

DIALVEL

Botanical Name: Gymnema Sylvestre

Family Name: Asclepiadaceae

Common Name: Gudmar

Gymnema Sylvestre is a plant used in India and parts of Asia as a natural treatment for Diabetes "sweet urine." According to Ayurveda , the herb's active ingredient, gymnemic acid, is extracted from leaves and roots, and helps to lower and balance sugar levels. Gymnema also known as Gudmar, literally means "sugar destroyer", and has been used in Ayurvedic medicine for several centuries to regulate sugar metabolism. The fresh leaves when chewed have the remarkable property of paralyzing the sense of taste for sweet and bitter substance for some time. It lowers blood sugar level and is good for the treatment of both types of Diabetes.

Botanical Name: Caesalpinia Crista

Family: Caesalipiniaceae

Common name: Katchka, Latakaranja

Caesalpinia Crista belongs to the family of Caesalipiniaceae and also known as Latakaranja. It is pungent, bitter and astringent in taste, pungent in the post digestive effect and has hot potency. The seeds root - bark and the leaves are used for medicinal purpose. Its seed-oil particularly helps in rheumatic disorders and arthritis. Crista possesses light, dry and sharp attributes and useful in the diseases like liver disorders, edema, diseases of vata, worms etc.

Botanical Name: Azadirachta Indica

Family: Meliaceae

Common Name: Neem, Margosa Tree

Azadirachta Indica considered being a very valuable herb in Ayurvedic medicine which is also called Indian Lilac, Bead Tree, Holy Tree, Margosa Tree, Nim, Persian Lilac, Pride of China, Ravipriya, Veppu. The Neem tree is found in every part of India and considered an excellent herb that believes to cure almost hundred diseases. Each part has a different therapeutic value like Root bark is astringent, tonic, Bark of tree is astringent, antiviral, bitter, tonic, and leaves are antiviral. Neem being very bitter and Diabetes is a disease of excess sweetness; it was often used to treat diabetes in Ayurveda. Modern clinical studies reveal that Neem has been effective in treating and preventing diabetes. Neem formulations are also useful in arthritis, blood - purifies and detoxifies, bronchitis, cough, drowsiness, eczema, fever, jaundice, and malaria.

Botanical Name: Momordica Charantia

Family: Cucurbitaceae

Common name: Karela, bitter gourd, bitter melon

Bitter Melon also known as balsam pear is a tropical vegetable widely cultivated in Asia, Africa, and South America. Fruit pulp, leaf juice and seeds are antihelminthic. Karela is tonic, stomachic, stimulant, emetic, anti bilious, laxative and alterative. Bitter melon is composed of several compounds with confirmed anti-diabetic properties; thus it is used in the treatment of diabetes to lower the blood sugar levels. It also contains an insulin-like polypeptide,

polypeptide-P, which lowers blood sugar levels when injected subcutaneously into type 1 diabetic patient.

Botanical Name: Swertia Chirata

Family Name: Gentianaceae

Common Name: Indian Gentian

Swertia Chirata known as Chirayata in India is a herb indigenous to temperate Himalayas at altitudes above 1000 meter from Kashmir but also found in other parts of country. Studies show this herb is a bitter tonic and is an excellent remedy for a weak stomach, especially when this gives rise to nausea, indigestion and bloating. It has also been shown to protect the liver. The plant is an excellent drug for sporadic fevers, skin diseases, intestinal worms, bronchial asthma, burning of the body. It is also used in the liquor industry as a bitter ingredient.

Botanical Name: Syzygium cumini

Family: Myrtaceae (Myrtle Family)

Common Name: Jamun Bij, Java plum, Jamun, Black plum, Indian blackberry

The evergreen Jamun plant is originally from Indonesia and India; An evergreen tropical tree 50 to 100 ft. tall, with oblong opposite leaves that are smooth, glossy and have a turpentine smell. Jamun has fragrant white flowers in branched clusters at stem tips and purplish-black oval edible berries which taste usually from acid to fairly sweet. All parts of the Java plum can be used medicinally and it has a long tradition in alternative medicine. In India the bark is used for anemia, the bark and seed for diabetes which reduce the blood sugar level quickly, the fruit for dysentery, leaves juice for gingivitis (bleeding gums). Also its seeds, in liquid or powdered form, are freely given orally, 2 to 3 times a day to patients with diabetes mellitus or glycosuria. In many cases, the blood sugar level reportedly is quickly reduced and there are no ill effects. Tea, extracts, solutions, and other preparations from plants with a putative antihyperglycemic effect have a worldwide utilization in the treatment of diabetes.

Botanical Name: Enicostema Littorale

Family: Gentianaceae

Common Name: Chhota Chirata, Mamejavo, Whitehead

Enicostema Littorale is an herb found in many parts of India and in South America and some parts of Africa. It is an herb from the plant family Gentianaceae and known as an annual or perennial herb. The stems are often angular or rounded, seeds are round, and the leaves are narrow. The white flowers are arranged in circles in leaf axils along the stem. Mainly it is used along with other herbs for the treatment of Diabetes Type 2. The whole plant is useful as Ayurvedic herbal medicine.

References

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DIALEVEL

Gudmar : Gymnema Sylvestre : are useful in Diabetes, Inflammations, Liver Disorders, Headache, Dyspepsia, Constipation, Strangury, etc.

(Hypoglycemic (anti-diabetes), Consists of bitter principles, Anti-inflammatory, Anodyne, Digestive, Diuretic, etc.)

Kariyatu : Swertia Chirayita : are useful in Diabetes (reduces blood sugar level), Inflammations, Indigestion, Thinness, etc.

(Are bitter, Stomachic, Laxative, Alternative, Antipyretic, Antiperiodic, etc.)

Kachka : Caesalpinia Crista : are useful in Diabetes, Hydrocele, Inflammations, Dyspepsia, etc.

(Are bitter, Antipyretic, Anthelmintic, Depurative, etc.)

Karela : Momordica Charantia : are especially most useful in Diabetes, Ulcers, Dysmenorrheal, is well known for its Anti- Diabetic property, it reads the Blood Glucose level in the treatment of Diabetes, impurity of Breast milk, Debility, Inflammations, Hemorrhoids, Splenomegaly, Rheumatagia, etc. (Karela are bitter, Anti-Diabetic (controls sugar level in blood & urine, Anthelmintic, Depurative, Stimulant, Purgative, Carminative, Stomachic, Anti-Inflammatory, etc.)

Mamejavo : Ericostema Littorale : best drug of Diabetes, Toxemia, Dyspepsia, Anorexia, Flatulence, Colic, Dropsy, Hepatopathy, Intermittent Fevers and Malaria, etc.

(Are bitter, Digestive, Stomachic, Tonic, Laxative, Carminative, etc.)

Neem Pan : Azadirachta Indica : to control Glucose level in blood & urine, Burning Sensation, Ophthalmopathy, Intestinal Worms, Dyspepsia, Ulcers, Intermittent Fevers and Malaria, etc.

(Are bitter, Tonic Astringent, Antiseptic, Antiperiodic, Vermifuge, Acrid, Depurative, Anthelmintic, Alexiteric, Insecticidal, Demulcent, etc.)

Jambun Beej : *Syzygium Cumini* : are used in Diabetes, Jaundice, Colic, Diarrhea, etc., Glucose Jamuline is said to have power of checking the Pathological Conversion of Starch into Sugar in case of increased production of Glucose. Research shows that in common with number of other medicinal plant Jambul appears to have significant Hypoglycemia action, helping to lower blood & glucose level. It is therefore value in Diabetes. Jambul is also well known to reduce Glucose level in the Urine.

"LOWERING BLOOD SUGAR LEVEL" Research shown that in common with a number of other medicinal plants, Jambul appears to have significant Hypoglycemia action, helping to lower blood glucose levels. It is therefore of value in Diabetes. Jambul is also known to reduce level of Glucose in the Urine.

- THE ENCYCLOPEDIA OF MEDICINAL PLANT, LONDON (Page no. 137)
