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Research Article

ANTI-DIABETIC POTENTIAL OF HERBAL MEDICINAL PLANTS

Manik Islam*

Department of pharmacology Jawaharlal Nehru Technological University, Anantapuram(JNTU)
Hyderabad, Andhra Pradesh 517217, India

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ABSTRACT

Diabetes mellitus is probably the common metabolic disorders and a couple of. 8% with the population is suffering from this disease across the world which may well cross 5. 4% from the year 2025. Oral anti-hyperglycemic agents like sulphonylureas and biguanides are the vital players for the management of the disease but there is growing interest in herbal remedies due to the side effects associated with the oral hypoglycemic agents. Plants are already the very esteemed way to obtain medicine given that prehistoric period because of the invaluable positive aspects though several potential man made compounds have been introduced to exchange them. The current review discusses a number of the familiar crops which play an essential role inside the management regarding diabetes mellitus.

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INTRODUCTION

The term “diabetes” (a Ancient Greek word which means “to move through”) was initially used through Aretaeus associated with Cappadocia within the 2nd century AD to explain a condition that's characterized by more than sugar within blood as well as urine, hunger as well as thirst and also the adjective “mellitus” (a Latina Greek word which means “honey”) had been introduced through the English doctor John Rollo in order to distinguish the actual conditions through other polyuric illness, in that glycosuria doesn't occur. [Rollo J, 1797] Diabetes Mellitus is really a spectrum associated with common metabolic problems, arising from a number of pathogenic systems, all leading to hyperglycemia. Indian is dealing with a diabetic surge, according towards the World Health Organization (WHO) estimations, India experienced 32 million diabetic subjects within the year 2000 which number might increase in order to 80 million through the year 2030. The International Diabetes Federation (IDF) additionally reported how the total quantity of diabetic topics in Indian is 41 million in 2006 which this might rise in order to 70 million through the year 2025. The major causes of morbidity associated with diabetes tend to be chronic problems that occur from extended hyperglycemia, such as retinopathy, neuropathy, nephropathy as well as cardiovascular problems. Fortunately these types of chronic complications could be reduced often times by continual control of blood sugar. There tend to be three kinds of diabetes mellitus from which types 2 Diabetes

mellitus is most typical type that was known previously as Non-Insulin Dependent Diabetes Mellitus (NIDDM), accounts for around 90% of all of the diabetes amongst different populations from the world. Currently used the majority of the oral hypoglycemic agents produce serious unwanted effects like hypoglycemic coma as well as hepatorenal disruptions. Hence look for safer and much more effective hypoglycemic agents. [Wild S *et al*, 2004]. The medicinal use of plants is very old. The writings indicate that therapeutic use of plants is as old as 4000-5000 B. C. and Chinese used first the natural herbal preparations as medicines [Atal CK *et al*, 1989]. A wealthy heritage associated with knowledge upon preventive as well as curative medications was obtainable in ancient scholastic work contained in the Atharvaveda (an Indian native religious book), Ayurveda (Indian conventional system associated with medicine) and so forth. An estimate shows that about 13000 grow species globally are recognized to have already been used because drugs. [Gordon MC *et al*, 2001] Plant-based organic constituents could be derived through any the main plant such as bark, simply leaves, flowers, origins, fruits, seeds and so forth, that is actually any the main plant might contain energetic components. The advantageous medicinal results of grow materials typically derive from the combos of supplementary products contained in the grow. Many of these are accustomed to treat extremely prevalent condition diabetes mellitus. [Wink M, 2000] Some of the herbal drug which is used in our regular life style having anti diabetic activity. Some of them are briefed here.

*Corresponding author: **Manik Islam**

Department of pharmacology Jawaharlal Nehru Technological University, Anantapuram(JNTU) Hyderabad, Andhra Pradesh 517217, India

Zingiber officinale (Ginger)

Ginger root could be the rhizome with the plant consumed being a delicacy, treatments, or tart. Because regarding its smelly taste and also interesting smell, ginger continues to be used considering that the ancient instances as food preparation spice around the globe. Many investigations have recently reported that ginger is packed with gingerols that can rise uptake of glucose into muscle cells instead of using insulin, and may well therefore help out with the supervision of high blood sugar. Two ginger extracts spissum and an oily extract react with serotonin receptors to alter their effect on insulin secretion. Treatment generated a 35% fall in blood glucose levels plus a 10 % increase inside plasma insulin ranges. [Saghir Ahmad Jafri *et al*, 2011]



Figure 1: Ginger



Onion



Turmeric

Allium cepa: (onion)

Onion is very valued for the therapeutic attributes. It continues to be used being a food cure from since the beginning. Research demonstrates onions may well guard in opposition to many long-term diseases. That's possibly because onions consist of generous numbers of the flavonoid quercetin. Various ether soluble fractions along with insoluble fractions regarding dried onion powder present antihyperglycemic action in diabetic rabbits. *Allium cepa* can be known to own antioxidant and also hypolipidaemic action [K. P. Sampath Kumar *et al*, 2010].

Curcuma longa :(Turmeric)

Turmeric is really a rhizomatous herbaceous perennial grow of loved ones Zingiberacea and it has been utilized in Indian as well as Chinese conventional medicine with regard to various illnesses. Turmeric as well as turmeric products happens to be widely recommended for diabetic remedy in conventional methods. Turmeric is definitely an important herb in many Ayurvedic remedies of diabetes since it lowers blood sugar levels, increases sugar metabolism as well as potentiates insulin

activity a lot more than three-fold. It acts both diabetics and people of all of us who excessive on desserts. Part from the action may be because of its chromium content material [krup v *et al*, 2013].

Caesalpinia bonducella: (Gray Nicker)

Caesalpinia bonducella is actually widely distributed through the coastal area of Indian and utilized ethnically through the tribal individuals of Indian for controlling blood sugar levels. Both the actual aqueous as well as ethanolic concentrated amounts showed powerful hypoglycemic exercise in persistent type II diabetic versions. These concentrated amounts also elevated glycogenesis therefore increasing lean meats glycogen content material.

The antihyperglycemic action from the seed extracts might be because of the blocking associated with glucose assimilation. The drug has got the potential to do something as anti-diabetic in addition to antihyperlipidemic [D.M. Kannur *et al*, 2006].

Aegle marmelos: (Maredu, Bel or Bilva)

The Bael tree is considered as a sacred tree by the Hindus. They offer its leaves to Lord Shiva during worship. The essence of its fruits and leaves possess an evaporating oil which is very best for human method Administration regarding aqueous extracts of leaves results in improves digestion of food and reduces blood glucose and urea, serum cholesterol. Leaf extract continues to be used inside Ayurveda being a medicine regarding diabetes.

It enhances the opportunity to utilize the particular external blood sugar load by the body processes by activation of blood sugar uptake just like insulin. Juice regarding leaves is required as anti-diabetic medicine in unani method of treatments also. [Prabodh Chandra Sharma *et al*, 2007]



Figure 2: Gray Nicker



Bilva



Kanduri

Coccinia indica (Bimba, kanduri, Cucurbitaceae) is actually famous because of its hypoglycemic as well as antidiabetic qualities in Ayurvedic program of medication. Other applications range from the therapy of numerous conditions for example skin illnesses and gonorrhoea. Dried extracts of *Coccinia indica* (*C. indica*) (500 mg/kg body weight) were administered to diabetic patients for a period of 6weeks. These concentrated amounts restored those activities of enzyme lipoprotein lipase (LPL) which was reduced as well as glucose-6-phosphatase as well as lactate dehydrogenase that have been raised within untreated diabetes sufferers. [U.A. Deokate *et al*, 2012]

***Allium sativum*: (garlic)**

Garlic can be a perennial botanical herb cultivated through India. According to report regarding WHO, garlic can be utilized for supporting treatment regarding hyperglycemia. In accordance with a record by Johnson, one-third of diabetic patients take choice medications which they consider suitable, of which usually garlic could be the most widely used. Garlic and also garlic constituents served by various means are already shown to own antidiabetic activities. *Allicin*, a sulfur-containing compound is in charge of its smelly odour and possesses been shown to have considerable hypoglycemic action. This result is considered to be due to be able to increased hepatic metabolic rate, increased insulin launch from pancreatic beta tissues and/or insulin sparing result. Apart using this, *Allium sativum* indicates antimicrobial, anticancer and also cardioprotective routines. [Londhe V.P *et al*, 2011]

***Aloe vera* and *Aloe barbadensis*: (kalabanda)**

Aloe, a favorite house place, has a lengthy history being a multipurpose folks remedy. The plant may be separated directly into two simple products: teeth whitening gel and latex. Aloe notara gel could be the leaf pulp or perhaps mucilage, aloe latex, commonly called "aloe fruit juice," can be a bitter yellowish exudate from your pericyclic tubules just beneath the outside skin with the leaves. Removes of aloe periodontal effectively boosts glucose patience in equally normal and also diabetic subjects. Treatment regarding chronic however, no single serving of exudates regarding *Aloe barbadensis* results in showed hypoglycemic result in alloxanized diabetic subjects. Single along with chronic amounts of poisonous principle with the same place also confirmed hypoglycemic result in diabetic subjects [Baby Joseph *et al*, 2010].

Neem is the most helpful traditional therapeutic plant within India. Each the main neem sapling has a few medicinal home. During the last five years, apart in the chemistry from the neem substances, considerable progress may be achieved concerning the biological exercise and therapeutic applications associated with neem. It's now regarded as a valuable supply of unique organic products with regard to development associated with medicines towards various diseases as well as for the actual development associated with industrial items. Hydro alcoholic extracts of the plant demonstrated anti-hyperglycemic effects in streptozotocin induce diabetes in rats which this effect is because of increase in glucose uptake and glycogen deposition in isolated rat hemi diaphragm. Apart from having anti-diabetic activity, this plant also offers anti-bacterial, antimalarial, antifertility, hepatoprotective as well as antioxidant effects [Imam Hashmat *et al*, 2012].

***Ocimum sanctum*: (holy basil)**

Ocimum sanctum is often called Tulsi. Tulsi, the actual Queen associated with herbs, the actual legendary 'Incomparable one' associated with India, is among the holiest and many cherished of the numerous healing as well as healthy providing herb from the orient. Because ancient occasions, this plant is famous for its medicinal qualities. Tulsi may be used for a large number of years within Ayurveda because of its diverse recovery properties. It's mentioned through Charaka within the Charaka Samhita; a good Ayurvedic textual content. Tulsi is regarded as an adaptogen, balancing various processes in your body, and ideal for adapting in order to stress. Designated by it's strong fragrance and astringent flavor, it is considered in Ayurveda as a type of 'elixir associated with life' and thought to promote durability. The aqueous draw out of simply leaves of *Ocimum sanctum* demonstrated the significant decrease in blood sugars level within both regular and alloxan caused diabetic rodents. This grow also demonstrated antiasthmatic, antistress, antibacterial, antifungal, antiviral, antitumor, gastric antiulcer exercise, antioxidant, antimutagenic as well as immunostimulant activities [Priyabrata Pattanayak *et al*, 2010].

***Phyllanthus amarus*: (bhumi amla, nela usiri)**

Bhumi amla is really a herb associated with height as much as 60 cm, through family Euphorbiaceae. It is often called nelausiri within Telugu. It's scattered through the hotter areas of India, primarily Deccan, Konkan as well as south Indian native states. *G. amarus* is definitely an important grow of Indian native Ayurvedic program of medication.



Figure 3: Garlic



Aloe vera



Azadirachta indica: (Neem)

It is actually bitter, astringent, stomachic, diuretic, febrifuge as well as antiseptic. The entire plant can be used in gonorrhoea, menorrhagia along with other genital ailments. It is advantageous in gastropathy, diarrhoea, dysentery, irregular fevers, ophthalmopathy, scabies, ulcers as well as wounds. This draw out also decreased the blood sugar levels in alloxanized diabetic rodents [Patel JR *et al*, 2011].

option systems associated with medicine. Its seed consists of jamboline, that controls the actual excessive transformation of starch in order to sugar. Seed powder may be used with drinking water or buttermilk. It reduces the amount of sugar within urine as well as allays the actual unquenchable desire [Manjeshwar Shrinath Baliga *et al*, 2011].



Figure 4 Tulsi

Bhumi Amla

Cinnamon

***Cinnamomum zeylanicum:* (Dalchini)**

Dalchini is the most ever green tree of tropical area, a member of family Lauraceae has been used in day to day routine as a spice and condiment in India. *C. cassia* secure when utilized in small amounts as with foods as well as medicinal dosages. The entire plants are actually medicinally essential in Indian native traditional program of medication, particularly within Ayurveda. Results from the clinical research published within the Diabetes Treatment journal within 2003 claim that cinnamon bark improves blood sugar and cholesterol amounts in individuals with type two diabetes and could reduce danger factors related to diabetes and coronary disease. [Varsha J Bansode *et al*, 2012]

***Eugenia jambolana:* (Indian gooseberry, jamun)**

Eugenia jambolana often called black plum or even Jamun is really a plant indigenous to Indian. In Indian decoction associated with kernels associated with *Eugenia jambolana* can be used as household fix for diabetes. This forms a significant constituent of numerous herbal preparations for diabetes. Antihyperglycemic impact of aqueous as well as alcoholic extract in addition to lyophilized natural powder shows decrease in blood sugar level. Jamun is really a plant along with known ethno medicinal utilizes. Before the actual discovery associated with insulin, Jamun had been useful in treating diabetes and it is an essential part within the various

***Mangifera indica:* (Mango)**

Mangifera indica (MI), also called mango, aam, it's been an essential herb within the Ayurvedic as well as indigenous healthcare systems with regard to over four thousand years. Based on Ayurveda, varied therapeutic properties are related to some other part of mango sapling. The leaves of the plant are utilized as a good antidiabetic broker in Nigerian people medicine, although whenever aqueous draw out given orally didn't alter blood sugar level within either normoglycemic or even Streptozotocin caused diabetic rodents. However, antidiabetic exercise was seen once the extract as well as glucose had been administered simultaneously as well as when the actual extract was handed to the actual rats sixty min prior to the glucose. The outcomes indicate which aqueous draw out of *Mangifera indica* has hypoglycemic action. This might be due for an intestinal reduction from the absorption associated with glucose [K. A. Shah *et al*, 2010].

***Momordica charantia:* (bitter gourd)**

Momordica charantia is often used being an antidiabetic as well as antihyperglycemic agent in India along with other Asian nations. Extracts associated with fruit pulp, seedling, leaves as well as whole grow was proven to have hypoglycemic effect in a variety of animal versions. Polypeptide g, isolated through fruit, seed products and tissue of *Momordica charantia*



Figure 5: Jamun

Mango

Bitter gourd

demonstrated significant hypoglycemic impact when given subcutaneously in order to langurs as well as humans. Bitter melon includes a host associated with bitter chemical substances, which tend to be hypoglycemic for action. It also offers a minimum of one substance that's like the actual insulin secreted through the human pancreatic glands. Therefore, bitter melon is very effective in treating diabetes mellitus. Doctors worldwide prescribe getting either sour melon liquid early each morning or to incorporate it in certain other fashion within the daily diet plan. Regular utilization of bitter melons over some time helps to create the blood sugar levels level lower. [K.P.Sampath Kumar *et al*, 2010]

***Trigonella foenum graecum:* (fenugreek)**

Fenugreek is located all more than India and also the fenugreek seeds are often used among the major constituents associated with Indian spices or herbs. It offers great therapeutic value within Indian houses and demonstrated to serve of the same quality hypoglycemic. 4-hydroxyleucine, the novel amino acidity from fenugreek seed products increased sugar stimulated insulin discharge by remote islet tissue in each rats as well as humans. Research in Indian involving insulin-dependent diabetes sufferers on reduced doses associated with insulin, pulverized fenugreek seed products were proven to reduce blood sugar levels and additional harmful fat. The galactomannan-rich dietary fiber fraction associated with fenugreek may result in the antidiabetic activities from the seeds are full of soluble fiber, which assist lower blood sugar levels by slowing digestion as well as absorption associated with carbohydrates. Several medical trials demonstrated that fenugreek seed products can enhance most metabolic symptoms related to both type 1 as well as type 2 diabetes within humans through lowering blood sugar levels as well as improving sugar tolerance. It has trigonelline, which may reduce blood sugar levels level. Consider the seed products after soaking all of them in drinking water overnight or even powdered type with buttermilk. [Fedelic Ashish Toppo *et al*, 2009]

***Abelmoschus esculentus* (Okra)**

In India Ladies Finger (Okra) is more commonly used as vegetable in both south and north India. It is definitely an important therapeutic plant associated with tropical as well as subtropical Indian. Its therapeutic usage may be reported within the traditional techniques of medicine for example Ayurveda, Siddha as well as Unani. In Ayurvedha that is an aged traditional therapeutic treatment additionally said the actual Okra is actually more helpful to so numerous diseases.

The dietary fiber in okra helps you to stabilize blood sugar levels by controlling the rate where sugar is actually absorbed in the intestinal system [D.Sathish Kumar *et al*, 2013].

***Musa Sapientum*(banana)**

Musa sapientum M. (Musaceae) tend to be mainly grown within the tropical as well as subtropical countries and therefore are widely employed for its dietary values worldwide. The fruits along with the other areas of the plant are utilized to deal with different illnesses in people in conventional medicine. The banana grows spread in order to India through about 600BC and afterwards its spread all around the tropical globe. It is probably the world's earliest cultivated harvest. *Musa sapientum* demonstrated antihyperglycemic impact in hyperglycemic bunny. Isolated pectin in the juice from the inflorescence stalk associated with *M. sapientum* boosts the glycogen functionality, decreases glycogenolysis as well as gluconeogenesis.[Dikshit P *et al*, 2012]

***Murraya koenigii* (curry leaves)**

It's an fragrant herb associated with South India that has many natural medicinal qualities. It is definitely an inevitable component of Southern Indian cooking food, spicing upward cuisine in an array of ways and it is most prominently utilized in Ayurveda, Siddha as well as Unani healthcare systems. To avoid diabetes of the hereditary source, just consume 10 clean and completely grown curry simply leaves every early morning for 3 months. [25] The actual minerals present in curry leaf extract are essential for sustaining normoglycemia, or the standard glucose content from the blood. This really is done through the activation associated with pancreatic beta tissue, which have the effect of the development of insulin.

***Cucumis sativus* M. (Cucumber)**

Cucumber is really a popular veggie crop utilized in Indian conventional medicine because ancient occasions. This vegetable is extremely high within water content and incredibly low within calories. It's potential antidiabetic, lipid decreasing and antioxidant agents. It includes a prominent devote alternative techniques of medication like Ayurveda as well as Siddha because of its various pharmacological effects like antidiabetic, hepatoprotective, anti-inflammatory as well as antiulcer properties. [Mukherjee PK *et al*, 2013]

***Solanum lycopersicum:* (tomato)**

Tomato is the edible, often red fruit/berry of the nightshade *Solanum lycopersicum*, commonly known as a tomato plant.



Figure 6: Fenugreek

Okra

Banana



Figure 7: Curry Leaves

Cucumber

Tomato

The species originated from the Southern American Andes, and it is used like a food originated from Mexico, and spread around the world following the actual Spanish colonization from the Americas. Its numerous varieties are actually widely developed, sometimes within greenhouses within cooler environments. Tomatoes tend to be packed filled with the useful mineral referred to as chromium. It functions effectively to assist diabetics maintain their glucose levels under much better control. [Srikanth nyamthabad *et al*, 2014]

CONCLUSION

Plants were inextricably related to humans in the time immemorial. Earlier treating diabetes had been done while using herbal preparations along with the raw herbal treatments. With the actual advancement associated with technology as well as introduction associated with allopathic formula, herbal items have dropped their importance. But within the last decade natural, economical, nutraceutical as well as therapeutic advantages of herbal formulations have attracted the planet pharmaceutical marketplace in treating diseases such as diabetes. Right now, once again plants tend to be emerging because time put on invaluable healing agents, using their efficacious recovery properties.

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