ABSTRACT

Diabetes is a chronic disease characterized by high blood glucose levels, with its global prevalence continually rising. In 2017, the prevalence of diabetes among adults was 8.8% and is projected to increase to 9.9% by 2045. Due to the various side effects of synthetic drugs, many diabetes patients are turning to herbal remedies, such as psyllium husk and cinnamon. This study aims to examine the effect of combining psyllium husk and cinnamon on blood glucose levels in diabetic mice. The method used was a clinical trial involving six treatment groups, followed by diabetes induction and specific treatments for each group. Data were analyzed by calculating the average blood glucose levels. The results showed that the combination of psyllium husk and cinnamon was more effective in reducing blood glucose levels in mice compared to using each herb separately, achieving a 33% reduction. These findings suggest the potential of this herbal combination as an alternative treatment for diabetes.

Keywords: *Diabetes, Blood glucose, Psyllium husk, Cinnamon, Diabetic mice.*