



# International Conference on Traditional Medicine and Ethnobotany

September 23-24, 2019 Kuala Lumpur, Malaysia

## Herbal Remedies of Diabetics

**Jhansee Mishra\*** and **Alok Kumar Dash**  
Veer Bahadur Singh Purvanchal University, India

Traditional Medicines derived from medicinal plants are used by about 60% of the world's population. This review focuses on Indian Herbal drugs and plants used in the treatment of diabetes, especially in India. Diabetes is an important human ailment afflicting many from various walks of life in different countries. In India it is proving to be a major health problem, especially in the urban areas. Though there are various approaches to reduce the ill effects of diabetes and its secondary complications, herbal formulations are preferred due to lesser side effects and low cost. A list of medicinal plants with proven antidiabetic and related beneficial effects and of herbal drugs used in treatment of diabetes is compiled. These include *Allium sativum*, *Eugenia jambolana*, *Momordica charantia*, *Ocimum sanctum*, *Phyllanthus amarus*, *Pterocarpus marsupium*, *Tinospora cordifolia*, *Trigonella foenum graecum* and *Withania somnifera*. One of the etiologic factors implicated in the development of diabetes and its complications is the damage induced by free radicals and hence an antidiabetic compound with antioxidant properties would be more beneficial. Therefore information on antioxidant effects of these medicinal plants is also included.

### Biography:

Dr. Jhansee Mishra is a proud Indian who was born and raised on Bhubaneswar, Odisha, India. She had received her B. Pharm, M.Pharm & Ph.D degree from different renowned University of India. She is working as an Assistant Professor in Institute of Pharmacy, V.B.S. Purvanchal University, India. She has more than 40 National and International publications and 4 books in her credit. In the "6<sup>th</sup> Edition of International Conference on Pharmacognosy and Medicinal Plants" during April 16-17, 2018 at Amsterdam, Netherlands, she has received Young scientist award. She has also received most prestigious Atal Samman Award. She is working as editors/reviewers of many reputed national and international journals.