

Peer Review File

Article information: <https://dx.doi.org/10.21037/lcm-21-16>

Reviewer A

Comment 1: Title and purpose related to commonly consumed vegetables – by whom are consumed? Please specify continent/region/community etc.

Reply 1: Title has been amended Community and region has been included in the objective.

Changes in the text: Literature Review: Anti-diabetic potential of some selected edible vegetables in tropical region

Comment 2: Please provide the anti-diabetic action diagrams described in the review.

Reply 2: Anti-diabetic action diagrams have been included.

Changes in the text: Figures 1, 3, 5 have been included in the text.

Comment 3: The conclusions are insufficient. Please point out specific conclusions from the studies already available. It is known that further research into the hypoglycemic mechanisms is necessary. But how can research so far guide future research? In what direction do the Authors see the potential?

Reply 3: The conclusion has been modified.

Changes in the text: The bioactive phytochemicals present in the cucurbitane family can inhibit the breakdown of oligosaccharides and release of D-glucose resulting in less absorption and decrease in hyperglycemia. The different phytochemicals such as triterpenes, proteins, steroids and phenolic isolated from the different vegetables have comparable activity of that of acarbose in context of α -glucosidase and α -amylase inhibition.

Reviewer B

Comment 1: Introduction: It is important to describe the purpose of the study.

Reply 1: Has been amended as mentioned above.

Comment 2: Discussion: In vivo studies are presented in the text with good results, it would be important to insert a table that summarizes them.

Reply 2: Different researchers have used various methods to evaluate the effects of extracts of these vegetables on blood glucose. It is difficult to compile data from different researchers as units of results obtained are different.

Comment 3: Table 1” Insert a legend for the abbreviations. Correct the missing bold in "Conc (mg/ml)" in the alpha-glucosidase column.

Reply 3: Correction has been made.

Changes in the text: EtOH= Ethanol; MeOH= Methanol; EtOAc= Ethyl Acetate;
CHCl₃=Chloroform.

Reviewer C

Comment 1: Please provide photos of the described plants.

Reply 1: Photos has now been included.