

Phytochemicals used in Management of Diabetes

Bulus Godiya Gambo

Department of Chemical Sciences, Federal University Wukari, Nigeria

Diabetes mellitus is a metabolic disorder caused by the abnormality of carbohydrate metabolism which is linked to low blood insulin level or insensitivity of target organs to insulin. It occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin that it produces. Insulin is a hormone that regulates blood sugar. This work explains the various types of diabetes, their signs and symptoms. For example, type 2 Diabetes occurs when the pancreas does not produce enough insulin to meet up with demands while gestational diabetes develops in some women during their pregnancy. Phytochemicals have been proven to be effective in the treatment and management of diabetes. The health benefits of phytochemicals were discussed in this work. Known phytochemicals have a broad range of protective benefits, from reducing inflammation and speeding healing to preventing infection and fighting cancer. Some phytochemicals such as alkaloids, flavonoids, terpenoids, steroids, saponins and tannin which are used in the management of diabetes mellitus were highlighted in this review. The potential risks of phytochemicals in the management of diabetes were also discussed. Therefore, there is a tapping need to search and develop new herbal formulations and nutraceuticals from natural resources especially with pure phytochemicals for the treatment of diabetes and to avoid serious diabetic complications.

Biography

Bulus, Godiya Gambo is currently a postgraduate student in the department of Chemical Sciences, Federal University Wukari, Nigeria.

bulusgodiya360@gmail.com