Journal of Advanced Zoology

ISSN: 0253-7214

Volume ***45*** *Issue* ***2 Year 2024*** *Page* **1806 - 1809**

A Study On Anti diabetic Properties in Different Herbal Products

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Received Date: 02/01/2024

Revised Date: 24/02/2024

Accepted Date: 04/02/2024

Abstract

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. 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. In view of the above aspects the present review provides profiles of plants (65 species) with hypoglycaemic properties, available through literature source from various database with proper categorization according to the parts used, mode of reduction in blood glucose (insulinomimetic or insulin secretagogues activity) and active phytoconstituents having insulin mimetics activity.

Keywords: Diabetes, Insulin secretagogues, Insulin mimetics, Phytoconstituents, Pancrease, Blood glucose, Insulin, Beta cell, Anti diabetic activity, Medicinal plant, Metabolic disorder, Herbal medicine, Diabetes mellitus, Hypoglycaemic activity

Introduction:

Diabetes mellitus, one of the most common endocrine metabolic disorders has caused significant morbidity and mortality due to microvascular (retinopathy, neuropathy, and nephropathy) and macrovascular (heart attack, stroke and peripheral vascular disease) complication. Human bodies possess enzymatic and non-enzymatic antioxidative mechanisms which minimize the generation of reactive oxygen species, responsible for many degenerative diseases including diabetes. The disease is rapidly increasing worldwide and affecting all parts of the world. Due to deficiency of the insulin people suffering from diabetes have high blood glucose

level. Type 2 diabetes or non-insulin-dependent diabetes mellitus, is the most common form of the disease, accounting for 90%–95% of cases in which the body does not produce enough insulin or properly use it. According to World Health Organization the diabetic population is likely to increase up to 300 million or more by the year 2025. Currently available therapies for diabetes include insulin and various oral antidiabetic agents such as sulfonylureas, biguanides and glinides. Many of them have a number of serious adverse effects; therefore, the search for more effective and safer hypoglycemic agents is one of the important areas of investigation. Aldose reductases, a key enzyme in the polyol pathway catalyze the reduction of glucose to sorbitol. Accumulation of sorbitol in the body causes various complications including cataract, neuropathy and nephropathy.The hypoglycemic effect of several plants used as antidiabetic remedies has been confirmed, and the mechanisms of hypoglycemic activity of these plants are being studied. Natural products having antidiabetic potential which acts through either insulinomimetic or secretagogues properties are reviewed here. This review also focuses on the role of traditional therapeutic and natural medicines from traditional medicinal plants for diabetes. Traditional medicines from readily available medicinal plants offer great potential for the discovery of new antidiabetic drugs.

Different herbal products:

Mangifera indica, commonly known as mango, has been studied for its potential anti-diabetic effects due to its various bioactive compounds. Here are some ways in which Mangifera indica may exert anti-diabetic effects:

1. Polyphenols: Mango contains polyphenolic compounds such as mangiferin, quercetin, gallotannins, and catechins, which possess antioxidant properties. These compounds may help reduce oxidative stress and inflammation associated with diabetes[1]
2. Mangiferin, found predominantly in mango leaves, has been shown to have anti-diabetic properties. It may help improve insulin sensitivity, reduce blood glucose levels, and inhibit alpha-glucosidase activity, which slows down carbohydrate digestion and absorption[2
3. **Fiber**: Mango is a good source of dietary fiber, including both soluble and insoluble fibers. Soluble fiber can help regulate blood sugar levels by slowing down the absorption of glucose from the digestive tract.[3]
4. **Vitamins and Minerals**: Mango is rich in vitamins such as vitamin C, vitamin A, and minerals like potassium. These nutrients are important for overall health and may help improve insulin sensitivity and glucose metabolism.[4]
5. . **Anti-inflammatory effects**: Chronic inflammation is associated with insulin resistance and type 2 diabetes. Some compounds in mango, such as mangiferin, have anti-inflammatory properties that may help alleviate inflammation associated with diabetes.[5]
6. **Glycemic Control**: While mango is naturally sweet and contains sugar, it has a moderate glycemic index (GI). Foods with a lower GI are less likely to cause rapid spikes in blood sugar levels, making mango a suitable fruit option for diabetic individuals when consumed in moderation[6].
7. **Prevention of Complications**: Complications of diabetes, such as nephropathy, retinopathy, and neuropathy, are often linked to oxidative stress and inflammation. The antioxidant properties of mango compounds may help prevent or reduce the severity of these complications.[7]
8. It's important to note that while Mangifera indica shows promise in exerting anti-diabetic effects, more research, including clinical trials, is needed to fully understand its mechanisms of action and its potential role in managing diabetes. Additionally, individuals with diabetes should consult with their healthcare provider before making significant dietary changes or incorporating mango or mango supplements into their regimen.
9. Allium cepa, commonly known as onion, contains various bioactive compounds that have been studied for their potential anti diabetic effects. Some of the key components in Allium cepa that have shown promise in exerting antidiabetic activity include:
10. **Quercetin**: A flavonoid with antioxidant and anti-inflammatory properties. Quercetin has been studied for its ability to improve insulin sensitivity, enhance glucose uptake by cells, and reduce blood glucose levels in diabetic individuals.[8]
11. **Sulfur Compounds**: Compounds such as allyl propyl disulfide (APDS) and diallyl trisulfide (DATS) present in Allium cepa exhibit hypoglycemic effects by stimulating insulin release from pancreatic beta cells, increasing insulin sensitivity, and inhibiting gluconeogenesis[9].
12. **Saponins**: Allium cepa contains saponins, which have been reported to possess anti diabetic properties by enhancing insulin secretion and improving glucose metabolism[10].

13. **Flavonoids**: Besides quercetin, onions contain other flavonoids such as kaempferol and myricetin, which may contribute to their antidiabetic effects by reducing oxidative stress, improving insulin sensitivity, and regulating glucose metabolism.[11]
14. **Fiber**: Onions are rich in dietary fiber, including both soluble and insoluble fibers. Dietary fiber can help regulate blood sugar levels by slowing down the absorption of glucose from the digestive tract and improving insulin sensitivity.[12]
15. **Organosulfur Compounds**: Compounds like S-methylcysteine sulfoxide (SMCSO) present in Allium cepa have been studied for their potential antidiabetic effects, including improving insulin sensitivity and reducing blood glucose levels.[12]
16. **Phenolic Compounds**: Onions contain various phenolic compounds such as phenolic acids and flavonoids, which possess antioxidant properties and may help reduce oxidative stress associated with diabetes.[12]

These components may work synergistically to exert antidiabetic effects by improving insulin secretion, enhancing insulin sensitivity, reducing insulin resistance, and regulating glucose metabolism. However, further research, including clinical studies, is needed to better understand the mechanisms of action and therapeutic potential of these components in managing diabetes.

Coccinia indica, commonly known as ivy gourd or scarlet gourd, is a plant that has been traditionally used in various cultures for its medicinal properties, including its potential antidiabetic effects. Several components of Coccinia indica have been studied for their role in managing diabetes. Here are some key components:

17. **Cucurbitane-Type Triterpenoids**: Coccinia indica contains cucurbitane-type triterpenoids, such as cucurbitacins B, D, E, and others. These compounds have been investigated for their antidiabetic properties, including their ability to stimulate insulin secretion, enhance glucose uptake by cells, and improve insulin sensitivity.[13]
18. **Polypeptide-P**: Coccinia indica contains a polypeptide known as polypeptide-P, which has insulin-like properties. It has been studied for its ability to reduce blood glucose levels by promoting glucose uptake by peripheral tissues and inhibiting hepatic gluconeogenesis.[13]
19. **Flavonoids**: Flavonoids present in Coccinia indica, such as quercetin, kaempferol, and catechins, have antioxidant and anti-inflammatory properties. These compounds may help reduce oxidative stress and inflammation associated with diabetes, thereby contributing to improved glucose metabolism.[14]
20. **Alkaloids**: Some alkaloids found in Coccinia indica have been studied for their potential antidiabetic effects, although research in this area is limited[14].
21. **Diosgenin**: Coccinia indica contains diosgenin, a steroidal saponin, which has been investigated for its hypoglycemic properties. Diosgenin may help lower blood glucose levels by enhancing insulin secretion and improving insulin sensitivity.[15]
22. **Fiber**: Coccinia indica is rich in dietary fiber, which can help regulate blood sugar levels by slowing down the absorption of glucose from the digestive tract and promoting satiety.[15]
23. **Vitamins and Minerals**: Coccinia indica contains various vitamins and minerals, including vitamin C, vitamin A, and potassium, which are important for overall health and may indirectly contribute to its antidiabetic effects.[16]

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