European Journal of Applied Sciences – Vol. 13, No. 03
Publication Date: May 25, 2025
DOI:10.14738/aivp.1303.18817.
Ogunmoyole, T., Odunyemi, P. O., Akeem, Y. A., Johnson, O. D., Adefila, A. O., & Ogundare, A. M. (2025). Antioxidant and Antidiabetic Potential of Bryophyllum pinnatum Leaf Extract *In Vitro*. *European Journal of Applied Sciences*, Vol - 13(03). 238-255.
SERVICES FOR SCIENCE AND EDUCATION

Antioxidant and Antidiabetic Potential of *Bryophyllum pinnatum* Leaf Extract *In Vitro*

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ABSTRACT

***Bryophyllum pinnatum* has been traditionally used in folkloric medicine for various treatments. This study investigates the antioxidant and antidiabetic properties of *B. pinnatum* leaf extract as a potential management option for diabetes. The free radical scavenging ability of *B. pinnatum* leaf extract was evaluated against 2, 2-diphenyl-1-picrylhydrazyl (DPPH, hydrogen peroxide, and nitric oxide (NO) radicals *in vitro* following established protocols. Ferric reducing antioxidant power (FRAP), lipid peroxidation, and iron (II) chelating ability of the leaf extract were also measured *in vitro*. The inhibitory effects of the extract on key carbohydrate-metabolizing enzymes, including α-amylase and α-glucosidase, were also determined as an index of its potential antidiabetic properties following standard procedures. The total phenolic and flavonoid content of the leaf extract was also quantified. The bioactive constituents of the leaf extract were also profiled using Gas Chromatography-Mass Spectrometry (GC-MS). The results indicated that *B. pinnatum* leaf extract demonstrated significant free radical scavenging activity against DPPH, hydrogen peroxide, and NO. The extract also showed marked ferric reducing power, iron chelating ability, and inhibition of lipid peroxidation. The extract exhibited potent inhibitory effects on α-amylase and α-glucosidase, with IC_{50}**

values of 2.78 µg/ml and 0.65 µg/ml, respectively, suggesting its *in vitro* antihyperglycemic potential. Twenty-eight (28) phytochemicals were profiled from the GC-MS chromatogram. The presence of these bioactive compounds in the plant might explain its relevance in managing diabetes in folkloric medicine.

Keywords: *Bryophyllum pinnatum,* Antioxidant, Antidiabetic, α-amylase, α-glucosidase.

INTRODUCTION

Bryophyllum pinnatum, commonly known as the air plant, cathedral bells, life plant, miracle leaf, goethe plant, or wonder plant, is a succulent native to Madagascar that has become naturalized in tropical and subtropical regions. It is also referred to as *Kalanchoe pinnata* [1]. *B. pinnatum* is renowned for its wide range of medicinal applications. It has been traditionally used to treat insect bites, stings, ulcers, wounds, inflammation, and boils. Additionally, it has been applied in the treatment of more severe conditions such as rheumatic infections, cancer, viral infections, smallpox, tuberculosis, and kidney stones. The plant has also been used to address gastrointestinal disorders like diarrhea and dysentery, as well as eye and ear conditions such as conjunctivitis and earaches [2].

Different parts of *B. pinnatum*, including its leaves, bark, and juice, have been employed for managing a variety of ailments. The leaves are used both internally and externally, demonstrating carminative, astringent, and tonic properties [3]. The leaves have been applied to combat bacterial, viral, and fungal infections, including diarrhea, vomiting, and respiratory infections [4-6]. *B. pinnatum* also exhibits analgesic and anti-inflammatory effects when applied externally [7], and has been reported to treat conditions such as fever, ulcers, leishmaniasis, and hypertension [8-10]. Furthermore, the plant has shown anti-histamine and anti-allergic properties, as well as disinfectant, hemostatic, and emollient effects [11,12]. Its roots have been traditionally used to manage epilepsy, while the juice is applied topically for wound healing and to stop bleeding [13]. In Southeastern Nigeria, *B. pinnatum* plays a significant role in traditional medicine, where it is used to treat childhood illnesses, aid in the delivery process, and manage conditions like hypertension, diabetes mellitus, arthritis, and joint pain [14-16]. Diabetes is a complex metabolic disorder characterized by chronic hyperglycemia resulting from insufficient insulin production or ineffective insulin action [17,18]. One approach to managing diabetes is through the inhibition of key carbohydrate-metabolizing enzymes like α-amylase and α-glucosidase, which helps regulate postprandial hyperglycemia. Studies suggest that *B. pinnatum* shows potential in inhibiting these enzymes, making it a candidate for diabetes management [19]. This has led to growing interest in the use of medicinal plants, including *B. pinnatum*, for managing diabetes and its complications [20]. Medicinal plants like *B. pinnatum* contain bioactive compounds such as alkaloids, flavonoids, glycosides, terpenoids, and polyphenols, which are believed to contribute to their anti-diabetic effects. These compounds work through various mechanisms, including enhancing insulin secretion, improving insulin sensitivity, reducing glucose absorption, and exhibiting antioxidant properties [21]. For instance, flavonoids and polyphenols can protect pancreatic β-cells from oxidative stress, thus preserving insulin production and secretion [22]. Considering the global burden of diabetes, the present study aims to unravel the phytochemical fingerprints as well as evaluate the in vitro antioxidant and anti-diabetic activities of *B. pinnatum* leaf as a potential remedy for diabetes, particularly in poor communities where the cost of conventional treatment is not affordable.

MATERIALS AND METHODS

Materials

Filter paper, foil paper, analytical weighing balance, test tubes and beakers, ceramic mortar and pestle, measuring cylinders, centrifuge, pH meter, water bath, spectrophotometer.

Reagents and Chemicals

Folin-Ciocalteau's reagent, sodium carbonate, methanol, ethanol, hydrogen peroxide, acetone, aluminum chloride ($AlCl_3$), potassium acetate, DPPH (1,1-diphenyl-2-picrylhydrazyl), sodium phosphate buffer, potassium ferricyanide, trichloroacetic acid (TCA), ferric chloride (iron (iii) chloride, $FeCl_3$), iron (ii) sulfate ($FeSO_4$), Tris-HCl buffer, 1,10-phenanthroline, sodium nitroprusside (SNP), saline phosphate buffer, Griess reagent, sodium dodecyl sulfate (SDS), acetic acid, thiobarbituric acid (TBA), sodium chloride (NaCl), gallic acid, iron (ii) chloride (ferrous chloride, $FeCl_2$), saline sodium phosphate buffer, and 2-chloro-4-nitrophenol-D-maltotrioside, all of which were obtained from the Department of Medical Biochemistry, College of Medicine, Ekiti State University. Other reagents used were of high analytical grade and purchased from reputable suppliers.

Plant Sample Collection and Identification

Leaves of *B. pinnatum* were obtained from a farm within the Ekiti State University Campus and botanically identified and authenticated at the Department of Plant Science and Biotechnology, Faculty of Science, Ekiti State University, Ado-Ekiti, Nigeria. It was stored with the herbarium number UHAE 2024032.

Plant Preparation

Fresh leaves of *B. pinnatum* were collected and weighed. It was thoroughly rinsed with distilled water to remove any surface impurities and contaminants. Thereafter, the leaves were cut into smaller pieces and homogenized. The homogenate was then filtered to get a clear fluid, which was used for analysis.

Determination of Total Phenolic Content of *B. pinnatum* Leaf

The total phenolic content of *B. pinnatum* was determined according to the method of Singleton *et al.* [23]. Briefly, appropriate dilutions of the *B. pinnatum* were oxidized with 2.5 mL 10% Folin-Ciocalteau's reagent (v/v) and neutralized with 2.0 mL of 7.5% sodium carbonate. The reaction mixture was incubated for 40 min at 45°C, and the absorbance was measured at 765nm in the spectrophotometer. The total phenolic content was subsequently calculated as gallic acid equivalent (GAE).

Determination of Total Flavonoid Content *of B. pinnatum* Leaf

The total flavonoid content of *B. pinnatum* was determined using a slightly modified method reported by Meda *et al.* [24]. Briefly, 0.5 ml of appropriately diluted *B. pinnatum* was mixed with 0.5 ml methanol, 50µl 10% $AlCl_3$, 50µl 1 M potassium acetate, and 1.4 ml water. The reaction mixture was then allowed to incubate at 37°C for 30 min. The absorbance of the reaction mixture was subsequently measured at 415nm, and the total flavonoid content was calculated as quercetin equivalent (QE).

Determination of *2,2-Diphenyl-1-Picrylhydrazyl (DPPH)* Free Radical Scavenging Ability of *B. pinnatum* Leaf

The free radical scavenging ability of the *B. pinnatum* against 2,2-diphenyl-1-picrylhydrazyl (DPPH) free radical was evaluated as described by Gyamfi *et al.* [25]. Briefly, an appropriate dilution of the *B. pinnatum* (1 mL) was mixed with 1 mL of 0.4 mM DPPH radicals in a methanolic solution. The mixture was left in the dark for 30 min, and absorbance was read at 516nm. The control contained 2 mL of DPPH solution without the test samples. The DPPH free radical scavenging ability was subsequently calculated as a percentage of the control.

Determination of Ferric Reducing Antioxidant Power *of B. pinnatum* Leaf

The reducing property of the *B. pinnatum* was determined by assessing the ability of the *B. pinnatum* to reduce $FeCl_3$ solution as described by Oyaizu [26]. A 500 µl aliquot of the extract was mixed with 2.5 ml of 200 mM sodium phosphate buffer (pH 6.6) and 2.5 ml of 1% potassium ferricyanide. The reaction mixture was incubated at 50°C for 20 min, followed by the addition of 2.5 ml of 10% trichloroacetic acid. This reaction mixture was centrifuged at 801 × g for 10 min. Five millilitres (5ml) of the supernatant was mixed with an equal volume of water and 1 ml of 0.1% ferric chloride. The absorbance of the final reaction mixture was measured at 700nm, and the ferric reducing power was subsequently calculated as ascorbic acid equivalent (AAE).

Determination of Iron Chelating Ability of *B. pinnatum* Leaf

The Fe^{2+} chelating ability of the extract was determined using a modified method of Minotti and Aust (1987), with a slight modification by Puntel *et al.* [27]. Freshly prepared 500 µM FeSO4 (150 µl) was added to a reaction mixture containing 168 µl of 0.1 M Tris-HCl (pH 7.4), 218 µl saline, and *B. pinnatum* (0 – 25 µl). The reaction mixture was incubated for 5 min, before the addition of 13 µl of 0.25% 1,10-phenanthroline (w/v). The absorbance of the reaction mixture was subsequently measured at 510nm in a spectrophotometer. The Fe^{2+} chelating ability was subsequently calculated.

Determination of the Hydrogen Peroxide Radical Scavenging Ability of *B. pinnatum* Leaf

The ability of *B. pinnatum* to scavenge hydrogen peroxide was determined according to the method of Ruch *et al.* [28]. A solution of hydrogen peroxide (40 mM) was prepared in phosphate buffer (pH 7.4). Hydrogen peroxide concentration was determined spectrophotometrically by measuring absorption with an extinction coefficient for H_2O_2 of 81 $M^{-1}cm^{-1}$. *B. pinnatum* (0.2–1.0 mg/mL) in distilled water was added to hydrogen peroxide solution (0.6 mL, 40 mM). Absorbance of hydrogen peroxide at 230 nm was determined after 10 min against a blank solution containing the phosphate buffer without hydrogen peroxide. The percentage of hydrogen peroxide scavenging by the extract and standard compounds was calculated following the equation:

$$\%\ H_2O_2\ \text{Scavenged} = [\ (Ao - A1) \div Ao] \times 100$$

Where Ao is the absorbance of the control, and A1 is the absorbance in the presence of the sample of extracts or standards.

Determination of Nitric Oxide Radical Scavenging Ability of *B. pinnatum* Leaf

Nitric oxide scavenging activity of *B. pinnatum* was evaluated by the method of Igbinosa *et al.* [29]. One millilitre (1 mL) of 25 mM sodium nitroprusside prepared in 0.5 mM saline phosphate buffer (pH 7.4) was added to 0.5 mL of *B. pinnatum* extract or standard (100–400 µg/ml) and vortexed. The mixture was incubated for 2 hours at 37ºC. Thereafter, 1 mL of the reaction mixture was measured and mixed with 1 mL of Griess reagent (equal volumes of 1% sulfanilic acid prepared in 2% orthophosphoric acid and 0.01% naphthylenediamine dichloride (w/v)) and incubated at 37°C for 30 minutes. The absorbance was read at 546 nm, and the percentage nitric oxide scavenging ability of the extract was calculated.

$$\text{Nitric oxide scavenging activity (\%)} = \frac{\text{Abs}_{546}\text{ (control)} - \text{Abs}_{546}\text{ (extract)} * 100}{\text{Abs}_{546}\text{ (control)}}$$

Determination of *B. pinnatum* Leaf Ability to Inhibit Lipid Peroxidation

Lipid peroxidation assay was carried out by the modified method of Okhawa *et al.* [30]. Briefly, 100 µl of homogenate from rat pancreas, liver, and kidney was mixed with a reaction mixture containing 30 µl of 0.1 M Tris-HCl buffer (pH 7.4), *B. pinnatum* (0 - 100 µl), and 30 µl of the pro-oxidants (25 µM Iron (II) sulfate). The volume was made up to 300 µl with distilled water before incubation at 37°C for 2 hours. The color reaction was developed by adding 300 µl of 8.1% SDS (Sodium dodecyl sulfate) to the reaction mixture containing the homogenate, followed by the addition of 600 µl of acetic acid/HCl (pH 3.4) and 600 µl of 0.8% thiobarbituric acid (TBA). The resulting mixture was incubated at 100°C for 1 hour. The absorbance of thiobarbituric acid reactive species (TBARS) produced was measured at 532 nm in a UV-visible spectrophotometer (Model 6305; Jenway, Barloworld Scientific, Dunmow, United Kingdom). MDA (Malondialdehyde) produced was expressed as % Control.

Alpha-amylase Inhibitory Activity of *B. pinnatum* Leaf

B. pinnatum leaf extract was assayed for amylase inhibitory activity by the CNPG3 method (2-chloro-p-nitrophenyl-D-maltotrioside), and acarbose was used as a reference standard. α-amylase inhibition was performed as described by Nino *et al.* [31] with minor modifications. The amylase enzyme solution was prepared by mixing 3.20 mg of amylase enzyme in 100 ml of 40 mM phosphate buffer, pH 6.9. The positive control, acarbose, was obtained by dissolving 50 mg in 50 ml phosphate buffer and diluted appropriately to give a concentration of 2.5 g/ml with phosphate buffer. The sample was dissolved in buffer to give final concentrations of 10, 50, and 100 µg/ml. Acarbose and *B. pinnatum* were separately mixed with 125 µl of 2-chloro-4-nitrophenol-D-maltotrioside (CNPG3) and incubated at 37°C for 8 minutes. The absorbance was measured at 405 nm using a UV-Visible spectrophotometer.

$$\text{Inhibition (\%)} = \frac{\text{Abs}_{405}\text{ (control)} - \text{Abs}_{405}\text{ (extract)} * 100}{\text{Abs}_{410}\text{(control)}}$$

Alpha-glucosidase Inhibitory Activity of *B. pinnatum* Leaf

The p-NPG was used as a substrate in the α-glucosidase inhibition assay performed using methods previously described by Sancheti [32], with minor changes. Briefly, 20 µL of *B. pinnatum* (in 30% DMSO) was mixed with 20 µL of glucosidase (final concentration 0.5 U/mL) and 120 µL of buffer solution and incubated at 37 °C for 15 minutes. The reaction was then

terminated by the addition of 40 µL of p-NPG and incubation for a further 15 minutes. Finally, the absorbance at 405 nm was measured using a UV-Visible spectrophotometer. Acarbose was used as the reference alpha-glucosidase inhibitor. All tests were performed in triplicate. The percentage of inhibition was calculated using the following formula:

$$\text{Inhibition (\%)} = \frac{\text{Abs}_{405}\text{ (control)} - \text{Abs}_{405}\text{ (extract)} * 100}{\text{Abs}_{410}\text{ (control)}}$$

Gas Chromatography-mass Spectrometry (GC-MS) Analysis of *B. pinnatum* Leaf

GC-MS analysis of *B. pinnatum* was performed using a Varian 3800/4000 gas chromatograph mass spectrometer equipped with an Agilent equipped with a capillary column DB5ms (30.0m x 0.25mm, 0.25µm film thickness). The carrier gas used is Nitrogen with 99.9995% purity and at a low flow rate of 1.0 ml/min. The injector was operated at 250 °C, and the oven temperature was programmed as follows: 60 °C for 15 min, then gradually increased to 280 °C at 3 min. The identification of components was based on Willey and NIST libraries as well as a comparison of their retention indices. The constituents were identified after comparison with those available in the computer library (NIST and Wiley) attached to the GC-MS instrument, and the results obtained have been tabulated. All the samples and replicates were continuously injected as one batch in random order to discriminate technical from biological variations. Additionally, the prepared pooled samples were used as quality controls (QCs), which were injected at regular intervals throughout the analytical run to provide a set of data from which the repeatability can be assessed.

Statistical Analysis

All experimental data were expressed as mean ± SEM. Data were analyzed using One Way Analysis of Variance (ANOVA) followed by Duncan's Multiple Range Test (DMRT) by using the SPSS 21 version for Windows. The level of significance was at $p < 0.05$.

RESULTS

***In vitro* Antidiabetic Activity of *B. pinnatum* Leaf**

The *in vitro* inhibitory effects of *B. pinnatum* leaf extract on α-amylase and α-glucosidase were significant. The extract displayed potent inhibitory activity against both enzymes, surpassing that of acarbose, as evidenced by the IC_{50} values. The IC_{50} values for α-amylase and α-glucosidase were 2.78 µg/ml and 0.65 µg/ml, as shown in Tables 2.0 and 3.0, respectively, which display the IC_{50} values and inhibitory activity of *B. pinnatum* leaf extract and acarbose against α-amylase and α-glucosidase, respectively. Table 4.0 indicates that *B. pinnatum* has a low glycemic index (GI), with a value of approximately 38.48. The glycemic index values were measured in triplicate, yielding consistent results across the replicates: 38.48, 38.50, and 38.47, respectively.

In vitro Antioxidant Activity of *B. pinnatum* Leaf

Total Phenolic Content of *B. pinnatum* Leaf:

Table 5.0 shows the total phenolic content (TPC) at different volumes of *B. pinnatum* leaf extract. At 50 µL, the TPC is 28.70 (mg GAE/g), while at 150 µL, it is 49.20 (mg GAE/g).

Total Flavonoid Content of *B. pinnatum* Leaf:
Table 6.0 shows the total flavonoid content (TFC) at different volumes of *B. pinnatum* leaf extract. At 25 µL, the TFC is 18.40 (mgQE/g), while at 100 µL, the TFC rises to 35.20 (mgQE/g), indicating that higher volumes yield significantly more flavonoid content, enhancing the extract's antioxidant potential.

Ferric Reducing Antioxidant Power (FRAP) of *B. pinnatum* Leaf:
Figure 2.0 shows the ferric-reducing antioxidant power (FRAP) at different volumes of *B. pinnatum* leaf extract. The least activity was observed at 50 µL, while its peak was observed at 150 µL of the extract.

Iron Chelating Ability Assay of *B. pinnatum* Leaf:
Figure 3.0 presents the iron chelating ability of *B. pinnatum* leaf extract at various volumes. At the lowest volume tested (40 µL), the extract chelated 84.75% of the iron. This chelating ability steadily increased, reaching 166.67% at the highest volume tested (400 µL).

Hydrogen Peroxide Scavenging Ability of *B. pinnatum* Leaf:
Figure 4.0 shows the hydrogen peroxide radical scavenging activity at different volumes of *B. pinnatum* leaf extract. The highest activity was observed at 400 µL with 100% hydrogen peroxide scavenged, and it remained the same even when 1200 µL of the extract was used.

Nitric Oxide Radical Scavenging Activity of *B. pinnatum* Leaf:
Nitric oxide radical scavenging activity of *B. pinnatum* at various volumes is shown in Figure 5.0. The least activity was observed at 100 µL with 49.48% nitric oxide scavenged, while its peak was observed at 400 µL with 56.28% nitric oxide scavenged.

Inhibition of Lipid Peroxidation by *B. pinnatum Leaf Extract:*
The inhibition of hepatic lipid peroxidation by *B. pinnatum* extract is shown in Figure 6.0. The highest activity was observed at 100 µL, with 16 % inhibition of lipid peroxidation, while the least activity was observed at 30 µL, with 0% inhibition. Figure 7.0 presents the inhibitory effect of *B. pinnatum* extract on lipid peroxidation in the pancreatic tissue of a Wistar rat. At a volume of 30 µL, the extract inhibited lipid peroxidation by 4%. This effect increased slightly to 14 % at 50 µL of the extract. These findings suggest a dose-dependent relationship between the volume of *B. pinnatum* extract and its efficacy in inhibiting lipid peroxidation in pancreatic tissue. The inhibition of lipid peroxidation by *B. pinnatum* extract in the renal tissue of the Wistar rat is shown in Figure 8.0. The extract demonstrated strong inhibitory activity, with only 6% inhibition of lipid peroxidation even at the highest volume used.

DPPH *(1,1-diphenyl-2-picrylhydrazyl)* Scavenging Ability of *B. pinnatum* Leaf:
The free radical scavenging ability (DPPH) of *B. pinnatum* extract is depicted in Figure 9.0. The least activity was observed at a 30 µL volume, with 23.09% DPPH scavenged. Peak activity occurred at a 300 µL volume, with 107% DPPH scavenged.

Phytocompounds Identified in B. *pinnatum* leaf Extract GC-MS
The identified phytocompounds isolated from *B. pinnatum* using the Gas Chromatography-Mass Spectroscopy (GC-MS) technique are shown in Table 7.0. The analysis resulted in the

identification of 28 distinct phytoconstituents. The predominant phytochemicals present in the *B. pinnatum* leaves include n-Hexadecanoic acid, 9,12-Octadecadienoic acid (Z, Z)-, Oleic acid, and Docosane, among others. The GC-MS chromatogram recorded the following peak areas corresponding to the bioactive compounds identified by their mass spectral fragmentation patterns. Notably, n-Hexadecanoic acid exhibited the highest peak area of 12.38%, followed by 9,12-Octadecadienoic acid (Z, Z)- (6.98%), and Oleic acid (5.83%). On the other hand, compounds such as Cyclotetrasiloxane, octamethyl- (2.55%), and 13-Docosenamide, (Z)- (2.08%) showed lower peak areas. The GC-MS chromatogram of *B. pinnatum,* in Figure 10 displays the retention times and relative abundance of 28 peaks area percentage, corresponding to different active compounds present in the extract.

Table 2.0 α-amylase inhibitory activity of *B. pinnatum* leaf

Sample	Concentration (µg/ml)	% Inhibition			IC_{50} ((µg/ml)
		1	2	3	
Acarbose	100.00	21.90	21.95	21.92	2.22
B. pinnatum	100.00	30.18	30.24	30.23	2.78

Data are represented as mean ± S.D (n=3) at P < 0.05

Table 3.0 α-glucosidase inhibitory activity of *B. pinnatum* leaf

Sample	Concentration (µg/ml)	% Inhibition			IC_{50} ((µg/ml)
		1	2	3	
Acarbose	100.00	72.96	72.98	72.93	3.14
B. pinnatum	100.00	75.38	75.33	75.35	0.65

Data are represented as mean ± S.D (n=3) at P < 0.05

Table 4.0. Glycemic index of *B. pinnatum* leaf

Measurement	Glycemic Index
1	38.48
2	38.50
3	38.47

Data are represented as mean ± S.D (n=3) at P < 0.05

Table 5.0 Total phenolic content of *B. pinnatum* leaf

Volume of Extract (µL)	Total Phenolic Content (mg GAE/g)
50	28.70
150	49.20

Data are represented as mean ± S.D (n=3) at P < 0.05

Table 6.0 Total flavonoid content of *B. pinnatum* leaf

Volume of Extract (µL)	Total Flavonoid (mg QE/g)
25	18.40
100	35.20

Data are represented as mean ± S.D (n=3) at P < 0.05

Table 7.0: Phytocompounds Identified in *B. pinnatum* Leaf Extract by GC-MS

RT	Compound Detected	MW	Peak Area%	Comp (WT%)	M/Z
3.2	Acetic acid, dichloro-	128	2.17	2.28	48,84,128
8.64	Ethane, 1,1-diethoxy-	118	1.04	1.35	48,73,118
10	Trichloroethylene	131	2.52	2.58	60,95,131
10.26	Dextroamphetamine	131	2.72	3	44,91,131
11.62	Carbonochloridic acid, butyl ester	136	2.8	3.03	41,56,136
14.25	Naphthalene	128	1.3	1.47	51,64,128
15.21	Undecane	156	3.77	3.9	42,57,156
15.5	cis-3-Decene	140	3.86	4.12	41,55,140
16.75	n-Hexadecanoic acid	256	11.87	12.38	43,73,256
19	1-Tetradecanol	214	2.45	2.79	43,55,214
19.96	9,12-Octadecadienoic acid (Z,Z)-	280	6.06	6.98	41,67,280
20.57	Butylated Hydroxytoluene	220	3.6	3.73	57,145,220
22.94	Dihydroartemisinic acid	236	2.53	0.67	41,73,236
23.55	Pentadecanoic acid	242	5.03	5.21	43,73,242
24.41	Oleic acid	282	6.57	5.83	41,55,282
25.00	3-Eicosene, (E)-	280	1.90	0.41	43,57,280
26.14	Methyl stearate	294	1.86	1.96	41,74,294
26.75	Eicosane	282	4.98	4.21	43,57,282
27.23	9,12,15-Octadecatrienoic acid, methyl ester	292	3.95	6.9	41,79,292
29.22	Phytol	296	4.99	4.25	43,71,296
29.58	Cyclotetrasiloxane, octamethyl-	296	4.41	2.55	73,133,296
30.64	Eicosanoic acid	308	2.01	2.97	42,73,308
31.13	Docosane	310	8.45	5.32	43,55,310
32.31	Hexadecyl methanesulfonate	320	3.09	0.64	57,97,320
34.5	Trisiloxane,1,1,1,5,5,5-hexamethyl-3,3-bis[(trimethylsilyl)oxy]- acid	384	3.11	3.58	73,147,384
39.48	13-Docosenamide, (Z)-	337	1.08	2.08	41,72,337
40.62	Squalene	410	1.07	4.24	41,69,410
43.43	Stigmasterol	412	0.81	1.57	43,55,412

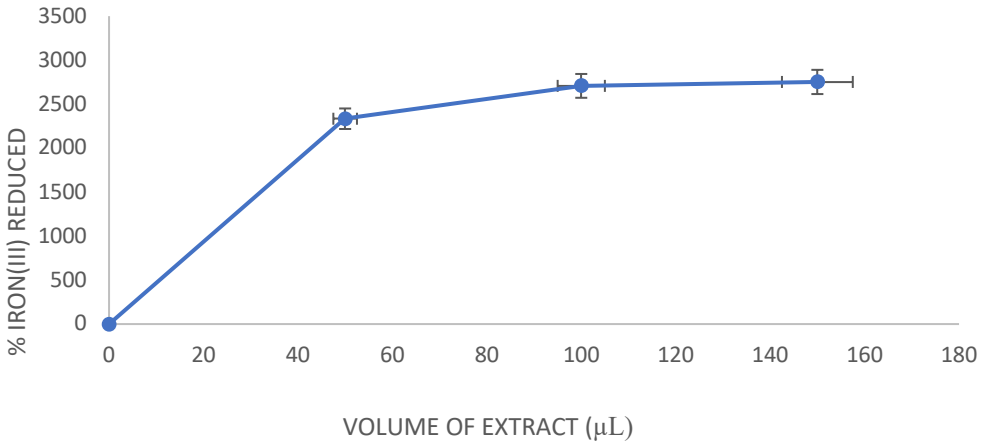

Figure 2.0: Ferric reducing Antioxidant Power of *B. pinnatum* leaf extract. Data shows the mean ± S.D of three independent experiments performed in triplicate at P < 0.05

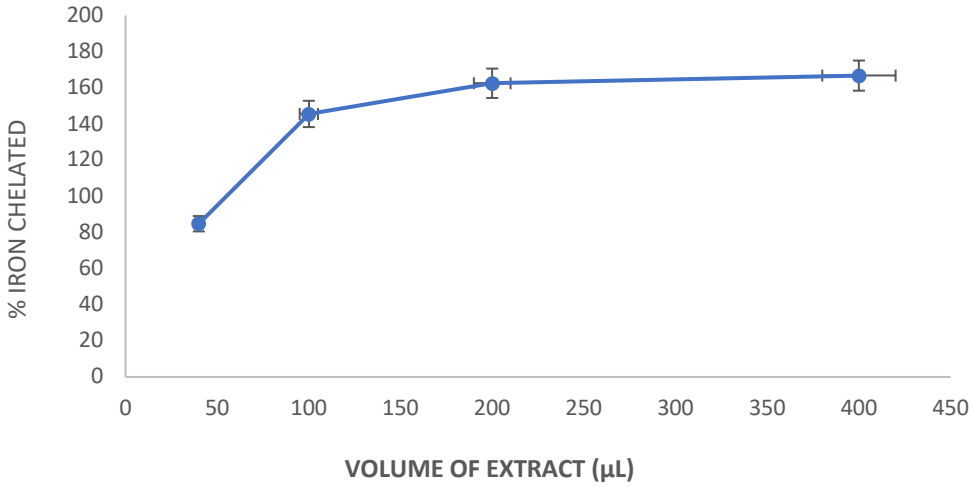

Figure 3.0: Fe^{2+} chelating ability of *B. pinnatum* leaf extract. Data shows the mean ± S.D of three independent experiments performed in triplicate at P < 0.05

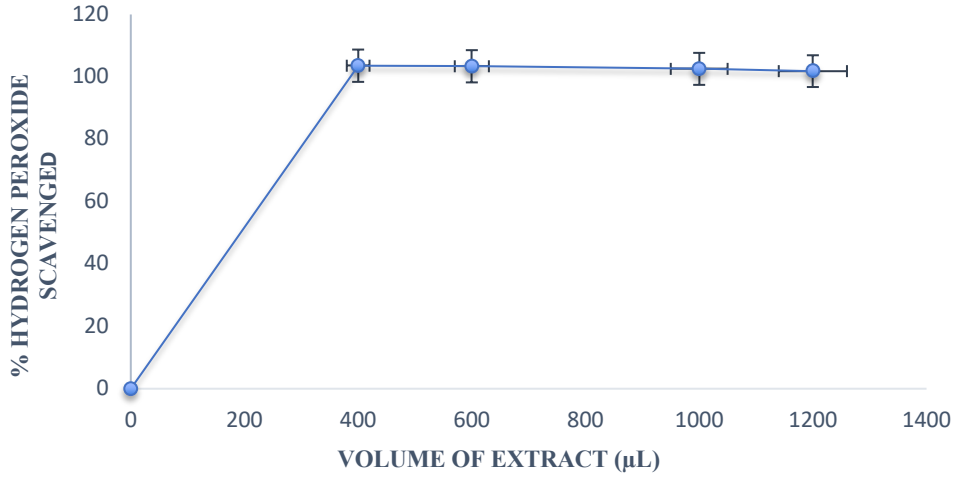

Figure 4.0.: H_2O_2 scavenging ability of *B. pinnatum* leaf extract. Data shows the mean ± S.D of three independent experiments performed in triplicate at P < 0.05

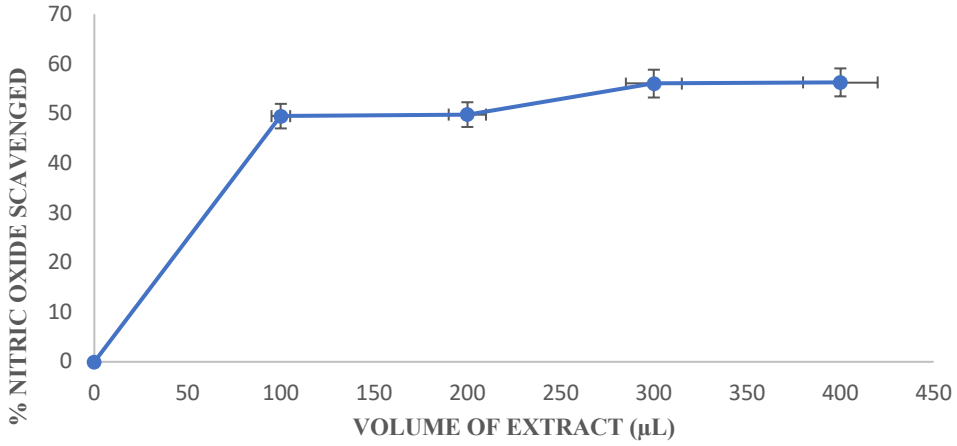

Figure 5.0: Nitric oxide scavenging ability of *B. pinnatum* leaf extract. Data shows the mean ± S.D of three independent experiments performed in triplicate at P < 0.05

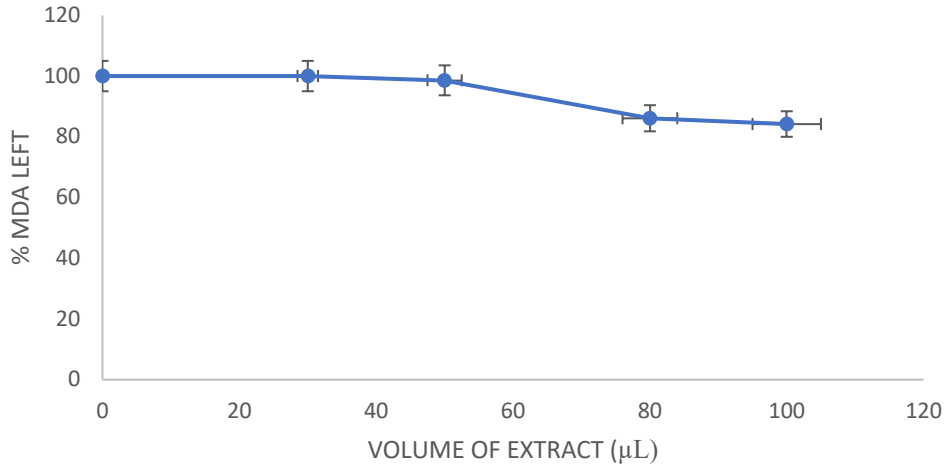

Figure 6.0: Inhibitory effect of *B. pinnatum* leaf extract on hepatic lipid in Wistar rat. Data shows the mean ± S.D of three independent experiments performed in triplicate at P < 0.05

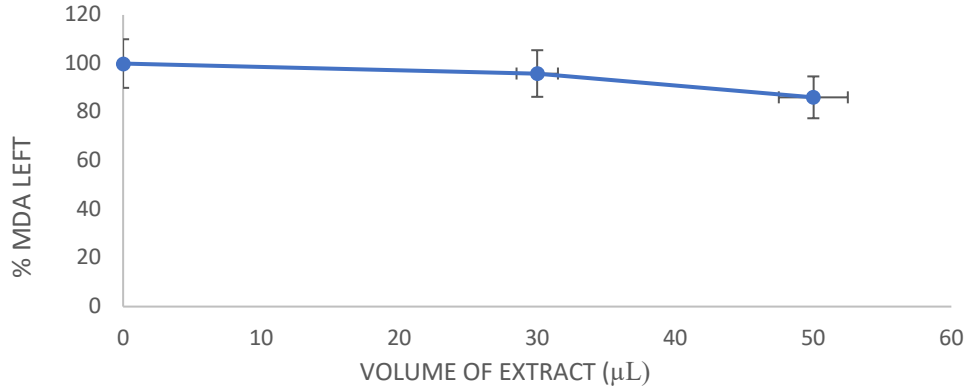

Figure 7.0: Inhibitory effect of *B. pinnatum* extract on pancreatic lipid peroxidation. Data shows the mean ± S.D of three independent experiments performed in triplicate at P < 0.05

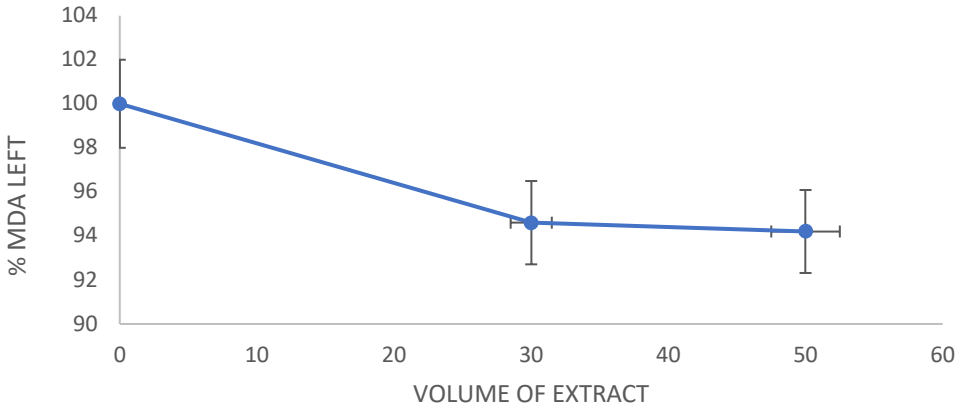

Figure 8.0: Inhibitory effect of *B. pinnatum* leaf extract on renal lipid peroxidation. Data shows the mean ± S.D of three independent experiments performed in triplicate at P < 0.05

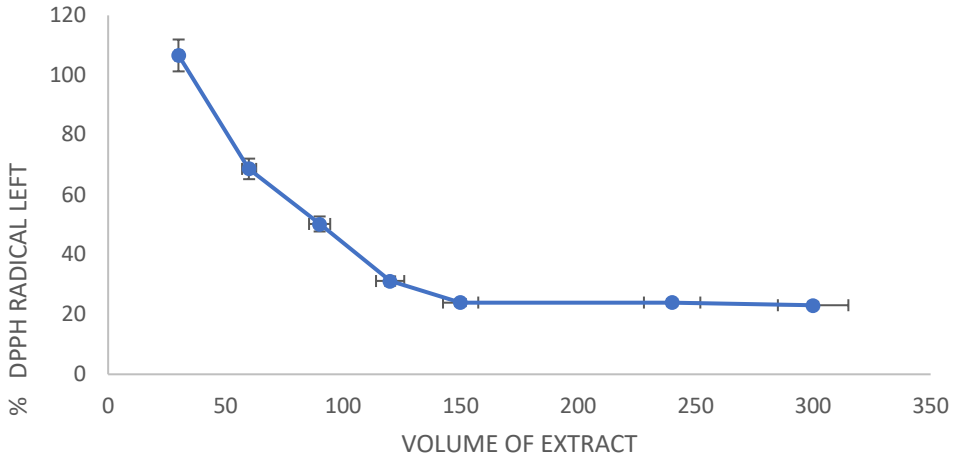

Figure 9.0: Free radical scavenging ability of *B. pinnatum* leaf extract against DPPH. Data shows the mean ± S.D of three independent experiments performed in triplicate at P < 0.05

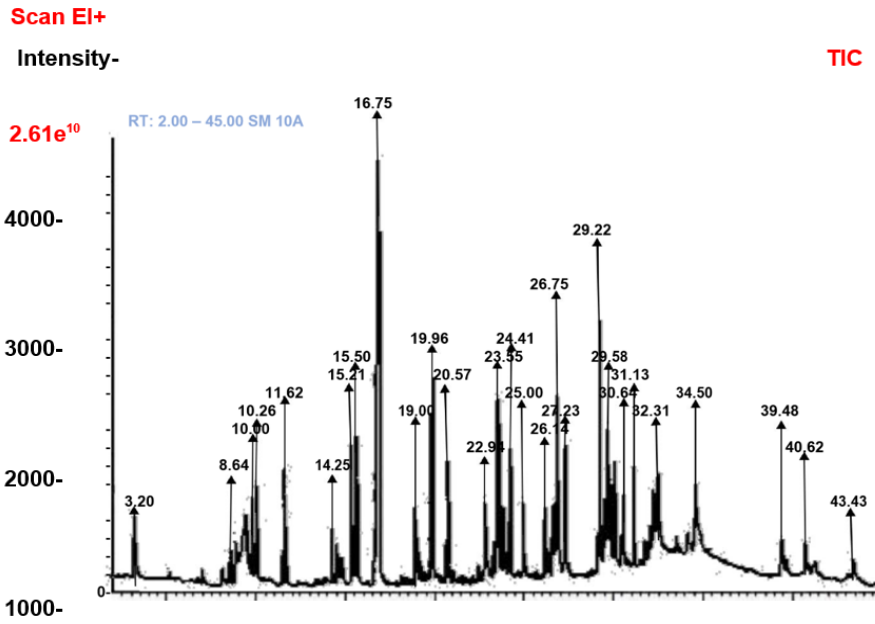

Figure 10.0: GC-MS Chromatogram of *B. pinnatum* leaf extract

DISCUSSION

Any medicinal plant requires detailed study prior to its use because the therapeutic efficacy is absolutely dependent on the quality of the plant material used. This work evaluated the in-vitro antioxidant and antidiabetic activities of *B. pinnatum* leaf extract, focusing on its ability to scavenge free radicals, inhibit key carbohydrate-metabolizing enzymes, and identify its phytoconstituents using GC-MS analysis. The findings indicate significant antioxidant and antidiabetic properties of *B. pinnatum*, corroborating its traditional use in managing diabetes and related oxidative stress. The antioxidant activity of *B. pinnatum* was assessed using several assays, including DPPH radical scavenging, total phenolic content (TPC), total flavonoid content, ferric reducing antioxidant power (FRAP), hydrogen peroxide radical scavenging, and iron chelating ability. Phenolic compounds are known for their ability to donate hydrogen

atoms or electrons, neutralizing free radicals and thereby mitigating oxidative stress. The TPC was measured using the Folin-Ciocalteu method, expressed as gallic acid equivalents (GAE). Results indicated that *B. pinnatum* possesses a high phenolic content, which correlates with its potent antioxidant activity. This is consistent with findings from other studies on medicinal plants, which often report a positive correlation between high phenolic content and strong antioxidant activity [33,34]. The flavonoid content, expressed as quercetin equivalents (QE), also demonstrated significant levels in *B. pinnatum*. Flavonoids are a diverse group of phytonutrients known for their antioxidant properties, as well as their role in modulating key enzymes involved in carbohydrate metabolism, providing antidiabetic benefits. These findings are in line with research by Ahmad *et al.* [35], which highlighted the crucial role of flavonoids in enhancing the antioxidant and antidiabetic potential of plant extracts. However, the report of Gupta *et al.* [36] showed lower phenolic and flavonoid content in Bryophyllum species grown in different environmental conditions compared to our study, which found higher levels of these compounds. This discrepancy could be attributed to variations in extraction methods, geographical locations, and the specific environmental conditions under which the plants were cultivated.

The DPPH assay showed a dose-dependent scavenging activity. avenging activity. This suggests the potential of the extract to scavenge free radicals in vivo, thereby preventing oxidative stress. This result is consistent with the findings of Wang *et al.* [37], which demonstrated a consistent increase in scavenging activity with increasing concentrations of a different plant extract.

Similarly, the FRAP assay demonstrated a dose-dependent increase in the antioxidant power of *B. pinnatum*, indicating its ability to reduce Fe^{3+} to Fe^{2+} effectively. This finding aligns with the work of Tan *et al.* [38], who found that higher concentrations of plant extracts generally exhibit greater ferric-reducing activity, highlighting their potential as strong antioxidants. The observed increase in our study was notably pronounced, which could be attributed to the unique phytochemical profile of *B. pinnatum* or variations in the extraction process used.

The hydrogen peroxide radical scavenging activity of *B. pinnatum* was significant, showing high scavenging activity at all tested volumes. This suggests that the extract can effectively neutralize hydrogen peroxide, a reactive oxygen species, thereby protecting cells from oxidative damage. Studies by Singh *et al.* [39] support this finding, demonstrating the efficacy of various plant extracts in scavenging hydrogen peroxide radicals.

Unlike the findings of Verma *et al.* [40], which indicated a peak chelating activity at moderate concentrations, this current study showed a continuous volume-dependent increase in the iron chelating ability of *B. pinnatum*. This indicates a strong chelating capacity of *B. pinnatum* even at higher volumes, suggesting its potential to bind and neutralize free iron, which can catalyze the formation of harmful free radicals. This property is crucial for preventing oxidative stress-related damage.

The enzyme inhibitory activities of *B. pinnatum* were evaluated against α-amylase and α-glucosidase, two key enzymes involved in carbohydrate metabolism. The extract showed significant inhibitory activity against both enzymes, indicating a strong antidiabetic potential. The α-glucosidase inhibitory activity of *B. pinnatum* was comparable to that of acarbose, a

standard antidiabetic drug. This finding is in line with the study by Rahman *et al.* [41], which reported that plant extracts with high α-glucosidase inhibitory activity could serve as potential alternatives to synthetic antidiabetic drugs. However, in Rahman *et al.* [41], where the inhibitory activity plateaued at higher concentrations, our study observed a continuous increase in inhibition, possibly due to the unique combination of bioactive compounds present in *B. pinnatum*.

The α-amylase inhibitory activity of *B. pinnatum* also showed promising results, with the extract exhibiting substantial inhibition at higher concentrations. This suggests that the extract can effectively slow down carbohydrate digestion and absorption, thereby reducing postprandial blood glucose levels. Similar observations were made by Adeyemi and Komolafe (2020) [42], who reported significant α-amylase inhibitory activity in various medicinal plants. The GC-MS analysis of *B. pinnatum* leaf extract identified 28 distinct phytoconstituents, including notable compounds such as n-hexadecanoic acid, oleic acid, 9,12-octadecadienoic acid, and squalene. These bioactive components are well-documented for their significant roles in various biological activities, which contribute to the therapeutic potential of the plant.

n-Hexadecanoic acid, commonly known as palmitic acid, is recognized for its strong antioxidant activity. It effectively neutralizes free radicals, thus reducing oxidative stress and preventing cellular damage. This compound has also been reported to possess anti-inflammatory properties, which further support its role in managing oxidative stress-related conditions. Recent studies, such as those by Lalthanpuii *et al.* [43], have highlighted its potent antioxidant properties, making it a valuable component in the antioxidant profile of *B. pinnatum*. Oleic acid, a monounsaturated fatty acid, is known for its beneficial effects on cardiovascular health and its potent antioxidant properties. It reduces oxidative damage by scavenging free radicals and enhancing the body's endogenous antioxidant defense systems. Additionally, oleic acid has been shown to improve insulin sensitivity and lower blood glucose levels, as demonstrated by Kumar *et al.* [44]. Its ability to reduce lipid peroxidation further supports its role in protecting cells from oxidative damage, making it a key component in the antidiabetic potential of B. pinnatum. Linoleic acid, identified as 9,12-octadecadienoic acid, is a polyunsaturated fatty acid with significant antioxidant and anti-inflammatory properties. It has been widely studied for its role in improving metabolic health by modulating lipid profiles and enhancing insulin sensitivity. The study by Kumar *et al.* [44] also highlights its efficacy in reducing blood glucose levels, demonstrating its antidiabetic effects. Linoleic acid's ability to reduce DPPH, FRAP, and hydrogen peroxide levels further validates its contribution to the antioxidant activity observed in *B. pinnatum*. Squalene, another notable component identified in the extract, is a natural antioxidant known for its ability to quench singlet oxygen and protect against lipid peroxidation. Studies, such as those by Popa *et al.* [45], have shown that squalene exhibits strong free radical scavenging activity, thereby contributing to its antioxidant potential. Squalene's role in enhancing skin health and its potential as a protective agent against oxidative stress-induced damage are well-documented, adding to the therapeutic value of *B. pinnatum*. Stigmasterol, a plant sterol, is recognized for its anti-inflammatory and antioxidant properties. It has been shown to inhibit the production of reactive oxygen species (ROS) and enhance the activity of antioxidant enzymes. Research by Kalpana *et al.* [46] demonstrated that stigmasterol effectively reduces oxidative stress and lipid peroxidation, supporting its potential as a therapeutic agent in managing oxidative stress-related diseases. N-Hexadecanoic acid and oleic

acid play significant roles in scavenging free radicals, reducing oxidative stress, and improving metabolic health. These compounds are crucial for their roles in chelating iron (III), reducing hydrogen peroxide, and demonstrating DPPH and FRAP activities. Moreover, compounds like 9,12,15-octadecatrienoic acid and phytol have been linked to significant antioxidant activities, contributing to the overall therapeutic potential of the plant. 9,12-Octadecadienoic acid (Z,Z)-, also known as linoleic acid, is another essential fatty acid found in the extract. It is known for its anti-inflammatory properties and ability to reduce the risk of chronic diseases. This compound enhances insulin sensitivity and modulates lipid metabolism, which is vital for managing diabetes. Butylated Hydroxytoluene (BHT) is an antioxidant that helps in preserving the stability of fats and oils. Its presence in *B. pinnatum* extract indicates its potential in reducing oxidative rancidity and protecting cells from oxidative damage. Dihydroartemisinic acid, a derivative of artemisinin, is known for its antimalarial properties. Although not directly linked to antioxidant activities, its identification in the extract suggests a potential for broader therapeutic applications. Pentadecanoic acid, a saturated fatty acid, has been shown to have anti-inflammatory and antimicrobial properties. It contributes to the overall health benefits of *B. pinnatum* by reducing inflammation and preventing microbial infections. Oleic acid, besides its antioxidant properties, is also known for its ability to reduce blood pressure and improve heart health. Its presence in the extract highlights the cardiovascular benefits of *B. pinnatum*. 3-Eicosene, a hydrocarbon, is noted for its role in biological signaling and potential anti-inflammatory effects. Its presence in the extract may contribute to the plant's overall therapeutic profile. Methyl stearate, a fatty acid ester, has been reported to possess antioxidant properties. It helps in reducing lipid peroxidation and protecting cells from oxidative stress. Eicosane, a long-chain hydrocarbon, has been studied for its potential antimicrobial properties. Its presence in the extract adds to the antimicrobial potential of *B. pinnatum*. 9,12,15-Octadecatrienoic acid, methyl ester, also known as alpha-linolenic acid, is an essential omega-3 fatty acid with potent anti-inflammatory and antioxidant properties. It plays a critical role in reducing inflammation and oxidative stress. Phytol, an acyclic diterpene alcohol, is known for its antioxidant and anti-inflammatory properties. It has been shown to reduce oxidative stress and support overall cellular health. Eicosanoic acid, a saturated fatty acid, has been studied for its role in reducing inflammation and improving lipid profiles. Its presence contributes to the overall health benefits of *B. pinnatum*. Docosane, a long-chain hydrocarbon, has potential anti-inflammatory and antimicrobial properties, further enhancing the therapeutic profile of the plant. Hexadecyl methanesulfonate is known for its role in organic synthesis, and its presence indicates potential for chemical modifications to enhance therapeutic efficacy.13-Docosenamide, (Z)-, also known as erucamide, has been reported to possess anti-inflammatory properties. Its presence in the extract supports the potential anti-inflammatory benefits of *B. pinnatum* [46]. The identification of these bioactive compounds in *B. pinnatum* leaf extract supports its observed antioxidant and potential antidiabetic activities. The presence of these compounds highlights the therapeutic potential of *B. pinnatum* as a natural remedy for managing diabetes and oxidative stress.

CONCLUSION

B. pinnatum leaf extract exhibited strong in vitro antioxidant and antidiabetic activities, including enzyme inhibition and free radical scavenging, supported by the presence of bioactive compounds identified via GC-MS analysis. These results validate its traditional use in diabetes management and suggest its potential as a natural therapeutic option. This study adds to the

growing evidence for medicinal plants in healthcare, paving the way for future research and treatment development.

Funding Statement
This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Institutional Review Board
The study was conducted according to the guidelines of the Declaration of Helsinki, and approved by the Ethical Committee, Office of Research and Development, Ekiti State University, Ado Ekiti with approval number: ORDI/AD/EAC/24/167.

Conflicts of Interest
The authors declare that there is no conflict of interest regarding the publication of this paper."

Data Availability
Data will be made available on request.

Acknowledgments
The authors acknowledge the technical support of all Technologists, Department of Medical Biochemistry, Ekiti State University, Ado Ekiti

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