

Different advances in diabetes medicine in recent times

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Introduction

As with Ayurveda, there is a large group of plants that have the potential to fight diabetes. Few of them have been scientifically proven and much remains to be explored and proved. *Ficus religiosa*, *Gymnema sylvestre*, *Allium sativum*, *Trigonella foenum graecum*, *Pterocarpus marsupium*, *Ocimum sanctum*, *Momordica charantia*, *Eugenia jambolana*, and *Ficus religiosa* have shown different levels of activity -hypoglycemic. These plants are reportedly involved in controlling diabetes problems. Future studies may guide the dissociation, purification, and dissociation of bioactive compounds present in these plants. The results of such a study could represent the first step in the development of potential anti-diabetic drugs. All of these factors can help you to control your diabetes.

About the study

However, T2DM is commonly referred to as non-insulin-dependent diabetes mellitus (NIDDM) because it is associated with the inability of cells to respond to insulin (insulin resistance). Type 2 diabetes (also known as diabetes) is caused by inadequate exercise, overeating, depression, insomnia, toxins, and complete genetic predisposition. Many people with type 2 diabetes turn to naturopathic medicine in addition to traditional medicine to help manage the disease. The use of natural remedies and diets as a medicine is a good way to go along with the control of diabetes. However, if added without proper knowledge and guidance, mixing herbs, supplements, and medications can lead to lowering blood sugar levels known as hypoglycemia.

Type 2 diabetes currently affects more than 20 million Americans and the diabetes epidemic shows no signs of slowing down. If a person has type 2 diabetes, they need to be controlled by their blood sugar levels. Some people with type 2 diabetes use drugs like metformin where their blood sugar levels can be controlled only through diet and

exercise. However, growing research shows that other therapies can also help control blood sugar levels. Diabetes mellitus is a disease characterized by hyperglycemia, extrade intake of lipids, carbohydrates, and proteins 1. Diabetes mellitus is the most persistent and chronic degenerative disease characterized by increased glucose levels due to complete or related insulin deficiency. The destruction of beta-cells on the inner islands of Langerhans has been reported and therefore the development of insulin-dependent diabetes is one of the major violations of the immune system. Several natural and genetic factors contribute to the immune system, which is primarily responsible for lymphocyte attacks, especially lymphocytes, and pancreatitis.

This inflammatory response could also cause insulinitis and diabetes 56. There are currently more than 150 million people worldwide with diabetes, which is expected to reach 300 million by 2025 7. Without proper treatment, heart disease, nerve damage, nerves, kidney and neuropathy may also occur. Treatment includes diet, exercise, and medication 8. Currently, the vaccine and effective treatment for diabetes is the use of insulin and hypoglycemic drugs, however those compounds have many harmful effects 9. Therapeutic plants have a long history of use and today, they may be widely used in various diseases. There are many reasons to increase the use of medicinal plants. Many plants from the same genus species were investigated for their anti-diabetic effects. The review article stated that a number of highly sensitive medicinal plants have hypoglycemic properties in line with reliable medical and laboratory evidence, and were affected by non-prescription medicinal plants, in traditional Iranian medicine, for the treatment of diabetes.

Conclusion

Benefits of taking Chromium has been studied and discussed for several years. Minerals are needed to make glucose loading factor. This helps to improve insulin function. Some studies suggest that chromium supplements may improve diabetes management, but there is not enough information to recommend it in treating diabetes. Some plant species are called ginseng, but many studies use American ginseng. They showed several hypoglycemic effects on fasting and postprandial blood sugar levels, as well as A1c (3 months mean blood sugar levels). However, more and longer research is needed. The researchers also found that the number of compounds that reduce sugar in ginseng plants varies greatly.

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