C., Bento, C., Jesus, F., Alves, G., & Silva, L. R. (2019). Sweet Cherry Phenolic Compounds: Identification , Characterization, and Health Benefits. In *Studies in Natural Products Chemistry* (Vol. 59, pp. 31–78). Elsevier Inc.
- Goyal, S. N., Reddy, N. M., Patil, K. R., Nakhate, K. T., Ojha, S., Patil, C. R., & Agrawal, Y. O. (2016). Challenges and issues with streptozotocin-induced diabetes - A clinically relevant animal model to understand the diabetes pathogenesis and evaluate therapeutics. *Chemico-Biological Interactions*, 244: 49–63.
- Gutch, M., Kumar, S., Razi, S. M., Gupta, K. K., & Gupta, A. (2015). Assessment of insulin sensitivity/resistance. *Indian Journal of Endocrinology and Metabolism*, 19: 160–164.
- Hahm, S., Park, J., & Son, Y. (2011). *Opuntia humifusa* stems lower blood glucose and cholesterol levels in streptozotocin-induced diabetic rats. *Nutrition Research*, 31(6): 479–487.
- Hall, R. D. (2006). Plant metabolomics: From holistic hope, to hype, to hot topic. *New Phytologist*, 169: 453–468.
- Han, L., Pan, G., Wang, Y., Song, X., Gao, X., Ma, B., & Kang, L. (2011). Rapid profiling and identification of triterpenoid saponins in crude extracts from *Albizia julibrissin* Durazz. by ultra high-performance liquid chromatography coupled with electrospray ionization quadrupole time-of-flight tandem mass spectrometry. *Journal of Pharmaceutical and Biomedical Analysis*, 55(5): 996–1009.
- Hartogh, D. J. D., & Tsiani, E. (2019). Antidiabetic properties of naringenin: A *Citrus* fruit polyphenol. *Biomolecules*, 9 (99): 1-21.
- Hasan, M., Uddin, Q., Zaiton, S., Soad, M., & Sarwar, T. (2018a). Animal models and natural products to investigate *in vivo* and *in vitro* antidiabetic activity. *Biomedicine & Pharmacotherapy*, 101: 833–841.
- Hasan, S. S., Thiruchelvam, K., Ahmed, S. I., Clavarino, A. M., Mamun, A. A., & Kairuz, T. (2018b). Psychological health and menopause-specific quality of life of Malaysian women with type 2 diabetes. *Asian Journal of Psychiatry*, 1-26.
- Hazali, N., Mohd Nazri, N. N., Ibrahim, M., & Masri, M. (2016). Subchronic toxicity of Malaysian *Acalypha indica*: Biochemistry and haematology analysis of rat. *Jurnal Teknologi*, 78(5-5).
- Hird, S. J., Lau, B. P. Y., Schuhmacher, R., & Krska, R. (2014). Liquid chromatography-mass spectrometry for the determination of chemical contaminants in food. *Trends in Analytical Chemistry*, 1-129.

- Hoffman, E. de, & Stroobant, V. (2007). Mass Spectrometry - Principles and Applications (Third Edition). West Sussex, England: John Wiley & Sons.
- Hogan, P. S. (2009). *Grape Extracts for Type 2 Diabetes Treatment Through Specific Inhibition of α -Glucosidase and Antioxidant Protection*. Ph.D. Thesis, Virginia Polytechnic Institute and State University.
- Hossain, A., & Pervin, R. (2018). Current Antidiabetic Drugs: Review of Their Efficacy and Safety. In *Nutritional and Therapeutic Interventions for Diabetes and Metabolic Syndrome*, Second Ed (pp. 455–473). Elsevier Inc.
- Hossain, M. K., Dayem, A. A., Han, J., Yin, Y., Kim, K., Saha, S. K., Yang, G., Choi, H. Y., & Cho, S. (2016). Molecular mechanisms of the anti-obesity and anti-diabetic properties of flavonoids. *International Journal of Molecular Sciences*, 17(569): 1–32.
- Hua, F., Zhou, P., Wu, H. Y., Chu, G. X., Xie, Z. W., Bao, G. H. (2018). Inhibition of α -glucosidase and α -amylase by flavonoid glycosides from Lu'an GuaPian tea: molecular docking and interaction mechanism. *Food & Function*, 9(8): 4173–4183.
- Hu, C., & Jia, W. (2018). Therapeutic medications against diabetes: What we have and what we expect. *Advanced Drug Delivery Reviews*, 1–13.
- Hussein, Z., Taher, S. W., Singh, H. K. G., & Swee, W. C. S. (2015). Diabetes care in Malaysia: Problems, new models, and solutions. *Annals of Global Health*, 81(6): 851–862.
- Irondi, E. A., Oboh, G., Akindahunsi, A. A., Boligon, A. A., & Athayde, M. L. (2015). Phenolics composition and antidiabetic property of *Brachystegia eurycoma* seed flour in high-fat diet, low-dose streptozotocin-induced type 2 diabetes in rats. *Asian Pacific Journal of Tropical Disease*, 5(S1): S159–S165.
- Isaiah, M., Daniel, N., Friday, U., Malachy, N., Jonah, E., & Uduakabasi, E. (2013). Acute toxicity, biochemical and haematological study of *Aframomum melegueta* seed oil in male Wistar albino rats. *Journal of Ethnopharmacology*, 150(2): 590–594.
- Islam, M. M. T., & Shekhar, H. U. (2016). Impact of Oxidative Stress on Human Health. In *Free Radicals in Human Health and Disease* (pp 59–73). Springer.
- Issaka, J., Larbie, C., Ma, T., & Larbie, C. (2016). Anti-diabetic effect of aqueous fruit extract of *Borassus aethiopum* (Mart.) in alloxan-induced diabetic rats. *International Journal of Phytomedicine*, 8(3): 384–397.
- Itankar, P. R., Lokhande, S. J., Verma, P. R., Arora, S. K., Sahu, R. A., & Patil, A. T. (2011). Antidiabetic potential of unripe *Carissa carandas* Linn. fruit extract. *Journal of Ethnopharmacology*, 135: 430–3.
- Jalil, A. M. M., Ismail, A., Chong, P. P., Hamid, M., & Kamaruddin, S. H. S. (2008). Effects of cocoa extract on glucometabolism, oxidative stress, and antioxidant enzymes in obese-diabetic (ob-db) rats. *Journal of Agricultural and Food Chemistry*, 56: 7877–7884.
- Jambucus, N. G. S., Saari, N., Ismail, A., Khatib, A., Mahomoodally, M. F., & Abdul Hamid, A. (2016). An investigation into the antiobesity effects of *Morinda*

- citrifolia* L. leaf extract in high fat diet induced obese rats using a 1 H NMR metabolomics approach. *Journal of Diabetes Research*, 1–14.
- Janda, E., Lascala, A., Martino, C., Ragusa, S., Nucera, S., Walker, R., Gratteri, S., & Mollace, V. (2016). Molecular mechanisms of lipid- and glucose-lowering activities of bergamot flavonoids. *Biochemical Pharmacology*, 4: S8–S18.
- Jauhari, N. K., Ibrahim, D., Ibrahim, M., Yahya, M. N. A., Nor, N. M., Isa, K. A. M., Ayob, M. K., Omar, M. N., & Hazali, N. (2013). Proximate composition and antioxidant activity of dried *belimbing dayak* (*Baccaurea angulata*) fruits. *Sains Malaysiana*, 42(2): 129–134.
- Jeszka-Skowron, M., Flaczek, E., & Jeszka, J. (2014). Mulberry leaf extract intake reduces hyperglycaemia in streptozotocin (STZ)-induced diabetic rats fed high-fat diet. *Journal of Functional Foods*, 8: 9–17.
- Joel, E. B., Lenka, J. L., & Luka, C. D. (2014). Effect of aqueous leaf extract of *Murraya koenigii* on some biochemical and haematological indices of normal and alloxan-induced diabetic rats. *Journal of Biological Sciences and Bioconservation*, 6(2): 72–87.
- Kala, H. K., Mehta, R., Tandey, R., Sen, K. K., & Mandal, V. (2016). Ten years of research on phenolics (2005–2015): A status report. *Pacific Science Review A: Natural Science and Engineering*, 1–4.
- Kamboj, A. (2005). Analytical Evaluation of Herbal Drugs. In *Drug Discovery Research in Pharmacognosy* (pp. 23–60). InTech.
- Karadimos Michael, J., Kapoor, A., El Khattabi, I., & Sharma, A. (2012). β -cell preservation and regeneration for diabetes treatment: Where are we now? *Journal of Diabetes Management*, 2(3): 213–222.
- Kassim, N. K., Rahmani, M., Ismail, A., Sukari, M. A., Cheng, G. L. E., Mohd Nasir, N., & Awang, K. (2013). Antioxidant activity-guided separation of coumarins and lignan from *Melicope glabra* (Rutaceae). *Food Chemistry*, 139(1–4): 87–92.
- Kaur, N., Kishore, L., & Singh, R. (2016). Antidiabetic effect of new chromane isolated from *Dillenia indica* L. leaves in streptozotocin induced diabetic rats. *Journal of Functional Foods*, 22: 547–555.
- Kaveripakam, S. S., Adikay, S., & Retnasamy, G. (2017). Anti-obesity efficacy of roots of *Stereospermum suaveolens* in high fat-induced obese rats. *Journal of Young Pharmacists*, 9(2): 234–238.
- Kazeem, M. I., & Davies, T. C. (2016). Anti-diabetic functional foods as sources of insulin secreting, insulin sensitising and insulin mimetic agents. *Journal of Functional Foods*, 20: 122–138.
- Khoo, H. E., Azlan, A., Ismail, A., & Abas, F. (2012). Influence of different extraction media on phenolic contents and antioxidant capacity of defatted *dabai* (*Canarium odontophyllum*) fruit. *Food Analytical Methods*, 5(3): 339–350.
- Khoo, H. E., Azlan, A., Kong, K. W., & Ismail, A. (2016). Phytochemicals and medicinal properties of indigenous tropical fruits with potential for commercial development. *Evidence-Based Complementary and Alternative Medicine*, 1–20.

- Khoo, H. E., Azlan, A., Nurulhuda, M. H., Ismail, A., Abas, F., Hamid, M., & Roowi, S. (2013). Antioxidative and cardioprotective properties of anthocyanins from defatted *dabai* extracts. *Evidence-Based Complementary and Alternative Medicine*, 1–13.
- Kong, K. W., Chew, L. Y., Prasad, K. N., Lau, C. Y., Ismail, A., Sun, J., & Hosseinpoursarmadi, B. (2011). Nutritional constituents and antioxidant properties of indigenous *kembayau* (*Dacryodes rostrata* (Blume) H. J. Lam) fruits. *Food Research International*, 44(7): 2332–2338.
- Kong, K. W., Khoo, H. E., Prasad, N. K., Chew, L. Y., & Amin, I. (2013). Total phenolics and antioxidant activities of *Pouteria campechiana* fruit parts. *Sains Malaysiana*, 42(2): 123–127.
- Kong, K. W., Mat-Junit, S., Aminudin, N., Hassan, F. A., Ismail, A., & Abdul Aziz, A. (2016). Protective effects of the extracts of *Barringtonia racemosa* shoots against oxidative damage in HepG2 cells. *Peer Journal*, 4: 1–20.
- Kooti, W., Farokhipour, M., Asadzadeh, Z., Ashtary-Larky, D., Asadi-Samani, M., Branch, A., & Plant, M. (2016). The role of medicinal plants in the treatment of diabetes: A systematic review. *Electronic Physician*, 8(1): 1832–1842.
- Krishnasamy, G., & Muthusamy, K. (2015). *In vitro* evaluation of antioxidant and antidiabetic activities of *Syzygium densiflorum* fruits. *Asian Pacific Journal of Tropical Disease*, 5(11): 912–917.
- Kua, Y. L., Gan, S., Morris, A., & Ng, H. K. (2016). Ethyl lactate as a potential green solvent to extract hydrophilic (polar) and lipophilic (non-polar) phytonutrients simultaneously from fruit and vegetable by-products. *Sustainable Chemistry and Pharmacy*, 4: 21–31.
- Kubola, J., Siriamornpun, S., & Meeso, N. (2011). Phytochemicals, vitamin C and sugar content of Thai wild fruits. *Food Chemistry*, 126(3): 972–981.
- Kumar, A. Y., Nandakumar, K., & Dhayabaran, D. (2011). Hypoglycaemic and anti-diabetic activity of stem bark extracts *Erythrina indica* in normal and alloxan-induced diabetic rats. *Saudi Pharmaceutical Journal*, 19(1): 35–42.
- Kumar, S. P. J., Prasad, S. R., Banerjee, R., Agarwal, D. K., Kulkarni, K. S., & Ramesh, K. V. (2017). Green solvents and technologies for oil extraction from oilseeds. *Chemistry Central Journal*, 11:9.
- Kumar, S., Singh, R., Vasudeva, N., & Sharma, S. (2012). Acute and chronic animal models for the evaluation of anti-diabetic agents. *Cardiovascular Diabetology*, 11(9): 1–13.
- Kunyanga, C. N., Imungi, J. K., Okoth, M., Momanyi, C., & Biesalski, H. K. (2011). Antioxidant and anti-diabetic properties of condensed tannins in acetonitrile extract of selected raw and processed indigenous food ingredients from Kenya. *Journal of Food Science*, 76(4): 560–567.
- Kurup, S. B., & Mini, S. (2016). *Averrhoa bilimbi* fruits attenuate hyperglycemia-mediated oxidative stress in streptozotocin-induced diabetic rats. *Journal of Food and Drug Analysis*, 1–9.

- Kushawaha, D. K., Yadav, M., Chatterji, S., Srivastava, A. K., & Watal, G. (2017). Evidence based study of antidiabetic potential of *C. maxima* seeds - *In vivo*. *Journal of Traditional and Complementary Medicine*, 7: 466–470.
- Kuspradini, H., Susanto, D., Mitsunaga, T., & Timur, K. (2012). Phytochemical and comparative study of anti microbial activity of *Lepisanthes amoena* leaves extract. *Journal of Biology, Agriculture and Healthcare*, 2(11): 80–87.
- Lage, A. M., García, P. A. M., Álvarez, M. A. J., Anders, Y., & Curran, T. P. (2013). A new microplate procedure for simultaneous assessment of lipophilic and hydrophilic antioxidants and pro-oxidants, using crocin and β -carotene bleaching methods in a single combined assay: Tea extracts as a case study. *Food Research International*, 53: 836–846.
- Lasano, N. F., Hamid, A. H., Karim, R., Pak Dek, M. S., Shukri, R., & Ramli, N. S. (2019). Nutritional composition, anti-diabetic properties and identification of active compounds using UHPLC-ESI-orbitrap-MS/MS in *Mangifera odorata* L. peel and seed kernel. *Molecules*, 24(320): 1–20.
- Lee, S. Y., Median, A., Nur Ashikin, A. H., Azliana, A. B. S., & Abas, F. (2014). Antioxidant and α -glucosidase inhibitory activities of the leaf and stem of selected traditional medicinal plants. *International Food Research Journal*, 21(1): 165–172.
- Leroith, D. (2002). Beta-cell dysfunction and insulin resistance in type 2 diabetes: Role of metabolic and genetic abnormalities. *The American Journal of Medicine*, 113(6A): 3S–11S.
- Lim, Y. S., & Lee, S. T. (2013). *In vitro* antioxidant capacities of star fruit (*Averrhoa carambola*), an underutilised tropical fruit. *Journal of Biology*, 1(1): 21–24.
- Lina, R., Erny Sabrina, M. N., Suhaina, S., Indu Bala, J. dan Sanimah, S. (2018). Metabolisme Ubat dan Profil Farmakokinetik In-Silikо bagi Kompoun Bioaktif dalam Ceri Terengganu. In *Agrobiodiversiti di Malaysia III* (pp. 166–169). MARDI.
- Ling, L. T., Yap, S. A., Radhakrishnan, A. K., Subramaniam, T., Cheng, H. M., Palanisamy, U. D. (2009). Standardised *Mangifera indica* extract is an ideal antioxidant. *Food Chemistry*, 113: 1154–1159.
- Lin, M., Zhang, J., & Chen, X. (2018). Bioactive flavonoids in *Moringa oleifera* and their health-promoting properties. *Journal of Functional Foods*, 47: 469–479.
- Li, N., Zhang, H., & Li, X. (2019). Advances in research on the protective mechanisms of traditional Chinese medicine (TCM) in islet β cells. *Evidence-Based Complementary and Alternative Medicine*, 1–9.
- Litescu, S. C., Sandra, A. V., Eremia, S. A. V., Diaconu, M., & Tache, A. (2011). Biosensors applications on assessment of reactive oxygen species and antioxidants. environmental biosensors. In *Tech Rijeka Croatia*
- Liu, R., Ye, M., Guo, H., Bi, K., & Guo, D. (2005). Liquid chromatography/electrospray ionization mass spectrometry for the characterization of twenty-three flavonoids in the extract of *Dalbergia odorifera*. *Rapid Communications in Mass Spectrometry*, 19: 1557–1565.

- Liu, C., Song, J., Teng, M., Zheng, X., Li, X., Tian, Y., Pan, M., Li, Y., Lee, R. J., & Wang, D. (2016a). Antidiabetic and antinephritic activities of aqueous extract of *Cordyceps militaris* fruit body in diet-streptozotocin-induced diabetic Sprague Dawley rats. *Oxidative Medicine and Cellular Longevity*, 1–11.
- Liu, Z., Zhai, J., Han, N., & Yin, J. (2016b). Assessment of anti-diabetic activity of the aqueous extract of leaves of *Astilboides tabularis*. *Journal of Ethnopharmacology*, 194(103): 635–641.
- Lokman, E. F. (2015). *Anti-diabetic and Anti-inflammatory Effects of Medicinal Plants in a Type 2 Diabetic Animal Model*. Ph.D. Thesis, Karolinska Institutet, Stockholm, Sweeden.
- Mahendran, G., Thamotharan, G., Sengottuvelu, S., & Bai, V. N. (2014). Anti-diabetic activity of *Swertia corymbosa* (Griseb.) Wight ex C. B. Clarke aerial parts extract in streptozotocin induced diabetic rats. *Journal of Ethnopharmacology*, 151(3): 1175–1183.
- Malviya, N., & Malviya, S. (2017). Bioassay guided fractionation—an emerging technique influence the isolation, identification and characterization of lead phytomolecules. *International Journal of Hospital Pharmacy*, 2 (5): 1-6.
- Malviya, N., Jain, S., & Malviya, S. (2010). Antidiabetic potential of medicinal plants. *Acta Poloniae Pharmaceutica Ñ Drug Research*, 67(2): 113–118.
- Mamdouh, N. S., Sugimoto, S., Matsunami, K., & Otsuka, H. (2014). Taxiphyllin 6'-o-gallate, actinidioionoside 6'-o-gallate and myricetin 2"-o-sulfate from the leaves of *Syzygium samarangense* and their biological activities. *Chemistry and Pharmacy Bulletin*, 62(10): 1013–1018.
- Manach, C., Scalbert, A., Morand, C., Remesy, C., & Jimenez, L. (2013). Polyphenols: Food sources and bioavailability. *The American Journal of Clinical Nutrition*, 79(5): 727-747.
- Manikandan, R., Anand, A. V., & Muthumanि, G. D. (2013). Phytochemical and *in vitro* anti-diabetic activity of methanolic extract of *Psidium guajava* leaves. *International Journal of Current Microbiology Applied Sciences*, 2(2): 15–19.
- Marella, S. (2017). Flavonoids - the most potent poly-phenols as antidiabetic agents: An overview. *Modern Approach in Drug Designing*, 1(7): 2–6.
- Martín, M. A., & Ramos, S. (2016). Cocoa polyphenols in oxidative stress: Potential health implications. *Journal of Functional Foods*, 27: 570–588.
- Ma, W., Guo, A., Zhang, Y. L., Wang, H., Liu, Y., & Li, H. (2014). A review on astringency and bitterness perception of tannins in wine. *Food Science Technology*, 40: 6–19.
- Mikail, M. A., Ahmed, I. A., Ibrahim, M., Hazali, N., Abdul Rasad, M. S. B., Abdul Ghani, R., Wahab, R. A., Arief, S. J., & Yahya, M. N. A. (2015). *Baccaurea angulata* fruit inhibits lipid peroxidation and induces the increase in antioxidant enzyme activities. *European Journal of Nutrition*, 55(4): 1435–1444.
- Mirfat, A. H. S., & Salma, I. (2015, September). *Ceri Terengganu (Lepisanthes fruticosa)*: The Future Antioxidant Superstar. *MARDI Scientia*, 6.

- Mirfat, A. H. S., Razali, M., Mohd Shukri, M. A., Hamizan, A. J., & Rosali, H. (2018). Kesan Antidiabetik *In Vitro* daripada Ekstrak Akueus *Lepisanthes fruticosa*. In *Agrobiodiversiti di Malaysia III* (pp. 160–166). MARDI.
- Mirfat, A. H. S., Razali, M., Zalina, N., Haryani, F., Azlia, N., & Salma, I. (2012a). The antioxidant potential of underutilised fruit *Lepisanthes fruticosa* (*ceri Terengganu*) for the development of beverage product. Proceeding from 1st Regional Agrobiodiversity Conference (RAC1). Langkawi, Kedah: MARDI.
- Mirfat, A. H. S., Salma, I., & Razali, M. (2010). Evaluation of antioxidant properties and mineral contents of selected underutilized fruits in Malaysia. Proceeding from IUSRCE2010: The 2nd International Biotechnology & Biodiversity Conference. Johor Bahru: BIOJOHOR.
- Mirfat, A. H. S., Salma, I., & Razali, M. (2016). Natural antioxidant properties of selected wild *Mangifera* species in Malaysia. *Journal of Tropical Agriculture and Food Science*, 44(1), 1–13.
- Mirfat, A. H. S., Salma, I., Razali, M., & Umi Kalsum, H. Z. (2015). Antioxidant and nutritional values of selected underutilised *Mangifera* species in Malaysia. *Indian Journal of Plant Genetic Resources*, 28(1): 72–79.
- Mirfat, A. H. S., Salma, I., Razali, M., Hamizan, A. J., Inul Azianti, B., & Dewi Jamaliah, K. (2012b). Malaysian underutilised fruits as source of antioxidants for food. Proceeding from National Food and Technology Seminar (NFTS). Melaka: MARDI.
- Mirfat, A. H. S., Zaulia, O., Cho, J. Y. L., Erny Sabrina, M. N., & Salma, I. (2017). Antioxidant activity and phytochemical content of fresh and freeze-dried *Lepisanthes fruticosa* fruits at different maturity stages. *Journal of Agricultural Science*, 9(2): 1–7.
- Misbah, H., Aziz, A. A., & Aminudin, N. (2013). Antidiabetic and antioxidant properties of *Ficus deltoidea* fruit extracts and fractions. *BMC Complementary and Alternative Medicine*, 13(1): 118.
- Mishraa, C. & Tripathi, I. P. (2016). *In vitro* antioxidant activities of methanolic extracts of 12 plants of Chitrakoot region. *The Journal of Free Radicals and Antioxidants*, 143: 466-47.
- Modak, M., Dixit, P., Londhe, J., Ghaskadbi, S., & Devasagayam, T. P. A. (2007). Indian herbs and herbal drugs used for the treatment of diabetes. *Journal of Clinical Biochemistry and Nutrition*, 40: 163–173.
- Mohammed, A., Ibrahim, H., & Islam, S. (2017). Plant-Derived Antidiabetic Compounds Obtained From African Medicinal Plants: A Short Review. In *Studies in Natural Products Chemistry* (1st ed., Vol. 54, pp. 291–314). Elsevier Inc.
- Mohammed, S. I., Chopda, M. Z., Patil, R. H., Vishwakarma, K. S., & Maheshwari, V. L. (2016). *In vivo* antidiabetic and antioxidant activities of *Coccinia grandis* leaf extract against streptozotocin induced diabetes in experimental rats. *Asian Pacific Journal of Tropical Disease*, 6(4): 298–304.

- Moharram, H. A., & Youssef, M. M. (2015). Methods for determining the antioxidant activity: A review. *Alexandria Journal Food Science & Technology*, 11(1): 31–42.
- Mohd Shaib, J., Zatilia, M., Amyita, W. U., Ahmad Hafiz, B., & Mohd Norfaizal, G. (2014). Germination of *Lepisanthes fruticosa* (*ceri Terengganu*) seeds. In Agrobiodiversity in Asia (pp. 84–92). MARDI.
- Mokiran, N. N., Ismail, A., Azlan, A., Hamid, M., & Hassan, F. A. (2014). Effect of *dabai* (*Canarium odontophyllum*) fruit extract on biochemical parameters of induced obese-diabetic rats. *Journal of Functional Foods*, 8(1): 139–149.
- Mollica, A., Zengin, G., Locatelli, M., Stefanucci, A., Mocan, A., Macedonio, G., Carradori, S., Onaolapo, O., Onaolapo, A., Adegoke, J., Olaniyan, M., Aktumsek, A., & Novellino, E. (2017). Anti-diabetic and anti-hyperlipidemic properties of *Capparis spinosa* L.: *In vivo* and *in vitro* evaluation of its nutraceutical potential. *Journal of Functional Foods*, 35: 32–42.
- Muhamad, N., Muhmed, S. A., Yusoff, M. M., & Gimbun, J. (2014). Influence of solvent polarity and conditions on extraction of antioxidant, flavonoids and phenolic content from *Averrhoa bilimbi*. *Journal of Food Science and Engineering*, 4: 255–260.
- Muhd Sani, U. (2015). Phytochemical screening and antidiabetic effect of extracts of the seeds of *Citrullus lanatus* in alloxan-induced diabetic albino mice. *Journal of Applied Pharmaceutical Science*, 5(3): 51–54.
- Murugan, R., & Parimelazhagan, T. (2014). Comparative evaluation of different extraction methods for antioxidant and anti-inflammatory properties from *Osbeckia parvifolia* Arn. – An *in vitro* approach. *Journal of King Saud University - Science*, 26(4): 267–275.
- Murugan, R., Prabu, J., Chandran, R., Sajeesh, T., Iniyavan, M., & Parimelazhagan, T. (2016). Nutritional composition, *in vitro* antioxidant and anti-diabetic potentials of *Breynia retusa* (Dennst.) Alston. *Food Science and Human Wellness*, 5(1): 30–38.
- Nain, P., Saini, V., Sharma, S., & Nain, J. (2012). Antidiabetic and antioxidant potential of *Emblica officinalis* Gaertn. leaves extract in streptozotocin-induced type-2 diabetes mellitus (T2DM) rats. *Journal of Ethnopharmacology*, 142(1): 65–71.
- Nanasombat, S., Bubpasawan, T., Tamaput, N., & Srimakhan, Y. (2014). Antimicrobial activity of Thai medicinal plants against beverage spoilage microorganisms and their potential in retarding Alzheimer's disease progression. *Antimicrobial Activity of Thai Medicinal Plants Well-Known*, 4(3):77–87.
- Nanjan, M. J., Mohammed, M., Prasantha Kumar, B. R., & Chandrasekar, M. J. N. (2018). Thiazolidinediones as antidiabetic agents: A critical review. *Bioorganic Chemistry*, 77: 548–567.
- Narkhede, M. B., Ajimire, P. V., Wagh, A. E., Mohan, M., & Shivashanmugam, A. T. (2011). *In vitro* antidiabetic activity of *Caesalpina digyna* (R.) methanol root extract. *Asian Journal of Plant Science and Research*, 1(2): 101–106.
- Nasri, H., Shirzad, H., Baradarani, A., & Rafieian-Kopaei, M. (2015). Antioxidant plants and diabetes mellitus. *Journal of Research in Medical Sciences*, 20, 491–502.

- Nayak, S., Marshall, B., Julien R., Isitor, Godwin, Adogwa, & Andrew (2011). Hypoglycemic and hepatoprotective activity of fermented fruit juice of *Morinda citrifolia* (Noni) in diabetic rats. *Evidence-Based Complementary and Alternative Medicine*, 1–5.
- Ndhlala, A. R., Mulaudzi, R., Ncube, B., Abdelgadir, H. A., Du Plooy, C. P., & Staden, J. Van. (2014). Antioxidant, antimicrobial and phytochemical variations in thirteen *Moringa oleifera* Lam. cultivars. *Molecules*, 19(7): 10480–10494.
- Nguyen-Ngo, C., Willcox, J. C., & Lappas, M. (2019). Anti-diabetic, anti-inflammatory, ad anti-oxidant effects of naringenin in an *in vitro* human model and an *in vivo* murine model of gestational diabetes mellitus. *Molecular Nutrition and Food Research*, 63: 1–12.
- Nishiumi, S., Miyamoto, S., Kawabata, K., Ohnishi, K., Mukai, R., Murakami, A., Ashida, H., & Terao, J. (2011). Dietary flavonoids as cancer-preventive and therapeutic biofactors. *Frontiers in Bioscience*.
- Noor Asna, A., & Noriham, A. (2014). Antioxidant activity and bioactive components of Oxalidaceae fruit extracts. *The Malaysian Journal of Analytical Sciences*, 18(1): 116–126.
- Noor Atiqah, A. A. K., Rahmat, A., & Jaafar, H. Z. E. (2015). Protective effects of Tamarillo (*Cyphomandra betacea*) extract against high fat diet induced obesity in sprague-dawley rats. *Journal of Obesity*, 1–8.
- Novelli, E. L. B., Diniz, Y. S., Galhardi, C., Ebaid, X., Rodrigues, H. G., Mani, F., Fernandes, A. A. H., Cicogna, A., & Novelli Filho, J. L. V. B. (2007). Anthropometrical parameters and markers of obesity in rats. *Laboratory Animals*, 41: 111–119.
- Nur Yuhasliza, A. R., Mohd Jumaat, J., Muhammad Anas, O., Nur Diyana, A., & Musaalbakri, A. M. (2018). Potensi ceri Terengganu: Pencirian sebatian fenolik dan aktiviti antioksidan. In *Agrobiodiversiti di Malaysia III* (pp. 143–151). MARDI.
- Nyamai, D. W., Arika, W., Ogola, P. E., Njagi, E. N. M., & Ngugi, M. P. (2016). Medicinally important phytochemicals: An untapped research avenue. *Journal of Pharmacognosy and Phytochemistry*, 4(1): 35–49.
- Okoduwa, S. I. R., Umar, I. A., James, D. B., & Inuwa, H. M. (2017). Anti-diabetic potential of *Ocimum gratissimum* leaf fractions in fortified diet-fed streptozotocin treated rat model of type-2 diabetes. *Medicines*, 4(73): 1–21.
- Onakpa, M. M., & Asuzu, I. U. (2015). Histological changes and antidiabetic activities of *Icacina trichanta* tuber extract in beta cells of alloxan-induced diabetic rats. *Asian Pacific Journal of Tropical Biomedicine*, 3(8): 628–633.
- Ong, E. S. (2004). Extraction methods and chemical standardization of botanicals and herbal preparations. *Journal of Chromatography B*, 812: 23–33.
- Opitz, S. E. W., Smrke, S., & Goodman, B. A. (2014). Methodology for the Measurement of Antioxidant Capacity of Coffee: A Validated Platform Composed of Three Complementary Antioxidant Assays. In *Processing and Impact on Antioxidants in Beverages* (pp. 253–264). Elsevier Inc.

- Orhan, N., Aslan, M., Orhan, D. D., Ergun, F., & Yesilada, E. (2006). *In-vivo* assessment of antidiabetic and antioxidant activities of grapevine leaves (*Vitis vinifera*) in diabetic rats. *Journal of Ethnopharmacology*, 108: 280–286.
- Orhan, N., Aslan, M., Sukuroglu, M., & Orhan, D. D. (2013). *In vivo* and *in vitro* antidiabetic effect of *Cistus laurifolius* L. and detection of major phenolic compounds by UPLC – TOF-MS analysis. *Journal of Ethnopharmacology*, 146: 859–865.
- Orqueda, M. E., Rivas, M., Zampini, I. C., Alberto, M. R., Torres, S., Cuello, S., Sayago, J., Thomas-Valdes, S., Jiménez-Aspee, F., Schmeda-Hirschmann, G., & Isla, M. I. (2017). Chemical and functional characterization of seed, pulp and skin powder from chilto (*Solanum betaceum*), an Argentine native fruit. Phenolic fractions affect key enzymes involved in metabolic syndrome and oxidative stress. *Food Chemistry*, 216: 70–79.
- Otunola, G. A., & Afolayan, A. J. (2015). Antidiabetic effect of combined spices of *Allium sativum*, *Zingiber officinale* and *Capsicum frutescens* in alloxan-induced diabetic rats. *Frontiers in Life Science*, 3769: 314–323.
- Passo Tsamo, V. C., Herent, M. F., Tomekpe, K., Emaga, T. H., Quetin-leclercq, J., Rogez, H., Larondelle, Y., & Andre, C. (2015). Phenolic profiling in the pulp and peel of nine plantain cultivars (*Musa* sp.). *Food Chemistry*, 167: 197–204.
- Patel, D. K., Kumar, R., Laloo, D., & Hemalatha, S. (2012). Natural medicines from plant source used for therapy of diabetes mellitus: An overview of its pharmacological aspects. *Asian Pacific Journal of Tropical Disease*, 2(3): 239–250.
- Patel, P. S., Mishra, A., Maurya, R., Saini, D., & Panday, J. (2016). Naturally occurring Carbazole alkaloids from *Murraya koenigii* as potential anti-diabetic agents. *Journal of Natural Products*, 79: 1276–1284.
- Pavithra, M. K. S., & Kannan, K. P. (2020). Extraction, isolation and identification of kaempferol 3,7-diglucoside in the leaf extracts of *Evolvulus alsinoides* (Linn.) and its inhibition potency against α -amylase, α -glucosidase, acetylcholinesterase, and amyloid aggregation. *Pharmacognosy Magazine*, 16(69): 227–234.
- Pérez-Ramírez, I. F., Castaño-Tostado, E., Ramírez-de León, J. A., Rocha-Guzmán, N. E., & Reynoso-Camacho, R. (2015). Effect of stevia and citric acid on the stability of phenolic compounds and *in vitro* antioxidant and antidiabetic capacity of a roselle (*Hibiscus sabdariffa* L.) beverage. *Food Chemistry*, 172: 885–892.
- Pinchuk, I., Shoval, H., Dotan, Y., & Lichtenberg, D. (2012). Evaluation of antioxidants: Scope, limitations and relevance of assays. *Chemistry and Physics of Lipids*, 165(6): 638–647.
- Plazonic, A., Bucar, F., Males, Z., Mornar, A., Nigovic, B., & Kujundzic, N. (2009). Identification and quantification of flavonoids and phenolic acids in Burr parsley (*Caucalis platycarpos* L.), using high-performance liquid chromatography with diode array detection and electrospray ionization mass spectrometry. *Molecules*, 14: 2466–2490.

- Popović, B. M., Štajner, D., Mandić, A., Čanadanović-Brunet, J., & Kevrešan, S. (2013). Enhancement of antioxidant and isoflavones concentration in gamma irradiated soybean. *The ScientificWorld Journal*, 1–5.
- Prabakaran, K., & Shanmugavel, G. (2017). Antidiabetic activity and phytochemical constituents of *Syzygium cumini* seeds in Puducherry Region, South India. *International Journal of Pharmacognosy and Phytochemical Research*, 9(7): 985–989.
- Prakash, M., Basavaraj, B. V., & Murthy, K. N. C. (2019). Biological functions of epicatechin: Plant cell to human cell health. *Journal of Functional Foods*, 52: 14–24.
- Prasad, N. K., Yang, B., Kong, K. W., Khoo, H. E., Sun, J., Azlan, A., Ismail, A., & Romli, Z. (2013). Phytochemicals and antioxidant capacity from *Nypa fruticans* Wurmb. Fruit. *Evidence-Based Complementary and Alternative Medicine*, 1–9.
- Rajesh, M., & Rajasekhar, J. (2015). Assesment of antidiabetic activity of *Mangifera indica* seed kernel extracts in streptozotocin induced diabetic rats. *Journal of Natural Remedies*, 14(1): 33–40.
- Rajesham, V. V., Ravindernath, A. D., & Bikshapathi, V. R. N. (2012). A review on medicinal plant and herbal drug formulation used in diabetes mellitus. *Indo American Journal of Pharmaceutical Research*, 2(10).
- Rao, A. S. (2017). Isolation, absolute configuration and bioactivities of megastigmanes or C 13 isonorterpinoides. *Chemistry International*, 3(1): 69–91.
- Raoof, G. F. A., & Mohamed, K. Y. (2019). Natural Products for the Management of Diabetes. In *Studies in Natural Products Chemistry* (1st ed., Vol. 59, pp. 323–374). Elsevier Inc.
- Rashid, K., & Sil, P. C. (2017). Identification and Extraction of Antidiabetic Antioxidants From Natural Sources. In *Discovery and Development of Antidiabetic Agents from Natural Products* (pp. 63–111). Elsevier Inc.
- Rathore, K., Singh, V. K., Jain, P., Rao, S. P., Ahmed, Z., & Singh, V. D. (2014). *In-vitro* and *in-vivo* antiadipogenic, hypolipidemic and antidiabetic activity of *Diospyros melanoxylon* (Roxb). *Journal of Ethnopharmacology*, 155(2): 1171–1176.
- Razali, M., Mirfat, A. H. S., Norfaizal, M. G., & Mohd Shukri, M. A. (2018). *Lepisanthes fruticosa* yellow accession: Promising source of natural antioxidant. Proceeding from MARDI Science and Technology Expo (MSTE). Selangor: MARDI.
- Reed, K. A. (2009). *Identification of Phenolic Compounds from Peanut Skin using HPLC-MSn*. Ph.D. Thesis, Virginia Polytechnic Institute and State University.
- Retnasamy, G., & Adikay, S. (2014). Effect of *Hiptage madablota* Gaertn. on high fat diet – induced obese rats. *Jordan Journal of Biological Sciences*, 7(2): 113–118.
- Rodríguez-Pérez, C., Quirantes-Piné, R., Fernández-Gutiérrez, A., & Segura-Carretero, A. (2015). Optimization of extraction method to obtain a phenolic compounds-rich extract from *Moringa oleifera* Lam leaves. *Industrial Crops & Products*, 66: 246–254.

- Rojas-Garbanzo, C., Zimmermann, B. F., Schulze-Kaysers, N., & Schieber, A. (2016). Characterization of phenolic and other polar compounds in peel and flesh of pink guava (*Psidium guajava* L. cv "Criolla") by ultra-high performance liquid chromatography with diode array and mass spectrometric detection. *Food Research International*, 1-9.
- Roy, N., & Bhattacharjee, K. (2016). Mechanism of action of oral antidiabetic drugs. *Journal of Clinical Diabetology*, 2(4): 6-11.
- Samat, S., Enchang, F. K., Hussein, F. N., Iryani, W., & Ismail, W. (2017). Four-week consumption of Malaysian honey reduces excess weight gain and improves obesity-related parameters in high fat diet induced obese rats. *Evidence-Based Complementary and Alternative Medicine*, 1-9.
- Sánchez, R. J., Fernández, M. B., & Nolasco, S. M. (2019). Ethanol extraction of canola oil: Kinetics and effects of type of solvent and microwave-pretreatment. *OCCL*, 26(27): 1-7.
- Sarma, A. D., Mallick, A. R., & Ghosh, A. K. (2010). Free radicals and their role in different clinical conditions: an over-view. *International Journal of Pharma Sciences and Research (IJPSR)*, 1: 185-192.
- Sathya, A., & Siddhuraju, P. (2012). Role of phenolics as antioxidants, biomolecule protectors and as anti-diabetic factors - Evaluation on bark and empty pods of *Acacia auriculiformis*. *Asian Pacific Journal of Tropical Medicine*, 5(10): 757-765.
- Šavikin, K., Živlovic, J., Alimpic, A., Zdunec, G., Jankovic, T., Duletic-Lausevic, S., & Menkovic, N. (2018). Activity guided fractionation of pomegranate extract and its antioxidant antidiabetic and antineurodegenerative properties. *Industrial Crops & Products*, 113: 142-149.
- Shahidi, F., & Ambigaipalan, P. (2015). Phenolics and polyphenolics in foods, beverages and spices: Antioxidant activity and health effects - A review. *Journal of Functional Foods*, 18: 820-897.
- Shahrajabian, M. H., Sun, W., & Qi, C. (2019). Modern pharmacological actions of Longan fruits and their usages in traditional herbal remedies. *Journal of Medicinal Plant Studies*, 7(4): 179-185.
- Shakirin, F. H., Azlan, A., Ismail, A., Amom, Z., & Cheng Yuon, L. (2012). Protective effect of pulp oil extracted from *Canarium odontophyllum* Miq. fruit on blood lipids, lipid peroxidation, and antioxidant status in healthy rabbits. *Oxidative Medicine and Cellular Longevity*, 1-5.
- Shettar, A. K., Sateesh, M. K., Kaliwal, B. B., & Vedamurthy, A. B. (2017). *In vitro* antidiabetic activities and GC-MS phytochemical analysis of *Ximenia americana* extracts. *South African Journal of Botany*, 111: 202-211.
- Shivashankara, A. R., Prabhu, A. N., Dsouza, P. P., Baliga, B. R. V., Baliga, M. S., & Palatty, P. L. (2013). Antidiabetic and Hypoglycemic Effects of *Syzygium cumini* (Black Plum). In *Bioactive Food as Dietary Interventions for Diabetes* (pp. 537-554). Elsevier Inc.
- Silitonga, M., & Silitonga, P. M. (2017). Haematological profile of rats (*Rattus norvegicus*) induced BCG and provided leaf Extract of *Plectranthus*

- amboinicus* Lour Spreng). Proceeding from 4th International Conference on Research, Implementation, and Education of Mathematics and Science (4th ICRIEMS). 1868, 090008-1–090008-7. Indonesia: AIP Publishing.
- Skovsø, S. (2014). Modeling type 2 diabetes in rats using high fat diet and streptozotocin. *Journal of Diabetes Investigation*, 5(4): 349–358.
- Skyler, J. S., Bakris, G. L., Bonifacio, E., Darsow, T., Eckel, R. H., Groop, L., Groop, P. H., Handelsman, Y., Insel, R. A., Mathieu, C., McElvaine, A. T., Palmer, J. P., Pugliese, A., Schatz, D. A., Sosenko, J. M., Wilding, J. P. H., & Ratner, R. E. (2017). Differentiation of diabetes by pathophysiology, natural history, and prognosis. *Diabetes*, 66:241–255.
- Sowndhararajan, K., & Chin, N. L. (2014). Antioxidant and anti-ulcer effects of ethyl acetate fraction of *Merremia tridentata* (L.) Hallier F. root. *Agriculture and Agricultural Science Procedia*, 2: 406–414.
- Šturm, L., & Ulrich, N. P. (2020). Advances in the propolis chemical composition between 2013 and 2018: A Review. *eFood*, 1(1): 24–37.
- Sulaiman, S. F., Yusoff, N. A. M., Eldeen, I. M., Seow, E. M., Sajak, A. A. B., Supriatno, & Ooi, K. L. (2011). Correlation between total phenolic and mineral contents with antioxidant activity of eight Malaysian bananas (*Musa* sp.). *Journal of Food Composition and Analysis*, 24(1): 1–10.
- Sumarlin, L. O., Suprayogi, A., Rahminiati, M., Satyaningtijas, A., Sukandar, D., Nugraha, A. T., & Amalia, I. (2015). Antidiabetic and antidiarrheal activity from extract of namnam (*Cynometra cauliflora*) leaf. Proceeding from 6th ICGRC: International Conference on Global Resource Conservation (pp. 102–107). Indonesia.
- Sun, C., Liu, Y., Zhana, L., Rayat, G. R., Xiao, J., Jiang, H., Li, X., & Chen, K. (2020). Anti-diabetic effects of natural antioxidants from fruits. *Trends in Food Science & Technology*, 1–27.
- Surya, S., Salam, A. D., Tomy, D. V., Carla, B., Kumar, R. A., & Sunil, C. (2014). Diabetes mellitus and medicinal plants-a review. *Asian Pacific Journal of Tropical Disease*, 4(5): 337–347.
- Taheri, S., Motalebi, A. A., & Fazlara, A. (2012) Antioxidant effect of ascorbic acid on the quality of Cobia (*Rachycentron canadum*) fillets during frozen storage. *Iranian Journal of Fisheries Sciences*, 11: 666–680.
- Tajudin, T. J. S. A., Mat, N., Siti Aishah, A. B., Yusran, A. A. M., Alwi, A., & Ali, A. M. (2012). Cytotoxicity, antiproliferative effects, and apoptosis induction of methanolic extract of *Cynometra cauliflora* Linn. whole fruit on human promyelocytic leukemia HL-60 cells. *Evidence-Based Complementary and Alternative Medicine*, 1–6.
- Tan, D. C., Idris, K. I., Kassim, N. K., Lim, P. C., Ismail, S., Hamid, M., & Ng, R. C. (2019). Comparative study of the antidiabetic potential of *Paederia foetida* twig extracts and compounds from two different locations in Malaysia. *Pharmaceutical Biology*, 57(1): 345–354.

- Tan, E. S., Abdullah, A., & Kassim, N. K. (2015). Extraction of steroidal glycoside from small-typed bitter gourd (*Momordica charantia* L.). *Journal of Chemical and Pharmaceutical Research*, 7(3): 870–878.
- Tang, X., Olatunji, O. J., Zhou, Y., & Hou, X. (2017). *Allium tuberosum*: Antidiabetic and hepatoprotective activities. *Food Research International*, 102(1): 681–689.
- Tee, E. S., & Yap, R. W. K. (2017). Type 2 diabetes mellitus in Malaysia: Current trends and risk factors. *European Journal of Clinical Nutrition*, 1-6.
- Tee, L. H., Ramanan, R. N., Tey, B. T., Chan, E. S., Azrina, A., & Al., E. (2015). Phytochemicals and antioxidant capacities from *Dacryodes rostrata* fruits. *Medicinal Chemistry*, 5(1): 23–27.
- Thibault, L. (2013). Animal Models of Dietary-Induced Obesity. In *Animal Models for the Study of Human Disease* (pp. 277–303). Elsevier Inc.
- Tripoli, E., Guardia, M. La, Giannamico, S., Majó, D. Di, & Giannamico, M. (2007). Citrus flavonoids: Molecular structure, biological activity and nutritional properties: A review. *Food Chemistry*, 104(2): 466–479.
- Ugwu, M. N., Umar, I. A., Utu-Baku, A. B., Dasofunjo, K., Ukpanukpong, R. U., Yakubu, O. E., & Okafor, A. I. (2013). Antioxidant status and organ function in streptozotocin-induced diabetic rats treated with aqueous, methanolic and petroleum ether extracts of *Ocimum basilicum* leaf. *Journal of Applied Pharmaceutical Science*, 3(4): S75–S79.
- Umesh, S., Marahel, S., & Aberomand, M. (2014). Antioxidant and antidiabetic activities of medicinal plants: A short review. *International Journal of Research in Phytochemistry and Pharmacology*, 3(1): 40–53.
- Usoh, I. F., & Akpanyuyung, E. O. (2015). Leaves extracts of *Gongronema latifolium* and *Ocimum gratissimum* offer synergy on organ weights alleviation and pancreatic resurgence against streptozotocin diabetic rats. *Journal of Innovations in Pharmaceuticals and Biological Sciences*, 2(4): 522–536.
- Vahid, H., Rakhshandeh, H., & Ghorbani, A. (2017). Antidiabetic properties of *Capparis spinosa* L. and its components. *Biomedicine et Pharmacotherapy*, 92: 293–302.
- Vallon, V., & Thomson, S. C. (2018). Targeting renal glucose reabsorption to treat hyperglycaemia: The pleiotropic effects of SGLT2 inhibition. *Diabetologia*, 60(2): 215–225.
- van Tonder, A., Joubert, A. M., & Cromarty, A. D. (2015). Limitations of the 3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyl-2H-tetrazolium bromide (MTT) assay when compared to three commonly used cell enumeration assays. *BioMed Central Research Note*, 8: 47.
- Verma, V., Chaudhary, M., & Srivastava, N. (2019). Antioxidative properties of isolated saponins of *Verbesina encelioides* (Cav.) Benth. & Hook. f. ex Gray and SEM studies of synthesized green nanoparticles for acne management. *Plant Science Today*, 6(sp1): 575–582.
- Vinholes, J., Grosso, C., Andrade, P. B., Gil-Izquierdo, A., Valentão, P., Pinho, P. G. De, & Ferreres, F. (2011). *In vitro* studies to assess the antidiabetic, anti-cholinesterase and antioxidant potential of *Spergularia rubra*. *Food Chemistry*, 129(2): 454–462.

- Verpoorte, R. (2005). Alkaloids. In *Encyclopedia of Analytical Science* (Second Edition) (pp. 56-61). Elsevier Inc.
- Wang, D. (2016). Antidiabetic and antinephritic activities of aqueous extract of *Cordyceps militaris* fruit body in diet-streptozotocin-induced diabetic Sprague Dawley rats. *Oxidative Medicine and Cellular Longevity*, 1–11.
- Wang, J., Fang, X., Ge, L., Cao, F., Zhao, L., Wang, Z., & Xiao, W. (2018) Antitumor, antioxidant and anti-inflammatory activities of kaempferol and its corresponding glycosides and the enzymatic preparation of kaempferol. *PLoS ONE*, 13(5): 1-12.
- Wang, S., & Zhu, F. (2016). Antidiabetic dietary materials and animal models. *FRIN*, 85: 315–331.
- Wang, T., Li, X., Zhou, B., Li, H., Zeng, J., & Gao, W. (2015). Anti-diabetic activity in type 2 diabetic mice and α -glucosidase inhibitory, antioxidant and anti-inflammatory potential of chemically profiled pear peel and pulp extracts (*Pyrus spp.*). *Journal of Functional Foods*, 13: 276–288.
- Weber, F., Schulze-Kaysers, N., & Schieber, A. (2014). Chapter 15 – Characterization and Quantification of Polyphenols in Fruits. In *Polyphenols in Plants: Isolation, Purification and Extract Preparation* (pp. 293–304). Elsevier Inc.
- Wetwitayaklung, P., Charoenteeraboon, J., Limmatvapirat, C., & Phaechamud, T. (2012). Antioxidant activities of some Thai and exotic fruits cultivated in Thailand. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*, 3(1): 12–21.
- Wojdylo, A., Nowicka, P., Carbonell-Barrachina, A. A., & Hernández, F. (2016). Phenolic compounds, antioxidant and antidiabetic activity of different cultivars of *Ficus carica* L. fruits. *Journal of Functional Foods*, 25: 421–432.
- Wu, F. J., Xue, Y., Tang, Q. J., Xu, J., Du, L., Xue, C. H., Takahashi, K., & Wang, Y. M. (2013). The protective effects of cerebrosides from sea cucumber and starfish on the oxidative damage in PC12 cells. *Journal of Oleo Science*, 62(9): 717-727.
- Wu, X., Ding, H., Hu, X., Pan, J., Liao, Y., & Gong, D. (2018). Exploring inhibitory mechanism of gallicatechin gallate on a-amylase and a- glucosidase relevant to postprandial hyperglycemia. *Journal of Functional Foods*, 48: 200–209.
- Xiao, C., Wu, Q., Zhang, J., Xie, Y., Cai, W., & Tan, J. (2017). Antidiabetic activity of *Ganoderma lucidum* polysaccharides F31 down- regulated hepatic glucose regulatory enzymes in diabetic mice. *Journal of Ethnopharmacology*, 196: 47–57.
- Xu, L., Li, Y., Dai, Y., & Peng, J. (2018). Natural products for the treatment of type 2 diabetes mellitus: Pharmacology and mechanisms. *Pharmacological Research*, 130: 451–465.
- Yasir, M., Sultana, B., & Amicucci, M. (2016). Biological activities of phenolic compounds extracted from Amaranthaceae plants and their LC/ESI-MS/MS profiling. *Journal of Functional Foods*, 26: 645–656.

- Zeka, K., Ruparelia, K., Arroo, R. R. J., Budriesi, R., & Micucci, M. (2017). Flavonoids and their metabolites: Prevention in cardiovascular diseases and diabetes. *Diseases*, 5: 1–18.
- Zhang, Y., Wong, A. I. C., Abdul Karim, N. B., & Huang, D. (2016a). *Lepisanthes alata* (Malay cherry) leaves are potent inhibitors of starch hydrolases due to proanthocyanidins with high degree of polymerization. *Journal of Functional Foods*, 25: 568–578.
- Zhang, L., Tu, Z., Xie, X., Lu, Y., Wang, Z., & Wang, H. (2016b). Antihyperglycemic, antioxidant activities of two *Acer palmatum* cultivars, and identification of phenolics profile by UPLC-QTOF-MS/MS: New natural sources of functional constituents. *Industrial Crops and Products*, 89: 522–532.
- Zhong, F., & Jiang, Y. (2019). Endogenous pancreatic β cell regeneration: A potential strategy for the recovery of β Cell deficiency in diabetes. *Frontiers in Endocrinology*, 10: 1–14.