

Mangifera m al-ami  
proved that the curry



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BUSTER**

Mangifera indica is from the Anacardiaceae family which contains more than 30 species and it is mainly used as ayurvedic medicine various part of the mango can be used for different purposes. Dr. Rajnandan Patnaik showed a result on his research that mango leaf extract can control the diabetes (Dr. Rajananadan, 2014 ).

The research study on mango leaf extract proven by Aunyachulee Ganogpichayagraj that ethanol mango leaf extract has antidiabetic activity(Aunyachulee Ganogpichayagraj et al., 2017)BILLBERRY(Vaccinium myrtillus) Vaccinium myrtillus is from the Ericaceae family . It is being used as a medicine from various parts of this plant. It is famous for the property of good eyesight and night vision. It is a folk medicine used in India. Guder showed the result on his research that the billberry can be used against diabetic source in medicine and pharmocieticals due to its chemical composition.

(Guder et al., 2014). Sedigheh salary proved that crude Billberry fruit has efficacy of anti hyperglycaemic activity by alloxan- induced diabetic rats (Sedigheh et al., 2015). BITTER GOURD (Momordica charantica)

Momordica charantica is from the Cucurbitaceae family, though it is bitter in taste it has valuable medicinal uses for the healthy life. It is a commercial crop and majorly found in India Caribbeans south America and east Africa which belongs to the family cucurbitaceae . The extracts like fruits and seeds are having hypoglycemic activity on diabetes type2.

The lectin is the component present in bittergourd to reduce the blood glucose levels. It has been experimentally proven that bitter guard has

antidiabetic and hypoglycaemic activity by Baby Joseph. (Baby Joseph and D.

Jini 2013). R V Yin has experimentally proven that the bitter melon has effective property of lowering the plasma glucose in diabetic patient. (R V Yin et al., 2014) CURRY LEAVES (*Murraya koenigi*) *Murraya koenigi* is from the Rutaceae family . It is one of the food spice also contains many medicinal values.

Imad M Al-Ami proved that the curry leaves extract has hypoglycaemic activity against diabetics. (Imad M Al-Ami et al., 2017). Dr. S. Vijayanand had proven that the curry leaf extract has hypoglycaemic activity on alloxan induced rats (Dr. S. Vijayanand , 2015) .

GOOSEBERRY (*Phyllanthus emblica*) *Phyllanthus emblica* is from the Grossulariaceae family. It is used In many cosmetic items due to its medicinal values. Amla juice rich in vitamin C which is 20 times as that of orange juice. (Walia K. and Boolchandani R., 2015) Experimentally result shows that the gooseberry has antidiabetic effects through the property of antioxidants and free radicals scavenging (D'souza JJ et al., 2014). It has been proven that amla extract has antidiabetic activity still it requires furthermore researches for the detailed study of mechanism of action (Mai A Elobeid and Elham A Ahmed, 2015).

ALOE VERA (*Ghritakumari*) *Ghritakumari* is from the Asphodeloaceae family. It has been used as a medicines . It has been proven that the aloe Vera leaf extract has antidiabetic activity in alloxan induced mice (Enas Ali

Kamel Mohamed, 2011). hypoglycaemic activity against alloxan induced mice had been proven by the Dr. Joyamma John (Dr.

Joyamma john 2017)GREEN TEA (Camellia sinensis) Camellia sinensis is from the Theaceae family. It contains 20-45 % of polyphenols by weight. it was having high amount of polyphenols and epigallocatechin 3 gallate it help to reduce the oxidative stress naturally.

It has been experimentally proven that green tea has antidiabetic activity as it contains polyphenols and caffeine which shows antidiabetic activity (Qui-Yue Fu et al., 2017). It has been experminatally proven that the effect of green tea extract on type 2 diabetes patients shows the positive results(Chia-Yu Liu et al., 2014).

GURMAR(Gymnema sylvestre) Gymnema sylvestre is from the Apocynaceae family. It is a ayurvedic medicine. The root of this plant is effective against the snake bite by the tribal people. Nowadays these plants are becomes endangered due to their unique characters (Mohsina Syedy and Krishnendra Singh Nama, 2014) It has been experimentally proven that gurmar has antidiabetic property (Hemanth Kumar et al.,

2015)ISPAGHULA HUSK (Psyllium husk) Psyllium husk is from the plantago genus. It has been proven that plantago ovate on reduce glucose level and increase the insulin levels in diabetic 2 patients effectively (Raquel Diez-Laiz et al.

, 2015)MAIDENHAIR ROOT(Adiantum) Adiantum is from the Pteridaceae family. Scientist had proven that the Gingo biloba root has antidiabetic actiuvity in diabetic patients (Omayma A. R. et al., 2016). PAPAYA (Carica

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papaya)

Carica papaya

is from the Caricaceae family. Papaya leaves , fruit and seeds are used for medicinal purposes. Only least amount of secondary metabolites are produced in this plant.

Seeds contains proteins , fatty acids ( Rafat A Siddiqui, 2016).

Experimental evidence has proven the Carica papaya can reduce the fasting glycemia of diabetic rats (Pedro H. Miranda-osorio et al., 2016). SWEET POTATO LEAVES (Ipomoea batatas) Ipomoea batatas is from the convolvulaceae family. It has excellent protein source with low calories. Unlike all starchy vegetales it has high protein metabolites against the disease. (O.

O. Ogunrinola et al., 2015) Scientist had proven that the sweet potato leaf extract has antidiabetic effect in diabetic rats (Taiwo Betty Ayeleso et al., 2016) CINNAMON Cinnamon is from Cinnamomum genus. It is the used as the food flavouring. It is having many medicinal values.

Cinnamon is a spice which is taken from the inner bark of the tree which is used for food preservatives . It was having aromatic taste many studies on cinnamon explains that it having capacity to reduce blood glucose levels or it help to treat diabetes 2. The extract having phosphorylation activity and also some studies on cinnamon reveals that it was having glycogen synthase activity, so it help to treat the diabetes. But still it needs further more study to improve the treatment.

It has been proven by the scientist that the cinnamon has ability of controlling diabetic (Ahmed Salih Sahib, 2016). BILVA(Aegle Marmelos)

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Aegle Marmelos is from the Rutaceae family. It has been proven that the Aegle marmelos has ability to bring back the normal blood glucose level in diabetic patient. (R. Bhavani, 2014).

**GARLIC**(*Allium sativum*) *Allium sativum* is from the Amarylidaceae family. It is being used in everyday life as one of the food spices. Garlic is one of the best medicine in our world. Many studies on garlic reveals that it was having hypoglycemic effect on blood glucose levels on human. We regularly consume garlic in our food that reduce our blood glucose levels. Garlic extract are very much effective for lowering the insulin resistance in diabetes patient It has been proven that the aged garlic extract has antidiabetic effect on diabetic rats (Martha Thomson et al., 2016)**NEEM**(*Azadirachta indica*) *Azadirachta indica* is from the Meliaceae family.

Various parts of the plant are being used as the medicines. It has been proven that the neem has hypoglycaemic activity against alloxan induced diabetic albino rats (Dr. Nagashayana G et al., 2014). **IVY GOURD** (*Coccinia grandis*)*Coccinia grandis* from the Cucurbitales.

It is reduces our body heat during summer times. It has been experimentally proven that the leaves of ivy gourd has anti hyperglycaemic, beta cell regeneration property (Dr. AP Attanayake et al, 2016). **LADIES**

**FINGERS**(Okra) Okra is from the Malvaceae family.

It is used in Indian Food and it has antidiabetic property. The study on dried powder of okra prove that can reduce the blood glucose levels in humans of  $p < 0.005$  . From this it is proven that it was having ability to manage the diabetes naturally without any side effects It has been proven that the

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okra has hypoglycemic activity in diabetic patient (Poorva Dubey and Sunitha Mishra, 2017). MILK THISTLE (*Silybum marianum*) *Silybum marianum* is from the Asteraceae family. Milk thistle plants are available in Mediterranean region mainly. As the name indicates this plants having milk secretions this help to identify this plant.

It belongs to Daisy family. Milk thistle having natural phenolic compounds called silymarin this compounds is used to treat diabetes 2. This compounds having capacity to decrease the blood sugar levels fast rate. It has been proven that the milk thistle has beneficial effect on diabetic neuropathy and diabetic nephropathy (Christo E.

Kazazis et al., 2014). LOQUAT (*Eriobotrya japonica*) *Eriobotrya japonica* is from the Rosaceae family. It has been studied in a recent research that loquat has hypoglycemic effect on alloxan induced diabetic mice (Yilong Lui et al., 2016)