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Effects of Figs on Blood Glucose Level

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Abstract: *Figs have a high nutritional content and few calories. Abscisic acid (ABA), a naturally occurring hormone that controls the body's response to glucose and lowers inflammation, is abundant in figs. Researchers evaluated the extract's ability to reduce blood sugar levels in a glucose solution at different concentrations. This subject was chosen to investigate how figs affect blood sugar levels. In a sugar solution of 200 mg/mL distilled water, the enzymatic activity of figs was examined. The medical term for elevated blood sugar is hyperglycemia (blood sugar). It usually takes high blood sugar (glucose) levels, above 180 to 200 milligrams per deciliter (mg/dL), for hyperglycemia to manifest as symptoms. At 530 nm, the outcome was then spectrophotometrically verified. A steady decline in descending order was observed. As a result, figs' sugar-lowering activity was demonstrated..*

Keywords: Figs