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## **Review on Diabetes Reducing Herb And Remedies in Ayurveda**

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**Abstract:**  $\bar{A}$ *yurveda*'s history and development is closely interwoven with the history and culture of the Indian sub-continent to the extent that ayurvedic thoughts and methods had a very deep impact on the lifestyle of its people. In practically every household, there was (and still is) an awareness of ayurvedic treatment for common ailments. For example, adding pepper and turmeric (haldi) in hot milk for common cold and cough is very much based on  $\bar{A}$ *yurveda*. These are reflected not only in the traditional use of spices and medicinal ingredients in the Indian cuisine but also in the daily activities and religious rituals.  $\bar{A}$ *yurveda* has had a great influence on the daily life of Indians and continues to do so, and therefore is the longest unbroken health tradition in the world. The Ayurvedic diagnostic methods for identifying diabetes are explored, highlighting the significance of personalized assessments tailored to individual constitutions. **Key words:** Ayurveda, Diabities, Medicinal herbs

#### Introduction:

Indigenous and traditional systems of medicine have amassed a vast amount of information about the medicinal qualities of plants over several generations. These systems, based on local knowledge and practical experience, have long acknowledged the therapeutic properties of different plant-derived treatments .Traditional knowledge often acts as a priceless foundation for contemporary endeavors in drug development. By collaborating with indigenous populations and investigating the customary use of plants, researchers might discern auspicious prospects for therapeutic development. The integration of conventional knowledge with modern scientific techniques helps optimize the process of discovering novel medications.

Additional plant-derived natural products of medical significance that were earlier acquired from herbal origins but are currently manufactured economically mainly via synthesis include atropine, cocaine, ephedrine, colchicine, caffeine, digitoxin, morphine, quinine, scopolamine, theobromine, and Taxol. For example, atropine derivatives are a substantial class of medications derived from a natural-product lead ingredient. Similarly, synthetic analogs of atropine are responsible for more authorized medications than any other plant bioactive compound. In addition, artemisinin is a natural substance with many semisynthetic derivatives. The fundamental motivation for developing these compounds was to address artemisinin's limited water solubility and short plasma half-life. The World Health Organization officially prescribes artemisinin-based oral combination therapies for malaria. Additionally, salicylic acid, a salicinlike molecule, became widely accessible once its simple production was developed. Two further semisynthetic derivatives of salicylic acid that are therapeutically noteworthy today are



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mesalamine and p-aminosalicylic acid, which are recommended for the treatment of curative colitis and TB, respectively. These examples demonstrate the continued utility and significance of natural products generated from plants as template chemicals for current drug discovery and development.

Diabetes is a common lifestyle health condition that majorly affects the blood sugar levels and insulin in the body. The pancreas is either not able to produce enough insulin or the body is unresponsive to it and cannot use it properly. The many factors that cause diabetes, especially type-2, may include stress, hereditary, excess weight, and sedentary lifestyle or inactivity among others. While this disease is incurable, you can manage it by following a healthy and balanced diet, and engaging in exercises. Ayurveda also suggests some herbal remedies that help manage blood sugar levels and keep them from getting unstable. These herbal remedies are said to help stimulate the production of insulin and strengthen the pancreas, further keeping blood glucose levels in check. Here are some herbal remedies that can easily available at home.

**Ayurvedic Home Remedies for Diabetes** 

1. Giloy



<u>Giloy, scientifically called Tinospora cordifolia, is dubbed as amrita</u>, which is known as the root of immortality. The leaves of the plant play a major role in stabilising blood sugar levels and controlling diabetes. It is a great herb to boost immunity; thanks to the antioxidants that fight damaging free radicals. The herb also acts as an immunomodulatory that controls glycaemia in the body. It is a natural anti-diabetic medicine that suppresses craving for sugar. Moreover, it ups the production of beta cells of the pancreas. It results in smooth regulation of insulin and glucose in the blood. Giloy also helps improve the digestive system, which key in keeping blood sugar levels controlled.

2. Vijaysar





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Scientifically known as Pterocarpus Marsupium, vijaysar is said to maintain blood sugar levels and control diabetes well. It is the anti-hyperlipdemic properties of this herb that help reduce total cholesterol, low-density lipo-protein and serum triglyceride levels in the body. Moreover, it helps reduce the symptoms associated with diabetes that include frequent urination, overeating and burning sensation in the limbs. It also tends to improve the digestive system and ups the insulin production level in the pancreas.

Vijaysar tumblers are easily available. All you need to do is to just add water in the tumbler and leave it overnight. Drink it first thing in the morning. You could also consume vijaysar in the form of powder.

3. Gurmar



<u>Gurmar, or Gymnema sylvestre, is a perennial woody vine that grows in tropical regions of India</u>, Africa, and Australia. It contains certain compounds that include flavonols and gurmarin that have positive effects on diabetics. A teaspoon of powdered gurmar leaves along with water half an hour after lunch and dinner. This may help regulate the absorption of carbohydrates in the body.The main phytochemical compounds in Gymnema sylvestre (Gumar), known for its sugarsuppressing properties, include triterpenoid saponins like gymnemic acids and gymnema saponins, along with the polypeptide gurmarin.

#### 4.Sadabahar



Sadabahar is known as periwinkle and is a commonly found herb in India. The smooth and glossy dark green-coloured leaves along with the flowers are known to act as natural medicine for type-2 diabetes. This plant contains alkaloids, notably vincamine and vinblastine, that have demonstrated hypoglycemic properties. These compounds work by lowering blood glucose levels and increasing insulin sensitivity.

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Chewing a few fresh leaves to manage blood sugar levels naturally. Another way to use it is to take the pink-coloured flowers of the sadabahar plant and boil them in a cup of water. Strain the water and drink it every morning on an empty stomach.

#### 5.Fenugreek Seeds



Fenugreek seeds are known for their blood sugar-regulating properties. Incorporating them into the diet can be as simple as consuming soaked or sprouted seeds. Traditional Indian recipes like methi paratha or fenugreek seed curry offer tasty alternatives. To prepare fenugreek seed water, soak a teaspoon of fenugreek seeds in a glass of water overnight. In the morning, strain the water and drink it on an empty stomach. The antidiabetic actions of Trigonella seeds have been speculated due to the presence of steroid saponins, alkaloids, and fiber content. Five bioactive compounds, namely, trigonelline, isoorientin, orientin, vitexin, and isovitexin, were detected and quantified by HPLC system.

## 6.Bitter Gourd (Karela)



Bitter gourd is a popular vegetable in Indian cuisine and is highly beneficial for diabetes management. Its inherent properties aid in lowering blood sugar levels. Including bitter gourd dishes such as stuffed karela or bitter gourd juice can be effective in controlling diabetes. But use of bitter and astringent tastes need to be limited, as consistent use of these can lead to weight loss, and disease of skeletal system.

#### 7. Cinnamon

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Cinnamon has been recognized for its potential in regulating blood sugar levels. Adding a pinch of cinnamon to beverages, oatmeal, or curries can be a simple and flavourful way to incorporate it into the daily diet. It was revealed that 4g of Cinnamon supplement taken daily over a four weeks significantly reduced blood glucouse concentration in obese and overweight predibatic individuls. One of the bioactive compounds of cinnamon is cinnamaldehyde and it can also exert a beneficial effect on lowering the blood glucose levels in T2DM. In a dose of 20 mg/Kg, cinnamaldehyde can decrease TC levels, TG levels, and increase HDL

## 8. Indian Gooseberry (Amla)



Amla, a vitamin C-rich fruit, is renowned for its medicinal properties, including its positive impact on diabetes management. Consuming fresh amla or drinking amla juice can be beneficial in controlling blood sugar levels.

## 9.Bael Leaves

Bael leaves have been traditionally used in Ayurveda for their therapeutic properties in managing diabetes. Consuming a concoction made from bael leaves or chewing a few leaves daily can help regulate blood sugar levels.

## **10.Indian Blackberry (Jamun)**

Jamun, commonly referred to as Indian blackberry, is a fruit with high levels of antioxidants and beneficial for managing diabetes. Eating jamun or drinking its juice regularly can aid in controlling blood sugar levels.Powder of jamun seed is also a very good remedies to used it even after the off season of fruits.

## **11.Curry Leaves**

Curry leaves are commonly used in Indian cooking and have proven benefits for diabetes management. Consuming a few curry leaves daily, either raw or cooked, can help reduce blood glucose levels.



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#### 12.Neem

Neem, an ancient medicinal plant, has been trusted in India for ages to tackle different health problems, including diabetes. Drinking neem leaf extract or consuming neem capsules can help maintain blood sugar levels.

### Holistic Approaches to Diabetes Management

Exploring complementary therapies such as yoga, meditation, and stress reduction techniques can enhance diabetes control. These practices help manage stress, improve overall well-being, and support blood sugar regulation. Integrating conventional medical treatment with home remedies offers a holistic approach for optimal diabetes management.

#### Conclusion

Incorporating effective home remedies for diabetes management can significantly improve overall health and well-being. By incorporating a holistic approach that encompasses a balanced diet, regular physical activity, and mindfulness, individuals can effectively control their blood sugar levels. Keep in mind that diabetes affects individuals differently, so consulting with a healthcare professional is important to receive personalized guidance.

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