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## In vivo screening of the extract of *Solenostemon monstachus* and *Ocimum gratissimum* for the management of type-2 diabetes

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Diabetes is one health challenge that can restrict someone the benefit of a smooth and promising life. It is a costly disease, placing a high financial burden on the patient and the healthcare system. If poorly managed or left untreated, it can cause blindness, loss of kidney function and conditions that require the amputation of digits or limbs. To avoid these complications, we investigated the efficacy of the mixture of a locally use herbs use for the management of the condition in Africa *Solenostemon monstachus* and *Ocimum gratissimum*. The investigation was in two phases-the first phase involves the use of zebra fish, while 25 volunteer's human were studied in the second phase. The fishes were induced with diazinon (a chemical that causes hyperglycemic in animal and human). After 96 hours, they were transferred to distilled water. The control fish were not treated with the herb but hyperglycemic with the diazinon. To obtain more significant results, blood sugar responses were monitored at different times after administration of herbs mixture at different dosages. The fish were not fed during this period. In each case, the changes in the different treatments were compared with the control. All the doses of the herb gave positive results (range between 45-112 mmol/L). The human volunteers with ascertained medical records and are suffering from type 2 diabetes were given the dose that maintained the sugar level between 75-85 mmol/L thrice daily. The volunteers were advised to eat without restriction for 96 hours. At the end of the investigation, their sugar level was measured. The sugar level of the patients ranged between 61-89 mmol/L, which is within the normal range. This finding revealed the efficacy of these herbs and holistic investigation of the efficacy of these plants mixture is inevitable and if harness it will reduce the conscientiousness attached to diabetes in our society.

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