

Anti-Diabetic Action of *Syzygium cumini*

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Abstract: *Recently with the changes in population lifestyle, prediabetes is constantly on the rise. Management of prediabetes currently is with lifestyle modifications like weight loss, exercise and diet control. Better drugs with acceptable safety profile are needed for better control of prediabetes. This study was thus designed to evaluate the antihyperglycemic effect of one such potential compound Syzygium cumini (SC) (Jamun) in comparison to conventional antidiabetic drug Metformin. Plants have provided mankind with herbal remedies for many diseases for many centuries and even today. They continue to play a major role in primary healthcare as therapeutic remedies in developing countries. In India herbal medicines have been the bases of treatment and cure for various diseases in traditional methods practiced such as Ayurveda, Unani and Sidha. Syzygium cumini (syn. Eugenia Jambolana) commonly known as a “Jamun” having promising therapeutic value with its various phytoconstituents such as Tannins, Alkaloids, Steroids, Flavonoids, Terpenoids, Fatty acids, Phenols, Minerals, Carbohydrates and Vitamins. Its pharmacological actions like hypoglycaemic, diuretics, analgesic, anti-inflammatory, antiplaque, antimicrobial, antidiarrheal, antioxidant, Astro-protective and astringent to bowels proven on animal models. Most importantly the studies have shown that it protects against the radiation induced DNA damage and it has significantly decreased the fertilizing capacity of the male albino rats, some clinical trial reports are also available for its antidiabetic activity.*

Keywords: Prediabetes, Syzygiumcumini, Ayurveda, Unani, Sidha, Jamun, etc.

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