

# Tarragon



- *Artemisia* is a genus of aromatic and bitter plants of the family Compositae.
- The plant genus *Artemisia*, has been a rich source of herbal remedies and conventional drugs over the years such as the development of a drug for malaria.
- In the Middle East, seven species have been recorded. Of these seven species, *Artemisia herba-alba* (or Tarragon) is the most available and commonly seen.
- This plant is well known among most diabetic patients in the Middle East, as it is a popular medicine that has long been used to treat diabetes and is sold in many Middle Eastern markets.

## Review of the Literature

The majority of the studies found on tarragon in relation to diabetes were performed in the Middle East. Both animal and human studies have shown promising results.

- In a study, diabetic rats and rabbits were supplemented with 0.39 g/kg (of body weight) of the aqueous extract of the aerial parts of *A. herba-alba* for 2-4 weeks. The *A. herba-alba* supplementation was very effective in significantly reducing blood glucose levels, and also preventing the elevation of glycosylated hemoglobin levels (HbA1C), it worked as a hypolipidemic agent, and protected against body weight loss.
- A previous study found that the aqueous extract of the aerial parts of the plant had the active components, not the roots.

A study in human subjects found that *A. herba-alba* (AHA) reduced blood sugar (BS) significantly in diabetics that had elevated BS levels. In fact, five of the 15 subjects who were not responding to oral anti-diabetic drugs and diet restriction, all responded well to AHE. Also of interest is that after withdrawal of the extract in seven patients, the effects on BS still continued. No side effects were recorded during of after treatment with AHE.

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