

Phytotherapy for *Diabetes Mellitus*

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Abstract

This study reports a book-related review aimed to analyse different studies related to the use of phytotherapy in Diabetes mellitus in order to provide more information for healthcare professionals. The number of times something happens of disease where Diabetes Mellitus is rising and many of the people with blood sugar diseases often use herbal treatments along with modern medical treatment and improve their well-being. Many studies-mostly animal trials- have been done in this field. Among the herbs most-commonly used along with modern medical therapies and also in traditional medicine, we searched for mostly medicinal plants. Studies done in this field have produced disagreeing results and, the need to manage and do randomized, where everyone thinks they got real medicine, but some of the people were secretly given water, sugar, etc., instead medicine-based human studies to develop new drugs from herbs, as in the case of metformin, still remains important. More importantly, healthcare professionals caring for diabetes patients need to be aware of phytotherapy to include phytomedicine into their practices and should try more responsibility in relation to these therapies that are mostly used throughout the world.

Keywords: Diabetes mellitus, Medicinal plants, Phytomedicine, Treatment

Introduction

Diabetes mellitus is a disease that is seen as excess blood sugar, change in the chemically processing and using food of lipids, carbohydrates, and proteins. It is the most common long-lasting and related to processing and using food disease seen as an increase in blood sugar levels due to complete and total or relative insulin not having enough of something. The disease is related to eye, kidney-related, related to the heart and blood vessels, and nerve-based difficulties over a long time. This disease is also connected with signs of sickness such as polyuria, tiredness, weight loss, delayed wound healing, blurred vision, increases in urine blood sugar levels, etc. Destruction of beta-cells of the islets of Langerhans in the pancreas and as a result development of insulin-dependent disease where blood sugar swings wildly is one of the disabilities of the regulation of the disease-fighting system. More than two, but not a lot of related to surrounding conditions or the health of the Earth and related to tiny chemical assembly instructions inside of living things factors affect the disease-fighting system, leading to the attack of infection-fighting cells, especially infection-fighting cells, and pancreas disease. This swelling response may cause insulinitis and diabetes. There are now more than 150 million people with disease where diabetes across the globe, which seems to reach 300 million by 2025. Without proper treatment, heart-related, blood-vessel related, nerve-based, and kidney-related damage and nerve disease may happen. Treatment includes diet, exercise, and medicine. Now, the main and effective treatment for diabetes mellitus is the use of insulin and in a low-blood-sugar state drugs, but these compounds also have many bad side effects. Medicinal plants have a long history of usage and today, they are being a lot used for different sicknesses. There are more than two, but not a lot of reasons for increasing the use of medicinal plants. Many plants from different parts of the world have been examined closely so the truth can be found for antidiabetic effects. This review article reported some of the most important medicinal plants with in a low-blood-sugar state property according to reliable medicine-based and laboratory events that prove something, and also touched on the medicinal plants that are prescribed, in worldwide traditional medicine, for the treatment of diabetes mellitus (Huseini H Fallah et al., 2006).

DM caused excess blood sugar leads to many medicine-based difficulties either at the macro vascular level causing heart-related and cerebrovascular

sicknesses or at the micro vascular level causing kidney-related failure, blindness, limb cutting off, nerve-based difficulties and too early or soon death. The signs of DM include extreme low blood sugar, lactic illness, weird liver cell injury, permanent nerve-based shortage, digestive discomfort, headache etc. Existing medically helpful things against DM mainly include in a low-blood-sugar state drugs and insulin. These anti-DM drugs usually target a pathway to control excess blood sugar and are laced with many side effects and their efficacies. On the other hand now, the different classes of drugs used to diabetes mellitus treatment are not possible for any common people (A. López-Candales., 2001).

Therefore, it is extremely important to develop new medically helpful ways of thinking that can act on more than one key pathway concerning carbohydrate, fat, or protein. Herbal preparations from traditional plants and their bioactive parts are known to possess antidiabetic property as by different methods. The extracts or parts of some plants may act at different levels such as stopping glucose from intestines, increasing insulin from the pancreas, improving glucose uptake by fat and muscle tissues, or stopping glucose production from hepatocytes (H. S. El-Abhar and F. Schaal., 2014). In the same way that way, there are enough possibilities to fully use for profit phytochemicals as effective other choice medicines with limited or no side effects.

Conclusion

Phytotherapy can be effective in prevention of diabetes and its difficulties as well as optimization of the treatment and life standards. As in case of many long-lasting diseases, the method is closely related, especially in diabetes, to oxidative stress and swelling in the body. Therefore, due to the antioxidant properties herbs should be considered for both prevention and treatment of diabetes mellitus.

References

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