

Medicinal Studies Antidiabetic Effect of Selected Medicinal Plant

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Abstract: *Diabetes mellitus is a chronic metabolic disorder characterized by elevated blood glucose levels due to insulin deficiency or resistance. The global prevalence of diabetes has prompted extensive research into alternative treatments, particularly those derived from medicinal plants with antidiabetic properties. This review examines the antidiabetic effects of selected medicinal plants, focusing on their bioactive compounds, mechanisms of action, and clinical efficacy. The plants discussed include Momordica charantia (bitter melon), Moringa oleifera (drumstick tree), Morus alba (white mulberry), Panax ginseng (Asian ginseng), Pandanus amaryllifolius (fragrant pandan), Bougainvillea spectabilis, Cecropia obtusifolia, Centella asiatica, Lagerstroemia speciosa (banaba), Laminaria japonica (kombu), Mangifera indica (mango), Salacia chinensis, and Stevia rebaudiana. The review highlights the potential of these plants as complementary therapies in diabetes management, emphasizing the need for further clinical studies to validate their efficacy and safety.*

Keywords: Diabetes mellitus