



Traditional Medicinal Plants and Diabetes

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OPINION

Plants are natural antioxidants and effective herbal medicines, in part due to their anti-diabetic compounds, such as flavonoids, tannins, phenolic, and alkaloids that improve the performance of pancreatic tissues by increasing the insulin secretion or decreasing the intestinal absorption of glucose.

Diabetics are estimated to be several hundred millions worldwide, and this figure, together with the percentage of the population affected, is steadily increasing (around 6% in rich countries). Certainly a better diagnosis of the diabetic state due to greater ease and wider detection geographically this metabolic-endocrine disorder in rich countries where the relative cost of food has dropped considerably and daily stress has increased, but also in many developing countries, it is even in these that the increase is the fastest of blood glucose disorders, certainly also an increase in the percentage of the affected population, insulin-dependent diabetes (type 1), which accounts for 20% to 25% of people with diabetes, usually coming early in life and treated with insulin injection plus a strict food monitoring (of carbohydrate intake), non-insulin-dependent diabetes (type 2, or diabetes of the elderly often overweighted) who come out later and are most often balanced by a diet (slimming) hypocaloric-hypoglycemic with or without associated drug treatment (mainly hypoglycemic sulfonamides, iguanid's, insulin). It is the latter type of diabetes that seems to be constantly growing and can be cured by herbal medicine. We well discuss six medicinal Egyptian plants that used in diabetes remedy. Blackcumin (*Nigella sativa*), fennel (*Foeniculum vulgare*), garlic (*Allium sativum*), lupine (*Lupinus termis*) and onion (*Allium cipa*).

The explanations behind utilizing conventional prescriptions among FGD members were like those given by members who addressed the poll. They likewise detailed that the expense of ordinary medication, the openness and accessibility of the customary prescriptions, and exhortation from companions drove them to utilize conventional drugs. A few members accepted that utilizing a mix of ordinary and conventional drugs was more successful than utilizing either kind of medication alone. Notwithstanding diabetes, a few members accepted that customary medications were compelling for overseeing different conditions related with diabetes, for example, slow twisted mending and kidney issues, alongside alleviation from blockage and hypertension. Moringa seeds were supposed to be helpful for overseeing hypertension and for recuperating wounds. In any case, most of members knew that customary meds can have unfavorable impacts, for example, hypoglycemia, kidney ailment, weakness, and looseness of the bowels. A portion of the nearby botanists announced that conventional drugs have shifting adequacy. They ascribed this to muddled solutions on the amount to take or to what extent to take it for. Furthermore, a few members in the FGDs and IDIs communicated the sentiment that customary meds were not as supportive as conventional meds since they brought help however didn't give a fix. Moreover, some FGD respondents expressed that the administration ought to guarantee and bolster the utilization of customary prescriptions since they are compelling at rewarding numerous sicknesses that can't be treated in medical clinics. Botanists concurred that the legislature should bolster the utilization of customary drugs and gave instances of individuals who had not been treated in an emergency clinic however had been dealt with effectively with privately made prescriptions.

Diabetes is an entangled wellbeing condition with different hazard factors and numerous methods of the board. It is joined by different legends and misguided judgments. Legends may exist as a result of an absence of information and attention to diabetes and close-mindedness. So as to conquer this, there is a need to consider network convictions and recognitions toward wellbeing looking for practices. This investigation concentrated on the patients' and cultivators' points of view and works on with respect to the utilization of conventional medication and its job in the administration of type 2 diabetes mellitus. We found that members have a scope of convictions in regards to the causes and treatment of diabetes.

As to reason for diabetes, most of the investigation members saw that diabetes happens because of a high-sugar diet. This finding is like that of Rai and Kishore, who saw that members thought about sugar as the reason for diabetes. A portion of the

members in this examination accepted that rice raises blood glucose levels in light of its high-sugar content and that washing it a few times or absorbing it water can evacuate starches. This misguided judgment is like that provided details regarding another examination, where members expressed that starches ought to be expelled from diabetic eating regimens. Truth be told, individuals need sugars as a significant wellspring of vitality for the body's phones and mind. Because of that, it is difficult to absolutely dodge sugar source nourishments, however the decision of starch source food sources to devour is significant for the anticipation of diabetes. Overconsumption of straightforward sugars, for example, fructose and glucose, builds lipid testimony in the liver and muscles and lessens insulin affectability. Most refined grains are wealthy in straightforward starches which are retained quickly, cause the blood glucose level to rise not long after the supper, and contain lacking measures of different supplements, for example, fiber, proteins, nutrients, and minerals. Flushing nourishments, for example, rice a few times or absorbing food sources water doesn't expel sugars however may drain the food of significant supplements, for example, water-dissolvable nutrients, minerals, and fiber. Utilization of entire grain as a wellspring of starches is desirable over expending refined grains in view of lower glycemic reactions that help the dietary administration of diabetes and hyperglycemia. In this manner, mindfulness should be made of which sugars are awful for one's wellbeing and their significance to the body's cells and organs.

Likewise, a significant number of the examination members accepted that there are nourishments and conventional meds that can be utilized to treat diabetes. This finding is like the discoveries of different investigations which have recognized different indigenous vegetables, flavors, and herbs that might be valuable in rewarding diabetes. In our examination, the vegetables and flavors that were utilized by diabetic patients and nearby botanists in the administration of diabetes included privately developed amaranth leaves (*Amaranth species*), rabbit lettuce (*Sonchus luxurians*), nightshade leaves (*Solanum villosum* mill operators), insect plant leaves (*Gynandropsis gynandra*), and okra units (*Abelmoschus esculentus*). Conventional prescriptions which were seen as broadly utilized included moringa seeds and leaves (*Moringa oleifera*), soursop leaves (*Annona muricata*), dark plum tree husk (*Syzygium cumini*), lemongrass (*Cymbopogon citratus*), Aloe vera, and rosemary blossoms (*Vinca rosea*). These conventional medications are normally utilized as food or food fixings and some are utilized as herbs in certain nations, including Tanzania. The majority of these nourishments and conventional medications utilized on diabetes the board contain cancer prevention agents, phytochemicals, polyphenols, nutrients, and minerals which give searching impacts toward oxidative pressure.