

## ABSTRACT

### **Background:**

Addressing the Diabetes Mellitus (DM) is mostly done by drugs that are expensive and a lot of effects. Treatment with natural materials cheaper and minimal side effects. This study for the effect of the boiled aquos beans (*Phaseolus vulgaris*) and rice bran on fasting blood glucose levels of patients with type 2 of Diabetes Mellitus.

### **Design and Method:**

The method used is an experimental study with pretest and posttest with control group by the number of respondents by 20 people and divided into two groups. The first group was given rice bran with boiling water to beans while still taking the drug and the second group only drug consumption. Samples were fasted for 8-10 hours to take their blood sugar. The data tested with statistical method paired t-test and independent t-test.

### **Result:**

Decreased levels of fasting blood sugar control group oral antidiabetics glibenclamide as an average decrease of 33,2 mg/dl or 38% reduction in blood sugar levels while treatment group boiled aquos and rice bran with oral antidiabetics drug glibenclamide as an average decrease of 54,7 mg/dl or 62%. The result of paired t-test showed a significant difference between groups that control group and intervention group with ( $p < 0,05$ ) where as independent t-test, it can be concluded that the administration of the boiling water with a beans and rice bran drugs oral antidiabetic glibenclamide was more effective in lowering blood sugar levels compared to only a single administration of oral antidiabetic drug glibenclamide.

**Keywords:** water boiled beans, bran, blood sugar levels