

Diuretic, hypotensive and hypoglycaemic effect of Phyllanthus amarus.

Indian J Exp Biol. 1995 Nov;33(11):861-4.
Srividya N, Periwal S.

Aim: To assess the effect P. amarus (syn. Phyllanthus niruri) on high blood pressure, high blood sugar levels and water retention levels.

Method: Nine mild hypertensives (four of them also suffering from diabetes mellitus) were treated with water extract of P. amarus for 10 days.

Results: A significant reduction in systolic blood pressure in non-diabetic hypertensives and female subjects was noted. Blood glucose was also significantly reduced in the treated group. Significant increase in 24 hr urine volume, urine and serum sodium levels was observed. Clinical observations revealed no harmful side effects.

Implications: Break-Stone (Phyllanthus n.) may be helpful in maintaining healthy blood pressure and blood sugar levels in healthy/borderline individuals.