Introduction
Diabetes mellitus is a chronic metabolic disease which involves nearly all organs of human body, and is an important challenge of healthcare system in throughout the world. It is a prominent risk factor for cardiovascular disorders such as hypertension and atherosclerosis, renal failure, neuropathies, eye and skin complications. Hyperglycemia induced over production of reactive species and pro-inflammatory processes are responsible to change normal cellular structure and function, which finally leads to endothelial cell dysfunction and cell death. Therefore, the most efforts are directed to control dyslipidemia and hyperglycemia in diabetes patients. Amongst various antidiabetic plants, recent investigations have shown favorable finding regarding *Abelmoschus esculentus* efficiency on improvement of blood glucose control and lipid profile abnormalities.

*Hibiscus esculentus* and diabetes mellitus

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Diabetes mellitus is a chronic metabolic disease, and is an important challenge of healthcare system in throughout the world. The most efforts are directed to control dyslipidemia and hyperglycemia in diabetes patients. Amongst various antidiabetic plants, recent investigations have shown favorable finding regarding *Abelmoschus esculentus* efficiency on improvement of blood glucose control and lipid profile abnormalities.

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of diabetic control rats indicated significant alleviation in glucose and HbA1c levels, returned triglyceride and cholesterol level to normal range (2).

More recent investigations, showed the beneficial impacts of okra seed and mucilage on improving histopathological changes and biochemical parameters in preclinical studies. These studies found, the-effectivity of okra seed extract on reduction of total cholesterol, lipoproteins containing cholesterol, triglyceride and glucose levels and enhancement of serum insulin level. Interestingly, seed and mucilage of okra treated diabetic rats may also attenuate inflammation and dysfunction of β-cells of Langerhans islets in histopathological examination, in addition to biochemical parameters improvements. Thus it seems that, okra seed extract had a protective role against inflamed pancreatic β-cells through its both antioxidant and anti-inflammatory activities (5).

Similarly, a study conducted by Rafieian et al reported beneficial effects of consumption of Hibiscus esculentus powder in blood glucose, triglyceride and total cholesterol levels in Alloxan induced diabetic rats that might are associated with antioxidant components (6).

Hence, these presented data indicates nutritional importance of Hibiscus esculentus in health protection and improvement of glycemia and hyperlipidemia induced diabetic complications. Hibiscus esculentus consumption can be as a routine therapeutic application for diabetic individuals.

Authors’ contribution
FDS is the single author of the paper.

Conflicts of interest
The author declared no competing interests.

Ethical considerations
Ethical issues (including plagiarism, data fabrication, double publication) have been completely observed by the author.

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