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Herbs that modulates Diabetes

Diabetes mellitus has been recognized since antiquity. Diabetes mellitus is one of the common metabolic disorders acquiring around 2.8% of the world's population and is anticipated to cross 5.4% by the year 2025. It currently affects as many as 285 million people worldwide and results in heavy personal and national economic burdens. Considerable progress has been made in orthodox antidiabetic drugs. However, new remedies are still in great demand because of the limited efficacy and undesirable side effects of current chemical drugs. Nature is an extraordinary source of antidiabetic medicines. 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. To date, more than 1200 herbs have been claimed to have antidiabetic properties. Among them, one-third have been scientifically studied and documented. In this review, we select and discuss blood glucose-lowering medicinal herbs. Emerging views on therapeutic strategies for type 2 diabetes are also discussed. The most active plants are *Allium sativum*, *Eugenia jambolana*, *Gymnema sylvestre*, *Citrullus colocynthis*, *Trigonella foenum greacum*, *Momordica charantia* and *Ficus bengalensis*. This paper focuses mainly on diabetes, plants used as antidiabetics in various traditional medicines, constituents isolated from these plants, various mechanisms through which herbs act against diabetes. In view of the above aspects the present review provides profiles of plants various species) with hypoglycemic properties, available through literature source from various database.

Biography

Liane Beringhs-Bueno has more than twenty years of post-studies and activity on Complementary Medicine and Clinical Practice, Clinical research projects coordination at Vitta Practice as doctor's technical supervisor in the Homeopathic & Integrative Medical Institute in Sao Paulo e Brasilia. She did Master's degree in Homeopathy from FACIS/IBEHE, 2005 São Paulo – Brasil. Her Specialization in Nutrology at the Brazilian Medical Association and by the Brazilian Nutrology Association, 1997, Rio de Janeiro RJ Specialization in Neuropsychology, at CDN UNIFESP, 2005 São Paulo SP Graduate studies Medical school at the Department of Medical Sciences of University of Taubate - UNITAU, 1988, Taubate SP

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