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(54) **Composition for use as a medicine or dietetic food, in particular in the prevention and/or treatment of Diabetes and diabetes associated diseases**

Zusammensetzung zur Verwendung als Medizin oder als Diätlebensmittel, insbesondere zur Prävention bzw. Behandlung von Diabetes und mit Diabetes assoziierten Erkrankungen

Composition destinée à être utilisée en tant que médicament ou aliment diététique, en particulier dans la prévention et/ou le traitement du diabète et de maladies associées au diabète

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(73) Proprietor: **Banerjee, Shanta**
13591 Berlin (DE)

(72) Inventor: **Banerjee, Shanta**
13591 Berlin (DE)

(74) Representative: **Maikowski & Ninnemann**
Patentanwälte Partnerschaft mbB
Postfach 15 09 20
10671 Berlin (DE)

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Description

[0001] The invention relates to a composition for use according to claim 1 and according to claims 2-9.

5 **Description**

[0002] Diabetes mellitus is a metabolic disorder causing serious health problem all over the world. A number of associated diseases follow at a later stage. More and more people are affected by diabetes. Diabetes without proper treatments can cause serious complications including cardiovascular disease, diabetic nephropathy, diabetic retinopathy (retinal damage), diabetic neuropathy and even coma and death.

10 **[0003]** Two main types of diabetes usually occur, the type I or insulin dependent diabetes mellitus (IDDM), is caused by immune mediated destruction of insulin producing beta cells and type II or non-insulin dependent diabetes mellitus (NIDDM) results from insulin resistance, a condition in which cells fail to use insulin properly, with an absolute insulin deficiency at a later stage. Gestational diabetes, which is also a form of type 2 diabetes, occurs when pregnant women without a previous diagnosis of diabetes develop a high blood glucose level. It may precede development of type 2 DM. There are few other but seldom encountered forms of diabetes mellitus including congenital diabetes, cystic fibrosis-related diabetes, steroid diabetes and several forms of monogenic diabetes. Type 2 Diabetes is prone to be hereditary as offspring of diabetic parents are likely to develop diabetes in some stage of life.

15 **[0004]** Among all types of diabetes type 2 diabetes is most prevalent. Around 80% of diabetes cases are of type 2 and rest are mostly of type 1. The global burden of type 2 diabetes mellitus (T2DM) is currently 366 million which is predicted to increase to 552 million in 2030;

20 **[0005]** Type 2 Diabetes Mellitus is a non-autoimmune, complex, heterogeneous and polygenic metabolic disease condition in which the body produces enough insulin (at least in early stage) but it is inactive. However with progress of disease body fails to produce enough insulin at a later stage. All forms of diabetes have been treatable since insulin became available in 1921. Type 2 diabetes can be temporarily controlled with medications. Both types 1 and 2 are chronic conditions that cannot be cured.

25 **[0006]** A common approach for controlling type 2 diabetes is the administration of blood sugar lowering (hypoglycemic) agents such as biguanides like metformin or sulfonyl ureas like glibenclamid and glimepiride. However, oral hypoglycemic drugs alone or in combination are not able to achieve glycemic control permanently. As a result, as the disease progresses, physicians prescribe insulin to attenuate blood sugar. Maintaining a normal blood sugar level is the primary objective of diabetes treatment. Blood sugar lowering agents fail to maintain blood sugar level of diabetes patients in long run. Hence blood sugar lowering agents alone are not sufficient for controlling diabetes permanently.

30 **[0007]** Thus, at present there is no composition available which allows a control of the blood sugar level in a permanent way although several different approaches are under investigation.

35 **[0008]** Herbal nutraceutical formulations for diabetes are known from US 7,014,872; US 2010/0021533 and US 2011/0159118.

[0009] It is therefore an object of the present invention to provide an alternative composition which can effectively maintain the blood sugar level and control diabetes for a longer period of time.

[0010] This object has been solved by providing a composition having the features of claim 1.

40 **[0011]** Accordingly, a composition as means for use in the prevention/treatment and maintenance of normal blood sugar level of diabetes type II is provided, which consists of *Vitis vinifera* (grape) seed extract, *Phyllanthus emblica* (Indian gooseberry) extract, *Curcuma longa* (turmeric) extract and *Trigonella foenum-graecum* (fenugreek) seed extract.

[0012] Thus, a composition is provided comprising ingredients having the following properties:

45 a) at least one ingredient having antioxidative properties and/or anti-oxidant enzyme inducing properties, in particular endogen anti-oxidant enzyme inducing properties;

b) at least one ingredient having anti-inflammatory properties;

50 c) at least one ingredient having immune modulating properties, and

d) at least one ingredient having neuronal hormone modulating properties.

[0013] The inventive composition comprises different components which are able to influence a number of different symptoms typically associated with diabetes.

55 **[0014]** The present composition can induce production of endogen antioxidant enzymes in addition to providing powerful antioxidants to combat free radicals. This is expected to reduce oxidative stress in pancreatic islets so that beta-cell destruction may be restricted.

[0015] During research on anti-diabetic products, in particular natural anti-diabetic products, it was noticed by present inventor that for instance natural products having completely different structures and pharmacological activities exhibit positive effects on diabetes. This led to the finding of the deficiency in the present diabetes treatment and to conceive a formulation for diabetes treatment which stabilizes and improves the condition.

5 [0016] Diabetes is known to be associated with high oxidative stress. Reactive oxygen species (ROS) produced in excessive amount, are responsible for high oxidative stress in biological system. Endogen antioxidants, like superoxide dismutase and glutathione, clear ROS produced during metabolic process in mitochondria. If this regulated clearance of ROS is hampered due to some reason, high oxidative stress may persist leading to mitochondrial dysfunction and beta-cell apoptosis, as seen in type 2 diabetes mellitus.

10 [0017] Malondialdehyde (MDA) is a well known marker for oxidative stress. Malondialdehyde level was found to be significantly higher in plasma and urine of diabetic patients compared to normal subjects, showing high oxidative stress in diabetics. These observations evidently prompted many investigations to show the effect of vitamins (as anti-oxidant) in diabetes control. However, results revealed that vitamins alone have no effect on diabetes control.

15 [0018] According to the present invention the reasons for high oxidative stress in diabetes and diabetes associated diseases are (i) low production of endogen antioxidant enzymes on one hand and (ii) increased production of free radicals due to high blood glucose level on the other.

[0019] Thus, high oxidative stress prevails in diabetes. It is postulated that high oxidative stress in pancreatic islets leads to gradual apoptosis of beta cells, which in turn causes reduction in insulin production leading to uncontrolled diabetes. At this stage blood sugar lowering agents alone are no more able to achieve adequate glycemic control. Hence,
20 it was realized that low levels of endogenous antioxidants in pancreatic mitochondria may be an important reason for beta cell apoptosis leading to uncontrolled diabetes and only adequate level of endogen antioxidant enzymes capable of destroying free radicals in mitochondria in-situ can reduce oxidative stress effectively. Thus diabetes type 2 should be treated with constituents capable of induction of antioxidant enzyme on one hand and blood sugar lowering agents on the other.

25 [0020] The present composition is now able to manage these two aspects by providing i) ingredients or substances capable of inducing antioxidant enzymes and (ii) strong antioxidants of plant origin to capture free radicals in outer mitochondrial system, respectively. Additional features of the formulation are use of anti-inflammatory ingredients, immune-modulators and neuronal-hormone modulator as described in detail further below.

[0021] As described above the present composition comprises at least one ingredient having antioxidative properties and anti-oxidant enzyme inducing properties. This is expected to reduce oxidative stress in pancreatic islets so that
30 beta-cell destruction may be restricted. Thus, at least one ingredient or substance should be capable of anti oxidant enzyme induction in order to elevate endogen antioxidant enzyme levels in important organs like pancreas and heart causing in-situ destruction of free radicals, thereby lowering the oxidative stress, which is in particular responsible for apoptosis of cells and especially beta cells in pancreas.

35 [0022] Furthermore, the present composition comprises at least one ingredient for reducing inflammation, particularly inflammation associated with apoptosis of beta cells in pancreas, which in turn may facilitate the generation of new beta cells.

[0023] The present composition also comprises at least one ingredient having immune modulating properties influences the immune system as the immune system might play an important role in etiology of type II diabetes as it does in case
40 of type I diabetes;

[0024] Finally, the present composition comprises at least one ingredient having neuronal hormone modulating properties that attenuates the neuronal hormones, since diabetes is known to be associated with changes in the hypothalamic-pituitary-adrenal (HPA) axis.

[0025] The combined effect of above measures causes an overall reduction of oxidative stress including in pancreas leading to regeneration and stabilization of beta cells, which in turn control and restrict diabetes effectively.

[0026] The present composition is characterized by a synergetic effect of these different types of ingredients or ingredients that is responsible for durable control of blood sugar level and for stopping the progress of diabetes.

[0027] The composition might be used in the prevention and/or treatment of diabetes, preferably diabetes Type I or Type II.

50 [0028] In a preferred embodiment the present composition is used in a complementary treatment of diabetes type II together with at least one hypoglycemic agent, such as an oral hypoglycemic agent, or a combination of two hypoglycemic agents, such as in cases of patients in advanced stages of diabetes and showing very high fastening blood sugar (FBS) and HbA1c values.

[0029] Thus, it is preferred to use the present composition in combination with at least one hypoglycemic agent, which may be of plant or synthetic origin, for a full therapeutic effect, except in case of early stage of diabetes.

55 [0030] For instance, in a clinical trial conducted on diabetes type II patients having high fasting blood sugar values and receiving metformin and glimepiride for at least three months, were additionally prescribed one capsules of the present composition twice daily. The effect of the present composition was manifested by gradual reduction of blood

sugar level as shown in detail in the example section.

[0031] It is particularly mentioned here, that the existing therapy with oral hypoglycemic agents should not be interrupted, as it may lead to glycemic shock. With patients already receiving oral hypoglycemic agents, therapy is preferably complemented with present composition and the dose of hypoglycemic agent may be reduced gradually little by little when fasting blood sugar value falls down below 90 mg/dl.

[0032] For newly diagnosed diabetes type II patients showing advanced stage of diabetes type II (that means having a high blood sugar level of about 200 mg/dl) the oral hypoglycaemic agent in a usual dose (that is the dose generally applied in advanced stage of diabetes) together with present composition should be preferred. In such a case the dose of hypoglycaemic agent should be chosen according to physician's preference and independent of the dose of present composition.

[0033] Present composition should be given additionally to the hypoglycaemic medicine in dose of two capsules daily. One capsule may contain 100 to 500 mg, preferably 200 to 400 mg, in particular preferably 350 mg of the present composition.

[0034] If hypoglycemic agent and the present composition are administered together then fasting blood sugar and HbA1C values should be watched regularly. When these values tend to approach below normal (ca. 90 mg/dl for fasting blood sugar and 5.5% for HbA1C) values the dose of hypoglycaemic agent should be reduced in small steps. Reduction of hypoglycaemic agent may cause temporary rise in FBS, which comes down again within few days.

[0035] In a preferred embodiment the present composition is used as a dietary formulation for treatment of diabetes type II, for instance in combination with oral hypoglycemic agents like metformin. For instance, as described in detail also in the example section, in a single arm, GCP controlled, exploratory clinical trial conducted on diabetes type II patients who were being treated with oral hypoglycemic agents for at least one year and receiving a stable dose of combination of metformin and glimepiride without any improvement, were additionally prescribed one capsules twice daily of present composition. The efficacy of the present composition was exhibited by gradual reduction of blood sugar level and HbA1C value. In some cases the fasting blood sugar level reached under normal value and there was an incident of hypoglycemia. This also indicates that the dose of hypoglycemic agents may be required to be reduced when fasting blood sugar level tends to reach below normal (ca. 80 - 90 mg/dl) value. The reason for reducing hypoglycemic agent and not the composition is simply that hypoglycemic agents reduce the symptom of diabetes (high blood sugar level) whereas the invention composition counteracted the underlying causes.

[0036] Hence, when required, the dose of composition should preferably be kept steady, while the dose of hypoglycemic agent should be adjusted according to the rate of improvement as indicated by decreasing values of FBS and HbA1C.

[0037] Depending upon degree of inner damage, diabetes patients may need a minimum dose of blood sugar lowering agent in addition to the composition to maintain the stable condition. The composition alone does not cause hypoglycemia, because no blood sugar lowering agent has been included in this composition.

[0038] A suitable hypoglycemic agent may be selected from a group comprising synthetic substances such as biguanides like metformin or sulfonyl ureas like glibenclamid and glimepiride or natural substances originating from plant extracts such as *Azadirachta indica* (neem) extract, *Eugenia jambolana* (jamun) seed extract, *Gymnema sylvestre* Extract, *Momordica charantia* (Karela) extract, *coccinia indica* extract or a combination thereof.

[0039] It is particularly mentioned here, that although one can add suitable blood sugar lowering agents like *Gymnema sylvestre* extract and *Azadirachta indica* extract in the composition itself and can abstain from using external hypoglycemic agents mentioned above, the problem may arise in dose adjustment as well as in quality control. Hence, it is preferable although not essential to use them separately.

[0040] Though both blood sugar lowering agents and the present formulation ultimately show their beneficial effect through lowering of blood sugar, the difference lies in the mechanism of action. The so called hypoglycemic agents directly transfer the sugar from blood into the cells either by insulin sensitization like metformin and *Eugenia jambolana* (inactive insulin binds again to the receptors so that glut 4 can come to the cell surface and transport sugar into the cells) or by squeezing some insulin from remaining beta cells, like sulphonyl ureas and *Gymnema sylvestre*, or directly act as Glut 4 and transport sugar to the cells, like *Momordica charantia* and *coccinia indica*.

[0041] Whereas the hypoglycemic agents bring temporary improvement as long as surviving beta cells are able to produce some minimum quantity of insulin, components of the formulation help to rehabilitate the normal insulin production and function, leading to permanent glycemic control and stabilization.

[0042] If the diabetes is still in the early stage (that means the blood sugar level is not higher than 120 mg/dl) then the present composition can be administered alone without the hypoglycemic agent. In such case two capsules containing the present composition are administered to the patient. Furthermore, for newly diagnosed diabetes type II patients showing early stage of diabetes, the present composition in combination with a general dietary precautions and physical exercise may stop the outbreak of diabetes.

[0043] The composition might be used in the prevention and/or treatment of secondary diseases associated with diabetes and/or high oxidative stress, in particular cardiovascular diseases, hyperlipidemia, retinopathy or nephropathy.

[0044] In another embodiment at least one of ingredients of the composition having the properties (a) - (d) may be

synthetic.

[0045] If at least one of the ingredients is of synthetic origin then it is preferred, if

- at least one ingredient having antioxidative properties and/or anti-oxidant enzyme inducing properties is selected from a group comprising Vitamin C, Vitamin E, indole-3-carbinol, glutathione and others;
- at least one ingredient having anti-inflammatory properties is selected from a group comprising non-steroidal anti-phlogistics such as acetylsalicylic acid, benzydaminhydrochlorid, ibuprofen, naproxen, ketoprofen, or glucocorticoides such as hydrocortison, prednisolon, fluticason and others;
- at least one ingredient having immune modulating properties is selected from a group comprising cytokines such as interferones or interleukines; growth factors; proteins, immune-suppressive agents such as 6-mercaptopurine, 5-fugoruratsil or azathioprine, antibiotics such as obtained from Actinomycetes or others; and
- at least one ingredient having neuronal hormone modulating properties is selected from a group comprising Vitamin D and related compounds.

[0046] The ingredients can be a plant extract or a plant powder. Plant includes here all parts of the plant such as leaves, bark, seeds or fruits.

[0047] The at least one ingredient capable of inducing antioxidant enzymes as well as having anti-oxidant properties (high ORAC value) is selected from a group comprising polyphenols, in particular plant polyphenols such as flavonids, ellagitannins, xanthonnes, tannins and anthocyanins.

[0048] The plant polyphenols originate or are isolated from a group of plants comprising *Vitis* species, like *Vitis vinifera*, *Phyllanthus* species, like *Phyllanthus emblica* (Indian gooseberry), *Aronia* species, like *Aronia melanocarpa* (chokeberry) *Pterocarpus* species, like *Pterocarpus marsupium*, *Swertia* species, like *Swertia chirayta*, *Mangifera* species, like *Mangifera indica*, *Cinnamomun* species, like *Cinnamomum verum*, *Garcinia* species, like *Garcinia mangostana*, *Camellia* sp., like *Camellia sinensis*, *Vaccinium* species, like *Vaccinium myrtillus L.* or *Vaccinium oxycoccos* and *Punica granatum*.

[0049] The at least one ingredient having antioxidative properties and/or antioxidant enzyme inducing properties is selected from a group comprising bilberry (*Vaccinium myrtillus L.*) extract, cranberry (*Vaccinium oxycoccos*) extract, grape (*Vitis vinifera*) seed extract, *Phyllanthus emblica* (Indian gooseberry) extract, *Aronia melanocarpa* (chokeberry) extract, *Pterocarpus marsupium* extract, *Swertia chirayta*, *Mangifera indica* bark, Cinnamon bark, *Garcenia mangostana* extract, green tea (*Camelia sinensis*) leaves and *Punica granatum* whole fruit or peel extracts,

[0050] The at least one ingredient having anti-inflammatory properties is selected from a group comprising antiphlogistics from plants.

[0051] The plant antiphlogistics originate or are isolated from a group of plants comprising *Curcuma* species., like *Curcuma longa* (turmeric), *Salix* species (willow), *Garcinia* species, like *Garcinia mangostana*, *Aloe* species, like *Aloe vera* and *Swertia* species, like *Swertia chitayta*.

[0052] The at least ingredient having anti-inflammatory properties is selected from plant extracts such a *Curcuma longa* (turmeric) extract, willow (*Salix*) bark, *Aloe vera* extract, *Garcenia mangostana* extract and *Swertia chirayta* extract.

[0053] The at least one agent having anti-inflammatory properties is selected as *Curcuma longa* (turmeric) extract, because *Curcuma longa* has not only excellent anti-inflammatory properties, but also exhibits antioxidant, hepatoprotective, antibacterial and immunostimulatory effect.

[0054] The at least one ingredient having immune modulating properties is selected from a group comprising plant polysaccharides, in particular galactomannans, acemannans, arabinoglucans, glucans and mixed polysaccharides.

[0055] The plant polysaccharides originate or are isolated from a group of plants comprising *Trigonella* species, like *Trigonella foenum-graecum* (fenugreek), *Tinospora* species, like *Tinospora cordifolia*, *Senna* species, like *Cassia auriculata* and *Echinacea species*.

[0056] The at least one ingredient having immune modulating properties is selected from a group comprising *Trigonella foenum-graecum* (fenugreek) seed extract, *Tinospora cordifolia* extract, *Cassia auriculata* extract and *echinacea* extract.

[0057] Plant based Immuno-modulating agents have been reported to act primarily on cellular rather than humoral immune responses and to restore the immuno-competency of impaired hosts without hyperstimulating the normals. It augments macrophage chemotaxis, phagocytosis and promotes interaction with other immunoregulatory lymphoid cells.

[0058] In another variant of the present composition the at least one ingredient having neuronal hormone modulating properties is selected from a group comprising plant Steroid, in particular steroid or steroidal saponins, or corresponding aglycons, in particular withanolides, gingseng saponins and furo- and spirostanol saponins.

[0059] The steroids originate from a group of plants comprising *Trigonella* species, like *Trigonella foenum-graecum* (fenugreek), *Whitania* species, like *Whitania somniflora* (winter cherry) and ginseng species, like *Panax gingseng*.

[0060] The at least one ingredient having neuronal hormone modulating properties is selected from a group comprising *Trigonella foenum-graecum* (fenugreek) seed extract, *Withenia somniflora* (winter cherry) extract and *Panax gingseng* extract.

[0061] Further specific compositions for the use in maintaining and/or reducing the blood sugar level, in particular in

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case of diabetes as of type II may comprise the following ingredients:

- 5 b) *Phyllanthus emblica* (Indian gooseberry) extract, *Aronia melanocarpa* (chokeberry) extract, *Curcuma longa* (turmeric) extract, *Tinospora cordifolia* extract and *Withenia somniflora* (winter cherry) extract;
- c) *Phyllanthus emblica* (Indian gooseberry) extract, *Garcenia mangostana hull* extract, *Curcuma longa* (turmeric) extract, and *Trigonella foenum-graecum* (fenugreek) seed extract;
- 10 d) *Phyllanthus emblica* (Indian gooseberry) extract, *Pterocarpus marsupium* extract, *Curcuma longa* (turmeric) extract, *Tinospora cordifolia* extract and *Swertia chirayta* extract;
- e) *Phyllanthus emblica* (Indian gooseberry) extract, *Mangifera indica bark* extract, *Curcuma longa* (turmeric) extract, *Tinospora cordifolia* extract and *Swertia chirayta* extract;
- 15 f) *Phyllanthus emblica* (Indian gooseberry) extract, *Pterocarpus marsupium* extract, *Curcuma longa* (turmeric) extract, *Tinospora cordifolia* extract and *Panax ginseng* extract;
- g) *Phyllanthus emblica* (Indian gooseberry) extract, *Curcuma longa* (turmeric) extract, *echinacea* extract and *Panax ginseng* extract,
- 20 h) *Phyllanthus emblica* (Indian gooseberry) extract, *Aronia melanocarpa* (chokeberry) extract, *Curcuma longa* (turmeric) extract, and *Trigonella foenum-graecum* (fenugreek) seed extract;
- i) *Phyllanthus emblica* (Indian gooseberry) extract, *Pterocarpus marsupium* extract, *Curcuma longa* (turmeric) extract, *Tinospora cordifolia* extract and *Withenia somniflora* extract;
- 25 j) *Phyllanthus emblica* (Indian gooseberry) extract, *Vitis vinifera* (grape) seed extract, acetyl salicylic acid, *Tinospora cordifolia* extract and *Withenia somniflora* extract;
- k) *Phyllanthus emblica* (Indian gooseberry) extract, *Swertia chitayta*, *Curcuma longa* (turmeric) extract and *Tinospora cordifolia* extract,
- 30 l) *Vitis vinifera* (grape) seed extract, *Curcuma longa* (turmeric) extract, Vitamin D3 and *Trigonella foenum-graecum* (fenugreek) seed extract;
- 35 m) *Phyllanthus emblica* (Indian gooseberry) extract, *Pterocarpus marsupium* extract, *Curcuma longa* (turmeric) extract, *Tinospora cordifolia* extract and *Garcinia mangosta*,
- n) *Phyllanthus emblica* (Indian gooseberry) extract, *Swertia chitayta*, *Curcuma longa* (turmeric) extract, *Tinospora cordifolia* extract and *Eugenia jambolana* seed extract; or
- 40 o) *Phyllanthus emblica* (Indian gooseberry) extract, *Pterocarpus marsupium* extract, *Curcuma longa* (turmeric) extract, *Panax ginseng* extract and *Coccinia indica* extract,
- 45 p) *Phyllanthus emblica* (Indian gooseberry) extract, *Pterocarpus marsupium* extract, *Curcuma longa* (turmeric) extract, *Swertia chirayta* and *Azadirachta* extract.

[0062] Examples (n), (o) and (p) embody compositions, where a blood sugar lowering plant extract is incorporated in the formulation. This type of formulation may be particularly helpful for treating severe diabetes not responding to the treatment with oral hypoglycemic agents alone. The existing hypoglycemic therapeutic agents should not be abruptly discontinued, instead composition of type (n) - (p) should be additionally taken. In case of severe diabetes it may take longer time to achieve normal or near to normal blood sugar value.

[0063] In the context of the present disclosure it is also to be understood that the properties of the present composition do not necessarily have to be assigned to one single ingredient. It may also be possible that one ingredient, in particular if the ingredient is a plant extract, provides for more than one property, such as two properties as claimed. This may be the case if a ingredient has similar biochemical or therapeutic functionalities. Therefore, the present composition may also comprise less than four ingredients, such as three ingredients.

[0064] Thus, in a preferred case the present composition comprises at least four different ingredients or substances

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each having one of the specifically required properties as defined above.

[0065] For instance the present composition may comprise four, five more different plant extracts. The present composition may also comprise one synthetic ingredient and three different plant extracts or one synthetic ingredient and four different plant extracts. Any conceivable combination is hereby possible.

[0066] However, it is also possible that one ingredient or substance used in the present composition may have for instance immune modulating properties and also neuronal hormone modulating properties. Thus, in such a case one ingredient may be used for more than one purpose, and the present composition may thus comprise in total less than four substances or ingredients, however still comprising the four properties as required by the present composition.

[0067] This may be in particular the case when using plant extracts. Typically plant extracts may comprise multiple ingredients or agents which have different properties and thus would be applicable in more than only one of the above listed groups of agents. For instance, a plant extract may contain agents which confer the plant extract with immune modulating properties and neuronal hormone modulating properties, such as fenugreek extracts as shown further below.

[0068] The present composition preferably comprises:

a) 20 to 200 mg, preferably 50 to 150 mg, in particular preferably 70 to 100 mg of the least one ingredient having antioxidative properties and/or anti-oxidant enzyme inducing properties in particular endogen anti-oxidant enzyme inducing properties;

b) 20 to 200 mg, preferably 50 to 150 mg, in particular preferably 70 to 120 mg, of the least one ingredient having anti-inflammatory properties;

c) 20 to 200 mg, preferably 50 to 150 mg, in particular preferably 70 to 100 mg of the at least one ingredient having immune modulating properties, and

d) 20 to 200 mg, preferably 50 to 150 mg, in particular preferably 70 to 100 mg at least one ingredient having neuronal hormone modulating properties.

[0069] It is of course to be understood that the amounts provided above depend on the bioavailability of the ingredients or constituents as well as on the amount of co-existing active substances, particularly when using an ingredient of plant origin and may therefore vary in the mentioned ranges.

[0070] For instance, when using herbal products, a single ingredient (plant extract), that contains components having more than one desired properties, has to be used in higher amount in order to avail adequate amount of each type of components. For example in case of fenugreek seed extract, the amount of extract used in the composition is generally higher than other ingredients, because adequate amount of both galactomanans and steroidal saponins have to be included.

[0071] In the context of the present invention a plant extract is to be understood as an extract from a plant part, such as leaves, root, areal part, fruits, seeds of the fruit, fruit peel, bark or whole plant, depending upon the nature of compound desired to be obtained.

[0072] A plant extract means extract from a plant part, such as leaves, root, areal part, fruits, seeds of the fruit, fruit peel, bark or whole plant, depending upon the nature of compound desired to be obtained. Water, organic solvents or a mixture of the two can be used for extraction, again depending upon the nature of compounds desired to be extracted. This point is illustrated in following examples in more detail

[0073] For example, in case of *Garcenia mangostana* hull the compounds desired to be extracted are xanthenes, which are a class of compound more soluble in methanol or ethanol rather than water. Hence alcohol such ethanol should be used for extraction instead of water or water-alcohol mixture. Other solvents like methanol can also be used but care should be taken to completely remove the traces of the solvents from the extract because of higher toxicity of methanol.

[0074] In case of green tea on the other hand, the water soluble catechins like gallic catechins, epigallocatechin, epigallocatechin gallate, epicatechin gallate, gallate glycosides etc. are the desired compound, hence water should be preferably used for extraction.

[0075] *Withenia somniflora* contains withenolides as main active principle possessing neuro-hormonal modulating properties, which are more alcohol soluble rather than water soluble. The plant also contains water soluble active polysaccharides which have immune modulating properties. Hence, in case both activities are of important in a formulation, a water-alcohol, like 70% water-alcohol extract should be used.

[0076] Thus, selection of a proper plant part, extraction solvent, extraction process and process of drying the extract all play crucial roles in the bio-activity of a plant extract. It is therefore important to mention here, that commercially available plant extracts are not always suitable for using as ingredient in a herbal product particularly in the present composition. Care should be taken to use ingredients of proper quality and a quality control parameter should be

developed and applied to maintain the same quality for all batches of production.

[0077] The present composition may be used either as a pharmaceutical composition in the prevention and/or treatment of high sugar levels such as in case of diabetes or may also be used as a dietetic food as for instance as a supplementary for maintaining or stabilizing the blood sugar level, or for preventing and/or treating secondary diseases associated with diabetes and/or with high oxidative stress, in particular cardiovascular diseases, hyperlipidemia, retinopathy or nephropathy.

[0078] As previously described the present composition such as in form of plant extracts as herbal medicine are suitable for restricting diabetes as oral hypoglycemic agents alone or in addition to one of the conventionally used hypoglycemic agents. Thus, the present composition is used for maintaining and/or reducing the blood sugar level in diabetes patients or even for prevention the outbreak of diabetes in a way of prophylaxis.

[0079] The composition may also be useable in a method for preventing and/or treating symptoms, conditions or disorders associated with diabetes such as diabetes type 2, preventing and treating cardiovascular disorder, preventing and treating hyperlipidemia. According to this method the present composition is administered alone (as prevention) or together with another hypoglycemic agent at least once, preferably at least twice a day.

[0080] Further details of the invention are explained in more detail by the means of various exemplary embodiments.

Example

[0081] A composition as dietetic food for diabetics comprising *Vitis vinifera* (grape) seed water extract (80 mg), *Phyllanthus emblica* (Indian gooseberry) hydro-alcoholic extract (90 mg), *Curcuma longa* (turmeric, 80 mg) alcoholic extract and *Trigonella foenum-graecum* (fenugreek) seed hydro-alcohol extract (110 mg) was used for demonstrating the efficacy in a clinical study.

[0082] The extraction process for individual ingredients was selected according to the nature of active compound present in the plants. Therefore, commercially available extracts were not used in the particular composition mentioned above. *Vitis vinifera* (grape) seed was extracted with water in order to extract the monomers and dimers of proanthocyanidins of grape seed preferably. *Phyllanthus emblica* was extracted with a mixture of water and alcohol for extracting ellagitannins as well as their glycosides. *Curcuma longa* on the other hand contains curcumin and dihydro curcumins as active constituents, and they are more soluble in organic solvent and therefore alcohol was used for extraction. *Trigonella foenum-graecum* (fenugreek) contains water soluble polysaccharides as well as steroidal saponin and genins as active components, which are more alcohol soluble and hence, mixture of water and alcohol was used for extraction.

[0083] In a single arm, GCP controlled clinical study effect of the above dietetic composition was studied on 40 diabetes patients. Diabetes type II patients, who were under treatment for diabetes for more than one year and receiving a combination therapy of metformin and glimepiride were included in the study. In spite of combination therapy most of the patients were showing poor glycemic control as evident by fasting blood sugar and HbA1C values. Subjects were receiving mostly the combination of metformin and glimepiride for at least one year and were consuming the same dose for at least three months prior to study begin. They were given the above composition (one capsule, twice daily) in addition to the hypoglycemic agents. All concomitant drugs taken for other associated diseases including hypertension and hyperlipidemiae were continued as before.

[0084] Subjects were instructed to avoid any change in general diet, life style or medicine intake. No other herbal drug except the above composition was permitted. Aim of the study was to observe the effect of the present dietetic composition (taken additionally to the oral hypoglycemic agents) on blood sugar level and HbA1C value and on lipid parameter. The primary end points were fall in fasting blood sugar, and HbA1C values compared to starting point. Results of the study are presented in the following table 1.

[0085] The results of this study demonstrated the positive effect of the complementary treatment with the herbal composition along with hypoglycemic agents compared to hypoglycemic agent alone (initial values). Moreover, the almost same average fasting blood sugar (FBS) values of day 42 and day 63 is because of a number of patients who forgot to take the herbal composition on several days during this period. As a result their FBS were again higher than before so that the average value went high. Thus skipping a dose caused reversal of positive effect.

[0086] The treatment should be conducted under medical supervision since considerable lowering of blood sugar values were observed in many cases, indicating the need for reducing the amount of hypoglycemic agent.

Table 1: Effect of dietetic food on diabetes Type 2: Changes in diabetic parameters within 12 weeks of treatment period

| Description | Parameter | Study Beginn (Day 0= | Middle of study (Day 42) | End of study (Day 84) |
|--|----------------------------------|----------------------|--------------------------|-----------------------|
| Subjects with moderate diabetes FBS < 150 mg/dl | FBS (mg/dl) Average value (n=12) | 128 | 117 | 112 |
| Subjects with advanced diabetes FBS > 150 mg/dl | FBS (mg/dl) Average value (n=28) | 190 | 139 | 128 |
| HbA1C | Average (%) (n=40) | 8,9 | 8,1 | 7,6 |
| Triglycerid | Durchschnittswert (mg/dl) (n=40) | 162 | ----- | 146 |

[0087] The results of this study demonstrated the positive effect of the complementary treatment with the herbal composition along with hypoglycemic agents over hypoglycemic agent alone (initial values).

Claims

1. A composition as means for use in the prevention/treatment and maintenance of normal blood sugar level of diabetes type II consisting of *Vitis vinifera* (grape) seed extract, *Phyllanthus emblica* (Indian gooseberry) extract, *Curcuma longa* (turmeric) extract and *Trigonella foenum-graecum* (fenugreek) seed extract.
2. Composition according to claim 1, **characterized in that** the composition is used in the prevention or as prophylactic treatment of diabetes type 2 in early stage.
3. Composition according to claim 1, **characterized in that** the composition is used in the prevention and/or treatment of secondary diseases associated with diabetes and/or diseases associated with high oxidative stress.
4. Composition according to claim 3, **characterized in that**, the composition is used in the prevention and/or treatment of cardiovascular diseases, hyperlipidemia, retinopathy or nephropathy.
5. Composition according to claim 1, **characterized in that** the composition is used in treatment of diabetes type 2 together with at least one hypoglycaemic agent either as a component of the composition or as a separate entity.
6. Composition according to claim 5, **characterized in that** the at least one hypoglycaemic agent is synthetic or is of plant origin or a combination of both.
7. Composition according to claim 6, **characterized in that** the hypoglycaemic agent of plant origin is selected from plant extracts comprising the genus *Azadirachta*, *Eugenia*, *Gymnema*, *Momordica* and *Coccinia* or a combination thereof.
8. Composition according to claim 7, **characterized in that** the hypoglycaemic agent of plant origin is selected from plant extracts comprising *Azadirachta indica*, *Eugenia jambolana*, *Gymnema sylvestre*, *Momordica charantia*, *coccinia indica* or a combination thereof.
9. Composition according to claim 5, **characterized in that** the synthetic hypoglycaemic agent is a biguanide, in particular metformin, or a sulfonyl urea, in particular glibeclamid and glimepiride.

Patentansprüche

1. Eine Zusammensetzung als Mittel zur Verwendung in der Vorbeugung/Behandlung und Aufrechterhaltung eines normalen Blutzuckerspiegels von Diabetes Typ II bestehend aus *Vitis vinifera* (Trauben) Samenextrakt, *Phyllanthus emblica* (Indische Stachelbeere) Extrakt, *Curcuma longa* (Gelbwurz) Extrakt und *Trigonella foenum-graecum* (Boxhornklee) Samenextrakt.

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2. Zusammensetzung gemäß Anspruch 1, **dadurch gekennzeichnet, dass** die Zusammensetzung in der Vorbeugung oder als prophylaktische Behandlung von Diabetes Typ II in einem frühen Stadium verwendet wird.
- 5 3. Zusammensetzung gemäß Anspruch 1, **dadurch gekennzeichnet, dass** die Zusammensetzung in der Vorbeugung und/oder Behandlung von Sekundärkrankheiten assoziiert mit Diabetes und/oder Krankheiten assoziiert mit hohem oxidativen Stress verwendet wird.
- 10 4. Zusammensetzung gemäß Anspruch 3, **dadurch gekennzeichnet, dass** die Zusammensetzung in der Vorbeugung und/oder Behandlung von kardiovaskulären Erkrankungen, Hyperlipidemie, Retinopathie oder Nephropathie verwendet wird.
- 15 5. Zusammensetzung gemäß Anspruch 1, **dadurch gekennzeichnet, dass** die Zusammensetzung in der Behandlung von Diabetes Typ II zusammen mit mindestens einer hypoglykämischen Verbindung entweder als Komponente der Zusammensetzung oder als separate Einheit verwendet wird.
- 20 6. Zusammensetzung gemäß Anspruch 5, **dadurch gekennzeichnet, dass** die mindestens eine hypoglykämische Verbindung synthetisch ist oder von pflanzlichem Ursprung ist oder eine Kombination von beiden ist.
- 25 7. Zusammensetzung gemäß Anspruch 6, **dadurch gekennzeichnet, dass** die hypoglykämische Verbindung pflanzlichen Ursprungs ausgewählt ist aus Pflanzenextrakten umfassend die Gattung *Azadirachta*, *Eugenia*, *Gymnema*, *Momordica* und *Coccinia* oder einer Kombination davon.
- 30 8. Zusammensetzung gemäß Anspruch 7, **dadurch gekennzeichnet, dass** die hypoglykämische Verbindung pflanzlichen Ursprungs ausgewählt ist aus Pflanzenextrakten umfassend *Azadirachta indica*, *Eugenia jambolana*, *Gymnema sylvestre*, *Momordica charantia*, *Coccinia indica* oder einer Kombinationen davon.
9. Zusammensetzung gemäß Anspruch 5, **dadurch gekennzeichnet, dass** die synthetische hypoglykämische Verbindung ein Biguanid, insbesondere Metformin, oder ein Sulfonylharnstoff, insbesondere Glibeclamid und Glimepirid ist.

Revendications

- 35 1. Composition en tant que moyen pour utilisation dans le traitement prophylactique/thérapeutique et la conservation d'une glycémie sanguine normale dans le diabète de type II constituée d'extrait de grain de *Vitis vinifera* (raisin), d'extrait de *Phyllanthus emblica* (amla), d'extrait de *Curcuma longa* (curcuma) et d'extrait de grain de *Trigonella foenum-graecum* (fenugrec).
- 40 2. Composition selon la revendication 1, **caractérisée en ce que** la composition est utilisée dans la prévention ou le traitement prophylactique du diabète de type 2 à un stade précoce.
- 45 3. Composition selon la revendication 1, **caractérisée en ce que** la composition est utilisée dans le traitement prophylactique et/ou thérapeutique des maladies associées au diabète et/ou de maladies associées à un stress oxydant élevé.
- 50 4. Composition selon la revendication 3, **caractérisée en ce que** la composition est utilisée dans le traitement prophylactique et/ou thérapeutique de maladies cardiovasculaires, de l'hyperlipidémie, de la rétinopathie ou de la néphropathie.
- 55 5. Composition selon la revendication 1, **caractérisée en ce que** la composition est utilisée dans le traitement du diabète de type 2 avec au moins un agent hypoglycémique, soit en tant que composant de la composition, soit en tant qu'entité distincte.
6. Composition selon la revendication 5, **caractérisée en ce que** l'au moins un agent hypoglycémique est synthétique ou d'origine végétale, ou une combinaison des deux.
7. Composition selon la revendication 6, **caractérisée en ce que** l'agent hypoglycémique d'origine végétale est choisi parmi les extraits de plantes comprenant les genres *Azadirachta*, *Eugenia*, *Gymnema*, *Momordica* et *Coccinia* ou

une combinaison de ceux-ci.

5 8. Composition selon la revendication 7, **caractérisée en ce que** l'agent hypoglycémique d'origine végétale est choisi parmi les extraits de plantes comprenant *Azadirachta indica*, *Eugenia jambolana*, *Gymnema sylvestre*, *Momordica charantia*, *Coccinia indica* ou une combinaison de ceux-ci.

10 9. Composition selon la revendication 5, **caractérisée en ce que** l'agent hypoglycémique synthétique est un biguanide, en particulier la metformine, ou une sulfonylurée, en particulier glibeclamid et glimépiride.

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REFERENCES CITED IN THE DESCRIPTION

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