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EDITORIAL

Useful local plants in diabetes

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Diabetes is a very common health problem in India, which creates a lot of problems in social, professional, and personal life. In India, the death rate due to diabetes was about 28 per ten thousand people in 2019. About 1.5 million deaths are directly related to diabetes globally. In cities, it is more common than in village areas. The major reasons are a metallic lifestyle, unhealthy foods, unnecessary medications, tension, and social, professional, and personal pressures. It acts like a slow poison in almost every house in India. A number of allopathic and herbal medicines are available for treating diabetes in the market. They can reduce blood sugar levels and the associated complications. We can use locally available plants as a preventive and therapeutic agent because prevention is better than cure. The most common and easily available plants used in diabetes are *Gymnema sylvestre*, *Andrographis paniculata*, *Dioscorea alata*, *Pterocarpus marsupium*, *Centella asiatica*, *Momordica charantia*, *Syzygium cumini*, *Chamaecostus cuspidatus*, *Catharanthus roseus* etc. The plant parts of the above-mentioned plants are very useful in treating diabetes. The local communities of many states in India use them against diabetes. They also use local and seasonal plant parts in their day-to-day lives (Figure 1). This is the secret to their sound health. Most plants are easily available, and we can grow them in our home garden, society garden, botanical garden, etc.

We also need to raise awareness about the usefulness of these plants. The sustainable use of these plants can reduce health problems like diabetes and be useful to the environment.



Figure 1: Discussion with local people of Mayurbhanj on plants used to reduce sugar level