



Exploring Natural Drugs for the Treatment of Diabetes Mellitus

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ABSTRACT: Diabetes mellitus (DM) is a hereditary, chronic metabolic disease that results from an absolute or relative deficiency of insulin or impaired insulin action. It is predictable that 415 million people were suffering from diabetes mellitus. Type I diabetes is caused due to insulin insufficiency because of lack of functional beta cells and over 97,700 children were having type I whereas Type II diabetes is caused due to body's inability to respond to insulin and nearly 69.2 million people have type II. 46% of people with diabetes are undiagnosed. The ubiquity of DM is expected to reach upto 4.4 % in the world by 2030. However, advanced therapies are more effective than traditional drugs but having numerous side effects which are fatal for human health. Moreover, they are easy to use, lesser economic cost and better patient compliance. There are several natural drugs used in the treatment of diabetes such as *Allium sativum*, *Eugenia jambolana*, *Momordica charantia*, *Cinnamomum zeylanicum*, *Phyllanthus amarus*, *Pterocarpus marsupium*, *Tinospora cordifolia*, *Trigonella foenum gracecum* and *Withania somnifera*. *M. charantia* contains terpenoidal compound known as charatin which exhibits the hypoglycaemic effect. Cinnamaldehyde is a polyphenolic compound that is obtained from the plant *Cinnamomum zeylanicum* which is also responsible for the treatment of diabetes. © 2019 iGlobal Research and Publishing Foundation. All rights reserved.

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