Objectives of the study

According to a report from the third national health and nutrition examination survey, 25-41% of the adult American population meets the diagnostic criteria of metabolic syndrome and Diabetes Epidemiology Collaborative analysis of Diagnostic criteria in Europe (DECODE) 31% of men and 34% of women have metabolic syndrome in the European population. These studies indicate that metabolic syndrome is becoming a common health problem that affects both adolescents and older people of our society. Metabolic disorders occur when normal metabolism processes become disrupted. Patients with metabolic syndrome are at increased risk for developing cardiovascular disease, Diabetes, Gout, liver or respiratory failure.

Our Indian medicinal plant have large source for curing this type of serious diseases and use of medicinal plant to treat metabolic disorders is devoid of dangerous side effect. Because of this reason in the present study medicinal plant is selected. Numbers of herbs are used for metabolic disorder out of that few plant were selected on the basis of availability of these drugs in our local market and as per literature review no scientific and research data is reported to treat metabolic disorders using Amomum subulatum Roxb. Seed.

Since ancient time, seeds of Amomum subulatum Roxb. have been valued for its aroma, as spice, flavor and condiment. Traditionally it has been used for digestive problems treating flatulence, loss of appetite, gastric complaints, congestion of liver and also recommended in cases of inflammatory condition of eyes. It was also found to possess antioxidant activity. The seeds are reported in Ayurvedic system of medicine and are an official drug in Ayurvedic Pharmacopoeia and are marketed under the name of ‘Elcho’ or ‘Badi Elaichi’.

According to literature review of Amomum subulatum Roxb have shown different pharmacological activities like, anti oxidant activity, anti inflammatory activity, anti microbial activity, gastro protective effect, anti ulcerogenic activity and cardio-adaptogenic property of greater cardamom. So the present study is an attempt to establish the scientific data of this plant as common alternative for treat metabolic disorders.