

A Review on Antidiabetic Activity of Indian Medicinal Plant

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Abstract: Diabetes mellitus is one of the common metabolic disorders acquiring around 9.3% of adults worldwide in 2019. Since long back herbal medicines have been the highly esteemed source of medicine therefore, they have become a growing part of modern, high-tech medicine. In view of the above aspects the present review provides profiles of plants (65 species) with hypoglycemic properties, available through literature source from various database with proper categorization according to the parts used, mode of reduction in blood glucose (insulin mimetic or insulin secretagogues activity) and active phytoconstituents having insulin mimetics activity.

The treatment of diabetes is mainly based on the long-term use of pharmacological agents, often expensive and causing unpleasant side effects. There is an alarming increase in the number of pharmaceuticals taken in Europe. The aim of this paper is to concisely collect information concerning the few antidiabetic or hypoglycemic raw plant materials that are present in the consciousness of Indian and relatively easily accessible to them on the market and sometimes even grown on Indian plantations. The following raw materials are discussed in this mini-review: *Boerhaavia diffusa* Linn. (Nyctaginaceae), *Annona squamosa* Linn. (Annonaceae), *Bougainvillea spectabilis* Linn. (Nyctaginaceae), *Cassia kleinii* Wight & Arn. (Caesalpiniaceae), *Coscinium fenestratum* Colebr. (Menispermaceae), *Ficus hispida* Linn. (Moraceae), *Murraya koenigii* Linn. (Rutaceae), White Mulberry (*Morus alba* L.), *Acacia arabica*: (Babul), *Aegle marmelos*: (Bengal Quince, Bel or Bilva), *Allium cepa*: (onion), *Allium sativum*: (garlic), *Aloe vera* and *Aloe barbadensis*, *Azadirachta indica*: (Neem), *Eugenia jambolana*: (Indian gooseberry, jamun), *Mangifera indica*: (Mango), *Momordica charantia*: (bitter melon), *Ocimum sanctum*: (holy basil).

Keywords: Diabetes mellitus, Herbal medicinal plant, Insulin, Hypoglycemia.

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