

Study of Anti-Diabetic Activity of *Trigonella foenum-graecum*, *Cinnamomum Zeylanicum* and *Syzygium Cumini*

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Abstract: *This review paper examines the antidiabetic properties of gummies formulated with Trigonella foenum graecum (fenugreek), Cinnamomum zeylanicum (cinnamon), and Syzygium cumini (jamun). Diabetes mellitus is a global health concern, and the search for natural remedies with minimal side effects has intensified. Fenugreek, cinnamon, and jamun are well-known for their antidiabetic effects due to their rich phytochemical composition. Gummies offer an attractive delivery system for these bioactive compounds, combining convenience with potential therapeutic benefits. This review discusses the pharmacological actions, bioactive constituents, and clinical evidence supporting the use of these botanicals in managing diabetes, with a focus on their incorporation into gummy formulations. Additionally, challenges and future prospects in the development of antidiabetic gummies are addressed*

Keywords: Fenugreek, cinnamon oil, Java plum, Anti-diabetic