



Medico-Biowealth of India

Vol. II



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Cover Page: *Ficus benjamina* fruit, *Memecylon umbellatum* flower, *Adina cordifolia*

Back Page: *Diospyros sylvatica*

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CHAPTER 1

Medicinal plants used against diabetes

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ABSTRACT

Diabetes mellitus is one of the most common non-communicable diseases globally. It is the fourth leading causes of death in the most developed countries and there in substantial even diced that it in epidemic in many developing and newly industrialized nations. Sedentary life style and stressful mental conditions in the present scenario have invited many distressing diseases. The number of people suffering from diabetes all over the world is increasing progressively. Diabetes mellitus is a metabolic disorder characterized by hyperglycemia due to defect in insulin secretion, insulin action or both. Scientific reports revealed that diabetes cannot be cured completely. Allopathic drugs have not shown any significant effect for the treatment of the disease. Hence, focus has been turned towards traditional system of medicine. The Secondary metabolites of (Medicinal Plants) MPs are play an important role in management of diabetes mellitus viz., Berberis aristata, Pterocarpus marsupium, Gymnema sylvestre, Rubia cordifolia, Trigonella foenum-graecum, Tinospora cordifolia, and Costus speciosus have acquired enough reputation for managing diabetes. Herbal medicines have shown good clinical practice in the therapy of diabetic mellitus. Thus, it seems that physicians can rely on these herbs and advise for the patients to improve management of diabetes.

Key words: Diabetes, *Tinospora cordifolia*, *Cosutus speciosus*, *Gymnema sylvestre*

1.1 INTRODUCTION

Diabetes is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action, or both. The chronic