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## INDIAN MEDICINAL HERBS - USEFUL IN DIABETES

*Mohd Mazhar, Mustaq Ahmad, Sayed Md Mumtaz, Yogesh Kumar\**


Delhi Pharmaceutical Sciences and Research University, M.B.Road. Saket, New Delhi-110017

E-mail: [editorjohp@gmail.com](mailto:editorjohp@gmail.com)

### ABSTRACT

Currently world is fronting an epidemic of diabetes mellitus. The world health organisation (WHO) declared that the worldwide prevalence of DM in 2000 was 171 million and would reach approx. 366 million by 2030. However, the worldwide prevalence of DM has already reached 346 million as of 2010. An estimated 1.6 million deaths were directly caused by diabetes. Another 2.2 million deaths were attributable to high blood glucose in 2012, Diabetes prevalence has been raising more rapidly in middle- and low-income countries. The exponential growth a future burden of the high DM prevalence is responsible for most of the mortality and morbidity rates worldwide. The perilous indication of diabetes and its co-existing diseases. From ancient times the India is attraction point for human evolution and revolution. We have rich history and knowledge, throughout the plants and animals used in medicine system. The plants are used in medicine from the time of Ayurveda's, The ancient system of India. So that we found that the medicine system of diabetes is mostly depends upon synthetic drugs formulation. In this review we attempt to made meet the traditional, Phyto-chemical and pharmacological studies done on the medicinal plants. Natural products were considered to be the best option as they have less harmful nature against the environment and other non -targeted organisms.

**Keywords:** Diabetes, Prevalence, Medicinal herbs, Ayurveda's

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