

A Review of Herbal Antidiabetic Teas in the Management of Diabetes Mellitus

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Abstract: *Diabetes mellitus is a common metabolic disorder in which the human body fails to produce insulin hormone, this leads to the increase in blood glucose levels. Diabetes affects more than 387 million people worldwide, posing a significant threat to their personal well-being and global economies. Normally, medicinal plants such as Methi, Kalonji, Dhania, Jeera, Ajwain, Saunf, Pippali, Amla powder, Ashwagandha, Javas, Dried Ginger, Cinnamon, Black Pepper are widely used in the treatment of diabetes mellitus, but other spices are effective to treat diabetes. Still, the spices that we use as ingredients play an important role in food. They can also treat diabetes. This article describes their anti-diabetic activity of those, medicinal spices. Herbal tea also known as a tisane, is a beverage created by steeping dried herbs, flowers, spices, root, in hot water. Herbal tea is usually caffeine free.*

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