

Hepato- and Nephro-protective as well as Hypoglycemic Effects of Sea Buckthorn Berries (*Hippophae rhamnoides* L.) in Rabbits and Humans

Saadia CHAMAN¹, Nawazish-i-Husain SYED^{2*}, Zeeshan DANISH²,
Mobasher AHMAD² & Farrakh Zia KHAN²

¹ Institute of Pharmaceutical Sciences, University of Veterinary & Animal Sciences,
Outfall Road, Lahore, Pakistan.

² University College of Pharmacy, University of the Punjab, Lahore 54000, Pakistan

SUMMARY. The hepato- and nephro-protective effects of sea buckthorn berries (*Hippophae rhamnoides* L) were investigated in paracetamol-induced toxicity in animals and hypoglycemic effects in type II diabetic patients. Crude drug preparation and its methanol extract have shown a profound decrease in paracetamol-induced elevated serum levels of liver and kidney functions under investigation, which suggests a possible therapeutic role of its constituents in hepatic injury and altered kidney functions. Similarly, in human patients with raised glucose levels, sea buckthorn shows hypoglycemic effect which could likely make it a potential therapeutic agent to manage type II diabetes mellitus. However, further investigations are required to unveil the mechanism of action of sea buckthorn preparations in these ailments.

KEY WORDS: Hepato-protective, *Hippophae rhamnoides* L., Hypoglycemic, Nephro-protective, Sea buckthorn.

* Author to whom correspondence should be addressed. *E-mail:* snihusain@yahoo.com; nawazishihusain.syed@strath.ac.uk.
Current address: Strathclyde Institute of Pharmacy and Biomedical Sciences, Strathclyde University, Glasgow, Scotland.