

A Review on Diabetes Mellites (DM)

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Abstract: *A person with diabetes mellitus (DM), sometimes known as simply diabetes, has excessive blood sugar due to either insufficient insulin production by the body or poor cell response to insulin that is produced. The traditional signs and symptoms of this elevated blood sugar are polydipsia (increased thirst), polyphagia (increased appetite), and polyuria (frequent urination). Diabetes is typically classified into three categories, which are as follows: Insulin-dependent diabetes type 1 diabetes mellitus (IDDM), a condition where the body is unable to manufacture insulin and necessitates the either use an insulin pump or inject insulin. Another name for this is "juvenile diabetes". Type 2 DM or non insulin-dependent diabetes mellitus (NIDDM), results from insulin resistance, a condition in which cells fail to use insulin properly, with or without an absolute insulin deficiency. This type was previously referred to as or "adult-onset diabetes". The third main type is gestational diabetes which occurs when women without a previous history of diabetes develop a high blood glucose level during her pregnancy. It may precede development of type 2 DM. Currently available pharmacotherapy for the treatment of diabetes mellitus includes insulin and oral hypoglycemic agents Such drugs acts by either increasing the secretion of insulin from pancreas or reducing plasma glucose concentrations by increasing glucose uptake and decreasing gluconeogenesis. However these current drugs do not restore normal glucose homeostasis for longer period and they are not free from side effects such as hypoglycemia, kidney diseases, GIT problems, hepatotoxicity, heart risk problems, insulinoma and they have to take rest of life. Various herbal drugs have been also proved effective due to their beneficial contents in treatment of diabetes. The present review therefore is an attempt to focus on the physiological aspects of diabetes, its complications, goals of management, and synthetic and herbal treatment of diabetes.*

Keywords: Insulinoma, hyperinsulinemia, adiponectin, Momordica charantia.