



MATSYA VEDA<sup>®</sup>  
HERBALS





in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood.

DB-Care has several natural herbs that reduces levels of glycosuria, cholesterol, triglycerides and blood sugar in the body. These herbs have many anti-diabetic features. Research indicates that herbs in DB-Care are rich in alkaloids and thus have hypoglycemic properties effective in reducing high blood sugar. DB-Care helps to convert starch into energy and keep the blood sugar levels in check. It has bioactive compounds such as Nimbinin and nimbandiol that have significant blood sugar lowering effect. It also has adaptogen, one which reduces both fasting and post-meal glucose levels. DB-Care contains gymnemic acids, that have been shown to decrease the absorption of sugar from the intestines. It lowers the symptoms of diabetes such as polyuria or excessive and frequent urination, polydipsia or excessive thirst, polyphagia or excessive eating, and peripheral neuropathy which leads to paresthesias or abnormal sensation over your skin like tingling, numbness and burning of hands and feet.

DB-Care has two very essential compounds called charactin and momordici, which are useful anti-oxidants and helps in normalizing blood pressure as well as warding off diabetes complications. It contain plant-based insulin known as polypeptide-P, which act like the insulin made in pancreas, and lowers sugar levels. DB-Care also has Fenugreek seeds that are high in soluble fibre, which helps lower blood sugar by slowing down digestion and absorption of carbohydrates and sugar. Also DB-Care helps in normalizing energy levels in the body of diabetic patients.

### **WHERE TO USE (INDICATION)**

Type I & Type II diabetes mellitus, and Impaired glucose tolerance/Pre-diabetes.

As adjunct to OHG's (Oral Hypoglycemic) and insulin.

## HOW TO USE (DOSAGE)

2 capsules empty stomach in morning and 2 capsules at bedtime with water or as directed by your physician. It is safe for long term use and is Non-Habit forming.

## NET CONTENT

60 Veg Capsules.

## COMPOSITION

Each Capsules contains :

Common Name	Botanical Name	Quantity
Jamun Leaves (Black Plum)	<i>Eugenia jambolana linn</i>	67.6mg
Jamun Seeds (Black Plum)	<i>Eugenia jambolana linn</i>	67.6mg
Neem	<i>Azadirachta indica</i>	67.6mg
Tulsi (Basil)	<i>Ocimum sanctum linn</i>	67.6mg
Methi (fenugreek)	<i>Trigonella foenumgraecum linn</i>	67.6mg
Saunf (Fennel)	<i>Foeniculum vulgare mill</i>	67.6mg
Gurmar	<i>Gymnema sylvestre R.Br.</i>	67.6mg
Chirayata	<i>Swertia chirata</i>	67.6mg
Vijaysar	<i>Pterocarpus marsupium roxb</i>	67.6mg
Bael Leaves (wood apple)	<i>Aegle marmelos corr</i>	67.6mg
Karela (bitter gourd)	<i>Momordica charantia linn</i>	67.6mg



**Jamun Leaves | *Eugenia jambolana* linn**

Black plum is loaded with antioxidants and flavonoids essential for a healthy body and mind. It is known to be an effective treatment for diabetes. Extracts of bark, leaves and seeds are used in combination with herbs to reduce levels of glycosuria and blood sugar. This fruit has several bioactive phytochemicals that include polyphenols, which contain anthocyanin known to fight cancer cells. Natural acids present in this fruit play a pivotal role in digestive enzyme secretion. Regular intake of jambul stimulates healthy liver function.

**Jamun Seeds | *Eugenia jambolana* linn**

The black plum is known to relieve stomach pain, carminative, anti-scorbutic and diuretic. The black plum has anti-diabetic features. Research indicates that its seeds which are rich in alkaloids have hypoglycemic properties effective in reducing high blood sugar. It helps to convert starch into energy and keep your blood sugar levels in check. It has low glycemic index and reduces the symptoms of diabetes like frequent urination and thirsting. Jamun seeds powder contains jamboline, a type of glucose, which helps to control the conversion of starch into sugar. Anthocyanin's are present in appreciable quantities and are the reason for the antioxidant activity of the fruit.

**Neem | *Azadirachta indica***

Neem contains various bioactive compounds such as Nimbinin, nimbandiol and have significant blood sugar lowering effect and thus useful in managing diabetes. The leaves are also effective in curing dermatitis eczema, acne, bacterial, fungal infections and other skin disorders. Neem leaves are general antiseptic. The leaves are good for blood circulation and blood purification. Neem leaves have anti-diabetic, anti-hyperglycaemic, anti-fungal, anti-malarial, anti-bacterial and anti-microbial properties. Not only does it help reduce / maintain blood sugar levels, it also helps to heal wounds quickly and relieves skin diseases such as diabetic carbuncles.

**Tulsi | *Ocimum sanctum* linn**

Basil leaves have power to lower blood sugar levels. Basil leaves contain potent antioxidants that relieve oxidative stress; it's this stress that compounds problems in diabetics. It is also an adaptogen, one which reduces both fasting and post-meal glucose levels. A variety of biologically active compounds have been isolated from the leaves including ursolic acid, apigenin and luteolin. Tulsi has antimicrobial properties since it is also anti-inflammatory due to the oil eugenol, present in the leaves. It is useful in respiratory tract infection. The Ursolic acid present in tulsi has anti-allergic properties. It can be used as an : Antioxidant, Antibacterial, Antifungal, Anti-inflammatory.

**Methi | *Trigonella foenumgraecum* linn**

Fenugreek seeds (*trigonella foenum graecum*) are high in soluble fibre, which helps lower blood sugar by slowing down digestion and absorption of carbohydrates. Several clinical trials showed that fenugreek seeds can improve most metabolic symptoms associated with both type 1 and type 2 diabetes in humans by lowering blood glucose levels and improving glucose tolerance. The seeds contain fiber and other chemicals that slow digestion and the body's absorption of carbohydrates and sugar. The seeds also help improve how the body uses sugar and increases the amount of insulin released. Fenugreek seeds contain a fibre called 'mucilaginous' which helps in lowering blood sugar. reduction in fasting plasma glucose (FPG), postprandial plasma glucose (PPPG) and low density lipoprotein cholesterol (LDLc) whereas serum insulin increased significantly.

**Saunf | *Foeniculum vulgare* mill**

Fennel - anethole as well as phytoestrogens, and a variety of phytochemicals, which is mandatory for fighting the problem of increased blood sugar level. Considered efficient in treating heart related diseases to cancer, it has the ability to lessen the level of increased blood sugar. Fennel contains vitamin C and beta carotene, a powerful antioxidant believed to help reduce the risk of cancer, enhance immunity and prevent cataracts. Some of the components of the essential oils in fennel are stimulants and they stimulate secretion of digestive and gastric juices, while reducing inflammation of the stomach and intestines, and facilitating proper absorption of nutrients from the food. Furthermore, it can eliminate constipation and thereby protect the body from a wide range of intestinal troubles that can stem from being blocked up.

**Gurmar | *Gymnema sylvestre* R.Br.**

Gymnemic acids exhibit anti-diabetic and anti-inflammatory activities. Compounds found in the herb, called gymnemic acids, have been shown to decrease the absorption of sugar from the intestines. These compounds also increases insulin levels in the body. Gurmar is an herb that slows the absorption of sugar into the bloodstream and slows the conversion of sugar into fat. Gurmar stimulates insulin secretion and has blood sugar reducing properties. It blocks sweet taste receptors when applied to tongue in diabetes to remove glycosuria. There are several bioactive constituents present in Gurmar (Gudmar). They are gymnemic acid, flavones anthraquinones, Phytins, resins and so on. *Gymnema* contains substances that decrease the absorption of sugar from the intestine. *Gymnema* also increase the amount of insulin in the body and increase the growth of cells in the pancreas, which is the place in the body where insulin is made.

**Chirayata | *Swertia chirata***

Swerita has the ability to lower blood sugar. It stimulates insulin production in pancreatic cells thus lowering blood sugar naturally. Swerita is extremely bitter and because of that has many healing benefits.

**Vijaysar | Pterocarpus marsupium roxb**

Vijaysar is well-known remedy to take care of diabetes. Pterocarpus marsupium reduces blood sugar level, cholesterol and triglycerides. It also lowers the symptoms of diabetes such as frequent urination, over eating, regular thirsts, and burning pains in limbs. It also controls the symptoms of Diabetes like polyuria or excessive and frequent urination, polydipsia or excessive thirst, polyphagia or excessive eating. Vijaysar also prevents complications of Diabetes like peripheral neuropathy which leads to paresthesias or abnormal sensation over your skin like tingling, numbness and burning of hands and feet. The anti-hyperlipidemic properties of Vijaysar tree helps in reducing total cholesterol, low-density lipoprotein and serum triglyceride levels in the body. The antibacterial and astringent properties of Vijaysar helps to treat cuts, bruises and other skin problems.

**Bael Leaves | Aegle marmelos corr**

Wooden Apple is rich in laxatives, which in turn helps in producing the required insulin to control the sugar levels. Bael is said to have anti fungal and anti viral properties, due to which it is used in treating a number of infections in our body.

**Karela | Momordica charantia linn**

Bitter gourd contains an insulin-like compound called Polypeptide-p or p-insulin which has been clinically proven to control diabetes naturally. Karela has two very essential compounds called charactin and momordici, which are useful anti-oxidants and helps in normalizing blood pressure as well as warding off diabetes complications. Their seeds contain plant-based insulin known as polypeptide-P, which act like the insulin made in pancreas, and lowers your sugar levels.

**Shilajeet | Asphaltum**

Shilajit contains triterpenes, fulvic acid and humic acids. The minerals in shilajit are in ionic form, which means the body can more easily absorb and move them to areas where the minerals are needed for growth and maintenance of cells. It helps in maintaining energy levels in body. The major reason of efficacy is attributed to its richness in humic compounds, the usefulness can be felt within 5-10 days of

regular use shilajit in almost any disease. It helps in normalizing energy levels in the body of diabetic patients.

## METHOD OF PREPARATION

DB-Care takes 21 days for preparation. As per Ayurvedic principles, medicine under goes under 7 stages of *Bhavana* (lavigation) to increase the efficacy. The method of preparation has been followed as described in ancient Ayurveda text that dates back to 5000 years.

All the fresh herbs are first washed and then sun-dried & powdered. Then the herbs are mixed together and undergoes 7 stages of *Bhavana* (lavigation) where they are grinded slowly with various liquids using a Mortar and Pestle. Finally the processed paste is sun dried and powdered again, and filled in capsules.

## RESEARCH REFERENCES

Scientific research has proven that the herbs used in DB-Care helps in controlling sugar levels in the body.

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