Anti-Diabetic, Cholesterol Lowering & Anti-Obesity Actions of Mullaca (Physalis angulata)

Quite a few studies report that mullaca has anti-diabetic actions and underlying those actions are mullaca's antioxidant and anti-inflammatory actions. Many different cells in the body which have oxidative stress, become insulin resistant, or lose the ability to process, absorb and utilize glucose from the bloodstream properly. When arteries and veins have oxidative stress, it can increase blood pressure, narrow arteries, and cause chronic heart diseases and high cholesterol levels which are side effects of diabetes. When oxidative stress affects nerves, it can cause diabetic neuropathy. When it affects the eyes and kidneys, it can cause diabetic retinopathy, and nephropathy (diabetic kidney disease). It is for this reason that recent animal studies report that giving mullaca to diabetic animals either prevented or treated many of these diabetic complications and side effects and improved their overall health. One study even reported that giving mullaca to animals prevented neuropathy in animals given a chemotherapy drug well known to cause peripheral neuropathy.

These studies also reported that mullaca reduced the blood glucose levels in the animals studied, mainly through an enzyme inhibition action. More than a dozen different chemicals in mullaca are known to block the actions of two digestive enzymes (α-amylase and α-glucosidase) which are responsible for breaking down and absorbing starches and sugars in the diet. This ability was also described as an anti-obesity action since it affects weight gain by affecting calorie intake.

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