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## **Effect of different types of intermittent fasting in alloxan induced type ii diabetes wistar rats**

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Effect of different types of intermittent fasting in alloxan induced type ii diabetes wistar rats,

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Dietary restriction can be expected to be able to improve diseases directly related to the improper life style . Literature review shows that intervals of fasting, gives body proper time to utilize glucose with the available amounts of insulin in the body. Intermittent fasting has been developed into various models showing its impact in increasing life span . Literature is lacking on the comparative effects of different types of intermittent fasting in types 2 diabetes. The present study showed the protective effect of different types of intermittent fasting in diabetic model wistar rats by analyzing the physiological, oxidative stress parameters and metabolic profile with histological analysis . Results showed that, intermittent fasting has protective role in minimizing the deleterious effect of diabetes. Based on the types of intermittent fasting in our study , daily intermittent fasting proved to be beneficial . Dietary restrictions could be considered as a possible non-invasive approach in minimizing the diabetes related complications

**Keywords :** Intermittent fasting , Diabetes , Alloxan , Wistar rats , liver, pancreas