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A Review: Indian Medicinal Plants with Antidiabetic Potency

Ritesh Agrawal, Dr. M. A. Naidu
Faculty of Pharmacy, Mandsaur University, Mandsaur, MP, India - 485001

Abstract: The purpose of this review is to demonstrate the efficacy of using plants, plant products, or plant extracts to treat diabetes mellitus. Additionally, it compiles information on plants that have hypoglycemic effects. The focus of the current examination is on experimental research on hypoglycemic plants and the bioactive substances they contain. The kind of diabetes, associated physiological diseases, and herbal plants that can be used further for antidiabetic activity are all briefly described. Overall, this review provides profiles of the hypoglycemic plants that have been mentioned in the literature.
Key words: diabetes, antidiabetic activity, herbal medicine

Introduction

Diabetes is a long-term metabolic condition of the endocrine system that causes hyperglycemia, glycosuria, hyperlipaemia, and occasionally ketonaemia. Additionally, it could be described as a condition where the body is unable to react to insulin correctly, meaning that the pancreas is producing insufficient amounts of the hormone or that there is insulin resistance [1]. Reduced life expectancy and an increase in risk factors for mortality and morbidity are associated with the condition. Long-term hyperglycemia plays a significant role in the development and spread of microvascular and macrovascular problems [2].

Diabetes is a chronic endocrine disorder of the metabolism that results in hyperglycemia, glycosuria, hyperlipaemia, and sporadically ketonaemia. It may also be referred to as a situation where the body does not respond to insulin as it should, which indicates that the pancreas is not making enough of the hormone or that there is insulin resistance [3]. The disorder is accompanied by a decreased life expectancy and an increase in risk factors for death and morbidity. Long-term hyperglycemia has a major impact on how microvascular issues and macrovascular complications develop and spread [4].

Causes: When we eat, the carbohydrates break down in the small intestine, where glucose is then absorbed by intestinal cells and transported to the bloodstream for usage. But because insulin facilitates entry into cells, glucose cannot enter cells without it [5]. A hormone used to regulate blood sugar, insulin is created by the beta cells of pancreatic islets. Insulin's job is to transport glucose from the bloodstream to muscle, fat, and liver cells so that they can utilise it as fuel. Hyperglycemia and glycosuria are brought on by the lack of or insufficient synthesis of insulin in diabetic patients [6].

Causes: When we eat, the carbs break down in the small intestine. Afterward, intestinal cells absorb the glucose and transport it to the circulation for use. But without insulin, glucose cannot enter cells because insulin makes this process easier [7]. The beta cells of the pancreatic islets produce the hormone insulin, which is used to control blood sugar levels. The function of insulin is to carry blood glucose to muscle, fat, and liver cells so that they can use it as fuel. Diabetes patients' inadequate or absent insulin production results in hyperglycemia and glycosuria [8].

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Type- 1 and **Type-2** diabetes mellitus are the two main kinds of the illness. Two additional diabetes disease states were recently added. These are Type-4 (gestational) and Type-3 (other).

Type-1 diabetes, also known as insulin dependent diabetes mellitus (IDDM), most frequently affects young people, although it can also affect adults. A severe lack of insulin brought on by extensive beta cell necrosis or lesions defines the condition [9]. Beta cell function loss can be from a virus invasion, chemical poisons, or typically from autoimmune antibodies that are directed against beta cells. The loss of beta cells prevents the pancreases from responding to ingested glucose [10]. Polydipsia, polyphagia, and polyuria are common signs of insulin insufficiency in type 1 diabetes.

Type-2 (NIDDM): Although there are fewer metabolic changes than in IDDM, the long-term clinical effects can still be devastating (e.g., vascular problems and subsequent infections can result in lower limb amputation, for example). In INDDM, the pancreas still produces some beta cells, which causes fluctuating insulin levels that are insufficient to keep glucose levels in check [11]. Obese patients with type 1 diabetes are common. Target organ insulin resistance, which reduces responsiveness to both endogenous and exogenous insulin, is typically present in type-2 diabetes. In rare circumstances, a decreasing number of insulin receptor mutations causes insulin resistance.

Symptoms [12]

1. Type-1 diabetes-

a) Weight loss
b) Fatigue
c) Increased thirst and infrequent urination
d) Extreme hunger
e) Blurred vision

2. Type-2 diabetes [13]

a) Drymouth
b) Loss of consciousness
c) Slowhealing sores
d) Itching of skin (usually around the vaginal or groin area)
e) Frequent yeast infection
f) Acanthosisnigricans
g) Numbness and tingling of the hands and feet
h) Impotency

Type-3 diabetes- Other reasons of hyperglycemia exist in this kind, such as chronic pancreatitis or long-term use of drugs including glucocorticoids, thiazide diuretics, diazoxide, growth hormone, and certain protease inhibitors (like saquinavir)[14].

Type-4 diabetes- "Gestational Diabetes Mellitus" is another name for it. About 4–5 percent of all pregnancies show it. In the second or third trimester of pregnancy, high blood sugar levels are seen, and they typically go down during the postpartum period non inherited tendency [15]. The hormones produced during pregnancy that encourage insulin resistance are the most likely culprit.

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Medicinal Plants Species with Proven Anti- diabetic Activity:

The best sources of medications have always been plants, and many drugs today are made from plants. This review's objective is to provide the most recent information on herbal remedies for diabetes. In this review, we divided the medications into treatment-related categories.

Plants Used in Type-1 Diabetes – There are long list of plants used in Type-1 diabetes treatment but we given description of few plants as an example:-

1. ***Alangium salvifolium*** **(Alangiaceae)**

Africa, Madagascar, Southern, and Eastern Asia are the native habitats of the plant A. salvifolium. discovered in India via the Rajasthan and Hyderabad forests. A. salvifolium is used to manage Type-1 diabetes because the methanolic extract's anti-oxidant and insulinotropic properties have an antihyperglycemic effect on diabetic rats generated by alloxan [16].

Figure 1: ***Alangium salvifolium***

Phytochemical

Roots contain a variety of primary metabolites, including cephaeline, tubulosine, isotobulosine, psychotrine, and alangiside, according to preliminary phytochemical research. The root bark contains the alkaloids A and B, alangicine, dimethylpsychotrine, marckine, marckidine, and lamarckinine. Fruits contain the triterpenoids cepheline, N-methylcephaeline, alangimarkine, deoxytobulosine, alangiside, alangine, and sterols, while seeds contain alangimarine, alamanine, alangimaridine, emetine, cephaeline, and psychotrine [17].

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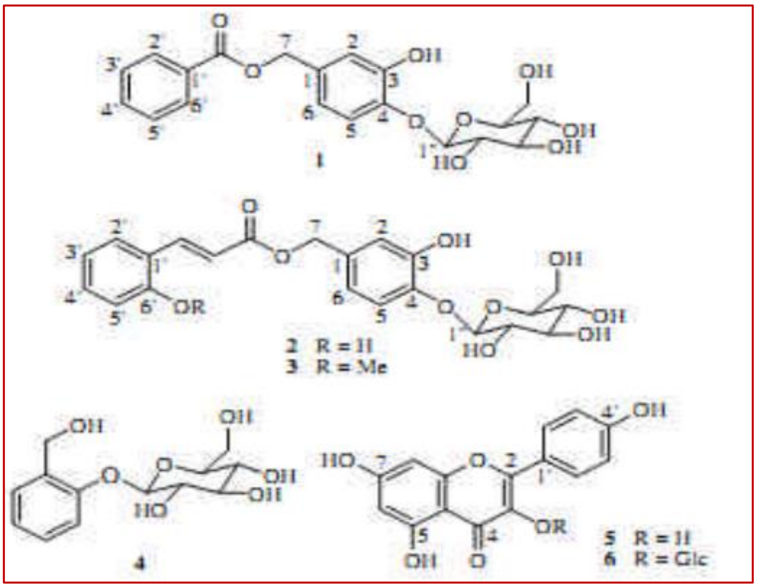

Figure 2: Chemical Structures of *Alangium salvifolium* Compounds.

2. ***Annona squamosa* (Annonaceae)**

The Hindi name for the plant A. squamosa (Annonaceae) is sharifa. It's also possible that improved peripheral glucose utilisation contributed to the blood glucose-lowering effects of A. squamosa root extract in STZ-induced diabetic mice. In diabetic rats, aqueous plant extract activates ßcells and has insulinogenic effects [18].

Figure 3: *Annona squamosa*

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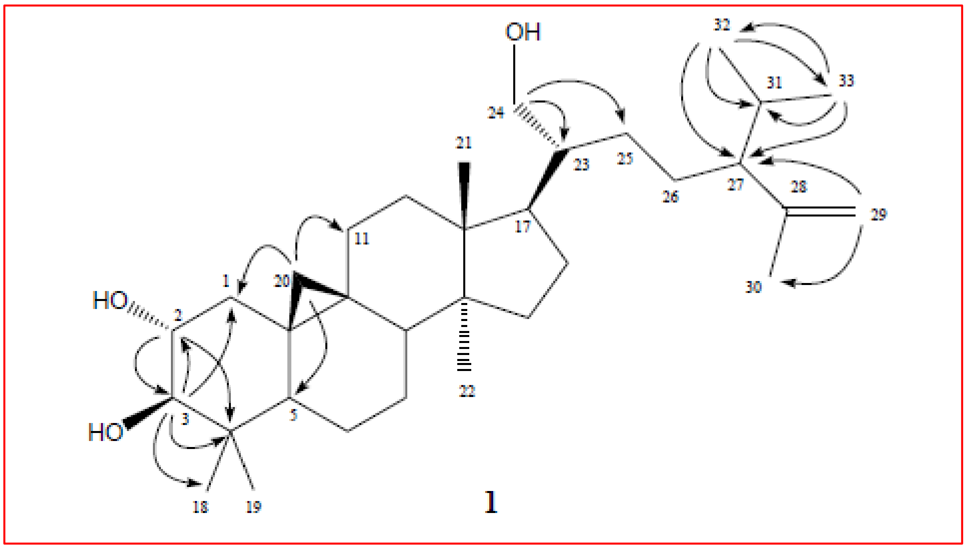

Figure 4: Structure and significant HMBC correlations of compound 1.

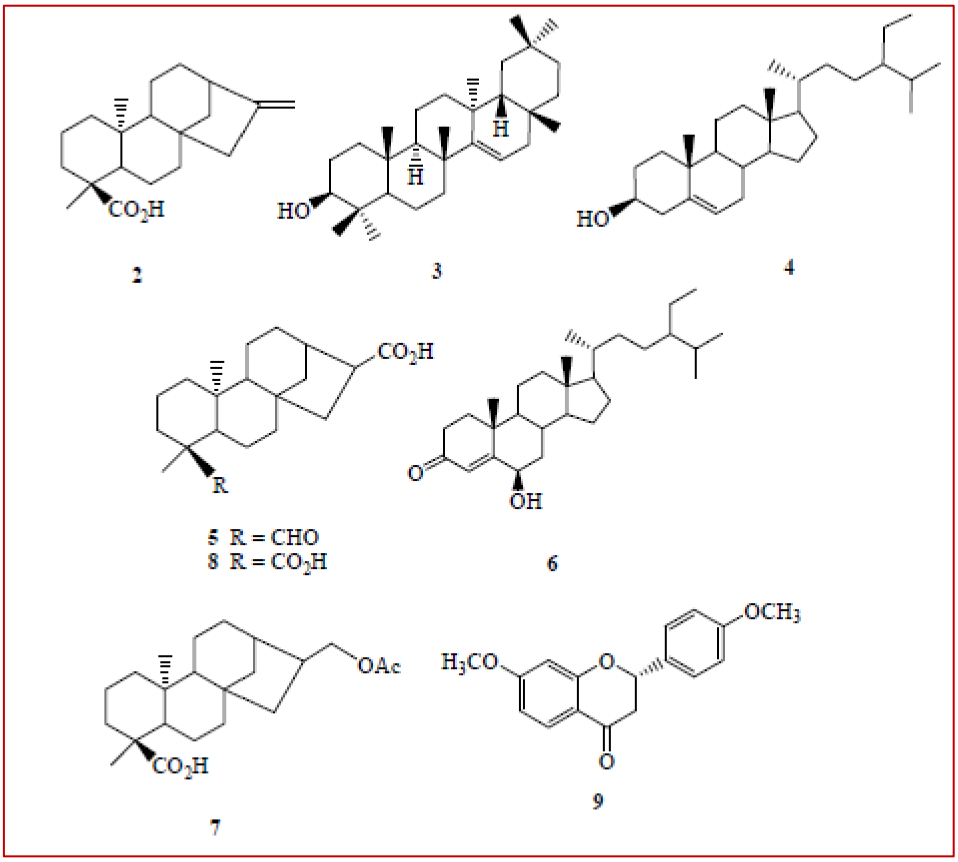

Figure 5: Structures of purified known compounds 2–9.

3. *Biophytum sensitivum* (Oxalidaceae)

B. sensitivum, also known as lajalu in Hindi, is frequently found in India's tropical regions. In alloxan-diabetic rabbits, a leaf extract of Biophytum sensitivum stimulated beta cells to produce more insulin, had a hypoglycemic impact, and improved oral glucose tolerance testing [19].

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Figure 6: *Biophytum sensitivum*

Phytoconstituents

Studies on the phytochemistry of *B. sensitivum* revealed that it includes pectin, a variety of phenolic and polyphenolic chemicals, saponin, and essential oils. The bioflavonoid and amentoflavone identified are the primary bioactive ingredients [20].

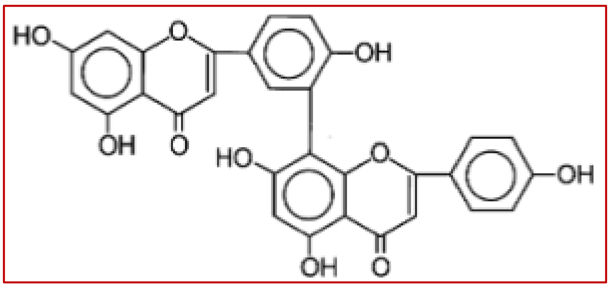

Figure 7: Amentoflavone

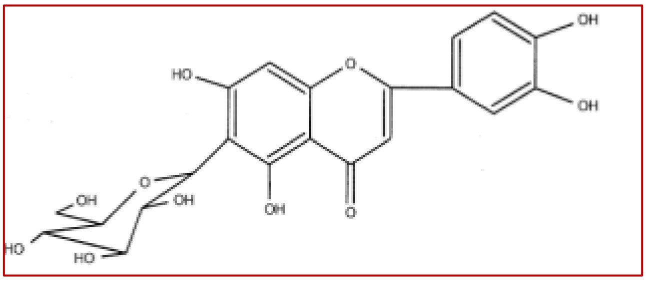

Figure 8: Isoorientin

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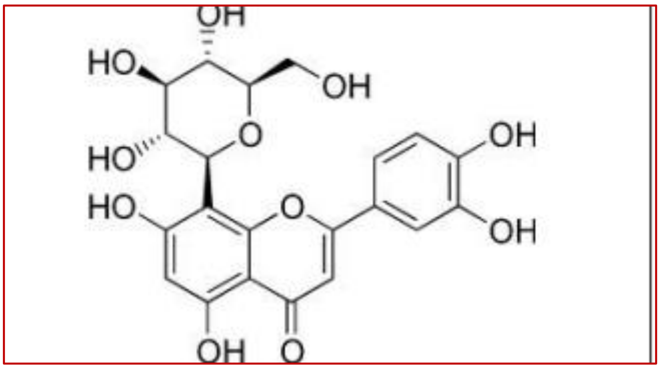

Figure 9: Orientin

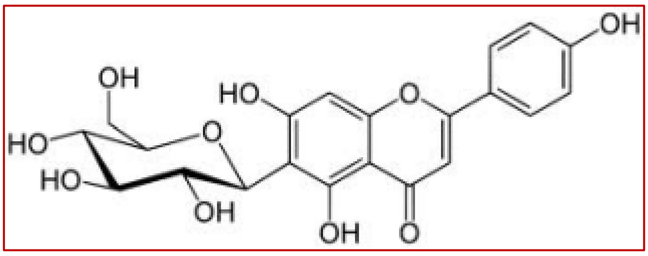

Figure 10: Vitexin

4. ***Bougainvillea spectabilis*** **(Nyctaginaceae)**

Ethanolic leaf extract of Bougainvillea spectabilis increases glucose uptake by enhanced glycogenesis in liver of streptozotocin induced albino rats and act as hypoglycemic agent. B. spectabilis also used in the combination with Azadiractica indica, chloroform, methanolic and aqueous plants extracts were investigated for controlling diabetes. Chloroform extract of A. indica and aqueous and methanolic extract of B. spectabilis showed a good oral glucose tolerance, significantly reduced the intestinal glucosidase activity and increase in glucose-6-phosphate dehydrogenase activity and hepatic, skeletal muscle glycogen content after 21 days also observed that regeneration of insulin-producing cells and corresponding increase in the plasma insulin and c-peptide levels with the treatment of *A. indica* chloroform and *B. spectabilis* aqueous, methanolic extracts [21].

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Figure 11: *Bougainvillea spectabilis*

Phytochemicals

The stem bark extract showed the presence of glycosides, saponins, alkaloids, steroids and tannins [22]. The compounds (1-4) were isolated by column chromatography of the EtOAc fractions (A - E) of the MeOH extract on silica gel, ODS, and Sephadex LH-20. Repeated column chromatography of fraction B on silica gel (CHCl3: MeOH, 9:1), Sephadex LH-20 (CHCl3: MeOH, 9:1) and ODS column (MeOH: H2O, 1:1) afforded compound 1 (107 mg) and 2 (133 mg). Repeated column chromatography of fraction C on Sepohadex LH-20 (CHCl3: MeOH, 9:1) and ODS column (MeOH: H2O, 2:8) afforded compound 3 (109 mg) and 4 (103 mg) (Fig 12).

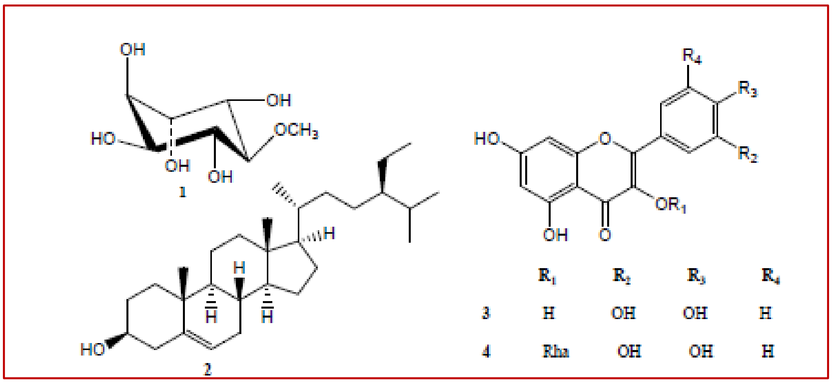

Figure 12: Compounds 1 - 4 (pinitol, β-sitosterol, quercetin, quercetin 3-*O*-α-L-rhamnopyranoside, respectively) solated from the stem bark of *B. spectabilis.*

5. *Camellia sinensis* (Theaceae)

Green tea is a frequent name for C. sinensis. In streptozotocin-induced diabetic rats, a hot water extract of Camellia sinensis has an insulinotropic action. Additionally, the extract was found to have both preventive and therapeutic benefits on experimentally caused diabetes in rats [23].

Figure 13: *Camellia sinensis*

According to reports, *Camellia sinensis* exhibits extraordinary pharmacological effects in traditional medicine, including those against diabetes [24]. Its antidiabetic qualities have recently come to light, and earlier research has shown that C. sinensis improves glucose tolerance, decreases blood glucose levels, and avoids hyperlipidemia by lowering total cholesterol and LDL levels in diabetic animal models [25].

Camellia sinensis' precise mode of action, however, is still unknown. Our findings show that EECS increased insulin production in BRIN-BD11 cells and isolated mouse islets in response to glucose stimulation in a concentration-dependent manner. Using insulin-releasing/inhibiting modulators, specific secretory pathways were targeted in an effort to better understand how a non-toxic dose of EECS affects cells [26].

The insulin-releasing activity of EECS was decreased in the presence of the KATP channel opener diazoxide, indicating that C. sinensis may function via the KATP, a channel-dependent route [27]. Verapamil, a voltage-dependent calcium channel blocker, decreased the EECS-mediated insulin release as well. These results imply that the mode of action of EECS involves the KATP channel being closed and the L-type Ca2+ channel being opened. In the presence of the KATP channel blocker tolbutamide and the depolarizing concentration of KCl (30 mM), EECS also boosted insulin release.

Plants used in Type-2 diabetes

***6.Brassica nigra* (Cruciferae)**

B. nigra, also called black mustard. In streptozotocin-niconamide-induced Type-2 diabetic rats, an aqueous, ethanolic, acetone, and chloroform extract of Brassica nigra reduces serum glucose levels within two months [28].

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Figure 14: ***Brassica nigra***

Phytochemical

Alkaloids, flavonoids, glycosides, carbohydrates, sinapine, myrosin, sinigrin, inosite, albumins, gums, and colouring agents were all found in the plant, according to phytochemical analysis. 6.67 mg/g of galic acid was the plant's total phenol content. It included proteins (40%) and phenyl propane derivatives such as sinapine (choline ester of sinapic acid, 1%), as well as glucosinolates, primarily sinigrin (allylglucosinolates, 1-5%). Fatty oil (30–35%) and proteins (30–40%) were also present. The volatile mustard oil, allylisothiocyanate, is released after the seeds are ground into a powder and then rubbed with warm water [29].

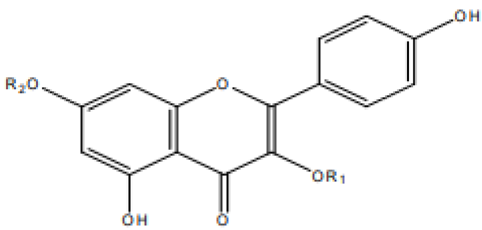

Figure 15: Structure of the isolated compounds

7.Caesalpinia bonducella **(Cesalpinaceae)**

A common medicinal plant found in India and other tropical areas of the world is Caesalpinia bonducella. Its seed kernels are employed in the treatment of type 2 diabetes. The seed kernels' four extracts petroleum ether, ether, ethyl acetate, and aqueous were produced and examined for their capacity to lower blood sugar levels in diabetic rats induced by alloxan. Aqueous and ethanolic extract of kernels is used to treat type 2 diabetes and increases insulin production in isolated islets [30].

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Figure 16: ***Caesalpinia bonducella***

Phytoconstituents present: Whole plant of Caesalpinia bonduc contain all major chemical constituents such as Steroidal Saponin, Fatty Acids, Hydrocarbons, Phytosterols, Isoflavones, Aminoacids and Phenolic [31]

8.Otholobium pubescens L. **(Papilionaceae)**

For the treatment of type-2 diabetes, bakuchiol was derived from an extract of Otholobium pubescens (Fabaceae). In streptozotocin-induced diabetic rats, otholobium pubescens lowers plasma glucose and triglyceride levels and lowers blood glucose in a dose-dependent way [32].

Figure 17: ***Otholobium pubescens***

Phytochemical

From Otholobium mexicanum J. W. Grimes (Fabaceae), two phenols, bakuchiol and 3-hydroxybakuchiol, and two isoflavone glycosides, daidzin and genistin, were identified. Additionally, the in vitro inhibition of the enzymes -amylase and -glucosidase by the raw extract and separated metabolites was assessed. The methanolic extract showed a modest inhibitory action in the -amylase assay, with an IC_{50} of 470 g/mL, while the percentages of bakuchiol, 3-hydroxybakuchiol, and daidzin that inhibited the enzyme were less than 25% at the highest dose tested (1 M) [33].

A weak activity was shown by genistin, with an IC_{50} of 805 M. The methanolic extract showed a high inhibitory activity in the -glucosidase assay, with an IC_{50} value of 32 g/mL,

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whereas 3-hydroxybakuchiol showed a moderate inhibitory activity, with an IC_{50} of 345 M. With IC_{50} values of 564 M and 913 M, respectively, daizin and genistin showed less inhibitory efficacy. At the highest test dose (1 mM), bakuchiol showed low inhibitory efficacy, with an inhibition percentage of less than 10% [34].

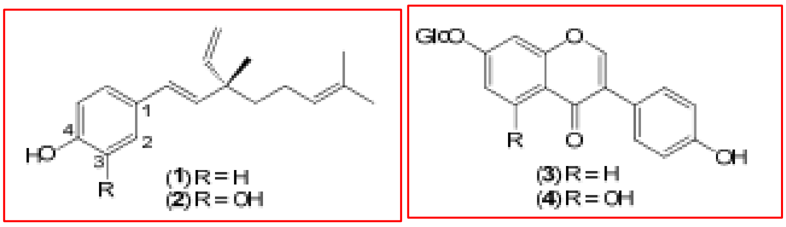

Figure 18: Structures of bakuchiol (1), 3-hydroxybakuchiol (2), daidzin (3) and genistin (4) isolated from Otholobium mexicanum.

9.Pandanus amaryllifolius (Pandanaceae)

The pandan leaf, also known as Pandanus amaryllifolius, is frequently used to impart a reviving, fragrant flavour. In addition to that, pandan leaves are used to make perfume and as a diuretic, cardiotonic, and anti-diabetic in medicine. P. amaryllifolius is used to treat type 2 diabetes by encouraging beta cell regeneration and lowering blood glucose levels [35].

Figure 19: ***Pandanus amaryllifolius***

Phytochemical

Over time, studies have revealed that the plant Pandanus amaryllifolius Roxb. is abundant in a variety of chemicals, some of which have medicinal promise. Alkaloids, terpenoids, flavonoids, saponins, anthraquinone glycoside, and cardiac glycoside were found to be present, as reported by histochemical and preliminary phytochemical screening, which gives a basic notion of the existence of primary and secondary metabolites [36].

It is also reported that the ethanolic extract of Pandanus amaryllifolius contains carbohydrates, tannins, flavonoids, and saponins. A prior investigation revealed that substances like flavonoids and saponins may be the cause of the antidiabetic activity. Using

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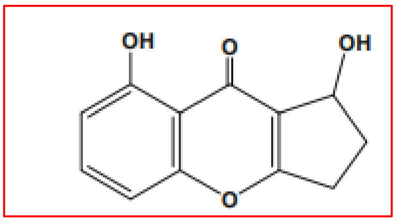
either the soaking method or microwave-assisted extraction (MAE), Nurul AMZ and his team recently conducted an examination of ethanol-water leaf extracts that confirmed the presence of phenolic components and flavonoids as well as their antioxidant activity [37].



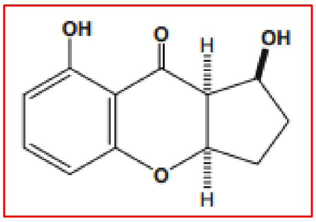


Figure 20: Diaportheone A, 1 Diaportheone B, 2

***10.Tabernaemontana divaricata* (Apocynaceae)**

Tagar is the name of a beautiful evergreen shrub called Tabernaemontana divaricata. Alkaloids, terpenoids, steroids, flavonoids, phenyl propanoids, phenolic acids, and enzymes have all been identified in the past as chemical components found in the leaves, stems, and roots.T. divaricata's methanolic extract is employed as a hypoglycemic drug; it increases the production of beta cells, raises insulin levels, and lowers blood glucose levels [38].

Figure 21: *Tabernaemontana divaricate*

Phytochemical

Extensive study of various plant species and their medicinal tenets has led to a current global revaluation of traditional medicine. Free radicals and reactive oxygen species may be involved in a large number of disorders, according to experimental findings (D'Mello, Jadhav, & Jolly, 2000). Plants can serve as a source of novel molecules with antioxidant activity since they create a lot of antioxidants to reduce the oxidative stress brought on by sunlight and oxygen [39].

Because they contain alkaloids, glycosides, saponins, tannins, flavonoids, and phenolic chemicals, aqueous and ethanolic extracts were chosen for this investigation. They might contain ingredients that actively scavenge free radicals [40].

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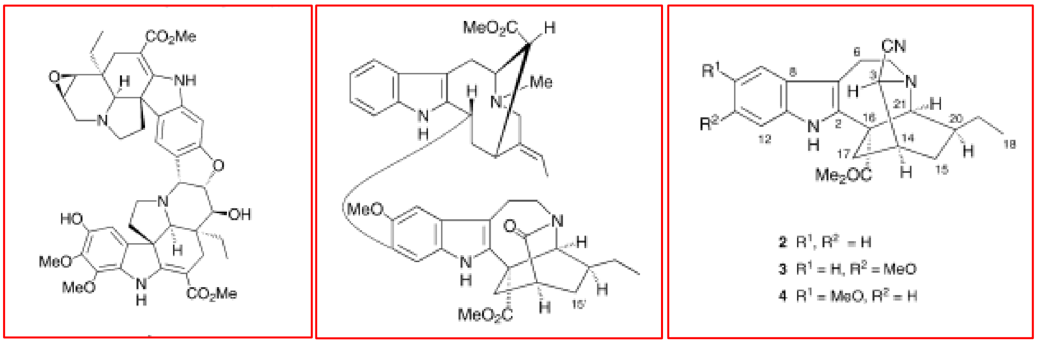

Figure 22: Compounds isolated from *Tabernaemontana divaricate*

11.Anoectochilus roxburghii (Orchidaceae)

In streptozotocin-induced diabetic rats, A. roxburghii regenerates and repairs pancreatic beta cells. Kinsenoside, a high yielding component from Anoectochilus roxburghii, is thought to play a role in the hypoglycemic effect on streptozotocin (STZ) diabetic rats when given orally at a dose of 15 mg/kg. It is also thought to scavenge free radicals and lower the level of factor NO [41].

Figure 23: *Anoectochilus roxburghii*

Phytochemical

A. roxburghii contains a variety of chemical components, including polysaccharides, flavonoids, glycosides, organic acids, volatile compounds, steroids, triterpenes, alkaloids, and nucleosides, according to phytochemical studies [42].

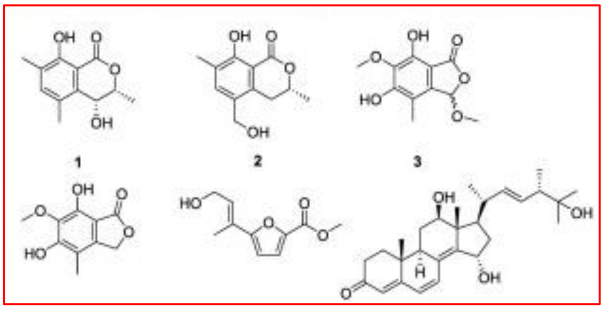

Figure 24: *Anoectochilus roxburghii*

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12.Aerva lanata (Amaranthaceae)

Aerva lanata (L.) Juss Ex.Schult commonly called as Polphala of Amaranthaceae is a perennial shrub which is seen commonly in different waste parts of India. It iis also known as Gorakha Ganga, belonging to the family amaranthaceous, in the genus Aerva and the species lanata .They are originated in India, Africa, as well as Australia. It is familiar in the name of knot grass. They are branching shrub.

In the oral glucose tolerance test, Aerva lanata (400 mg/kg) increased the glucose threshold at 60 min after the administration of glucose. The alcoholic extract of Aerva lanata was found to reduce the increased blood sugar level of alloxan-induced diabetic rats (42% at 375 mg/kg and 48% at 500 mg/kg body weight). Aerva lanata (400 mg/kg) treatment prevented a diabetic mice weight loss in. In the subacute study, repeated administration (once a day for 28 days) of glyburide and Aerva lanata caused a signifi cant reduction in the serum glucose level as compared to the vehicle-treated group [43].

Figure 25: ***Aerva lanata***

Phytochemistry

Alkaloids: Plant contains biological active canthin-6-one alkaloids such as 10-methoxy-canthin-6-one,10-hydroxy-canthin-6-one,10-O-β-D-glucopyranosy loxycanthin -6- one, 10-hydroxycanthin 6-one (ervine), 10-methoxycanthine-6-one (methylervine), 10-β-D-glucopyranosyloxycanthin- 6 - one (ervoside), aervine (10-hydroxycanthin-6-one), methylaervine (10-methoxycanthin6-one) and aervoside (10-β-D-glucopyranosyloxycanthin-6-one). Plant also contains alkaloids like β-carboline-1 -propionic acid, 6-methoxy-β-carboline-1-propionic acid, 6-methoxy-β-carbolinl-ylpropionic acid (ervolanine), and aervolanine (3-(6-methyoxyβ-carbolin-1-yl) propionic acid) [44].

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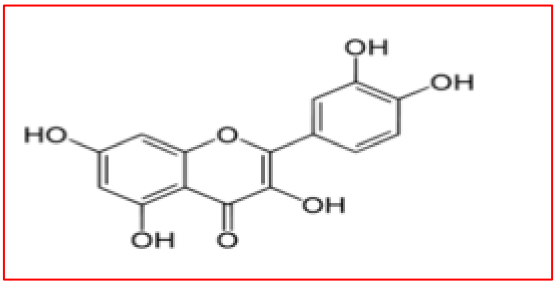

Figure 26: Isolated Compound (1) of ***Aerva lanata***

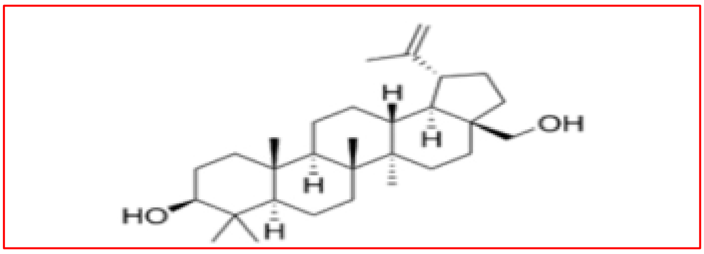

Figure 27: Isolated Compound (2) of ***Aerva lanata***

13.Curcuma caesia (Zingiberaceae)

Curcuma caesia is commonly known as kali haldi and it belongs to the family Zingiberaceae. This herb is available throughout north-east, central India, Papi Hills of East Godavari, West Godavari, and Andhra Pradesh. In the traditional system of medicine, fresh and dried rhizomes of Curcuma caesia Roxb are used in treating leucoderma, asthma, tumours, piles, bronchitis, bruises etc [45].

Figure 28: ***Curcuma caesia***

Antidiabetic Properties

Sedentary lifestyle, rapid urbanization, and nutrition transition lead to the raising of global diabetic and obesity cases. Improper control may cause damage to the heart, blood vessels, eyes, kidneys, and nerves, which leads to disability and premature death. Tese complications are correlated with postprandial hyperglycemia, which are known due to the induction of oxidative stress causing a decline in enzyme antioxidant activity and the excessive production of free radicals [46].

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Phytochemical

The presence of various phytochemicals in plants contributes to their pharmacological activities. The biological efects of Curcuma species are mainly attributed to the compound known as curcuminoids. There are many published articles reporting the presence of specialized metabolites, such as curcuminoids in turmeric, which are mainly accumulated on the rhizomes. Curcuminoids are commonly used as spices, pigments (dye substances), and additives, as well as therapeutic agents [47].

It is a type of fat soluble composed of polyphenolic pigments, the main component of which is curcumin. Beside curcumin, there are other components in the curcuminoids group, which are des methoxycurcumin, bis demetoxycurcumin, and cyclic curcumin.

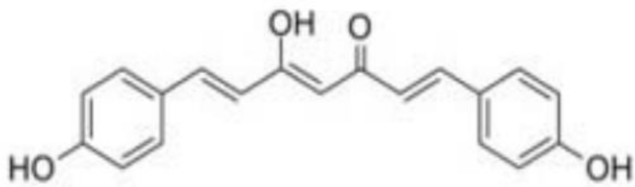

Figure 29: Isolated Compound (Curcumin)

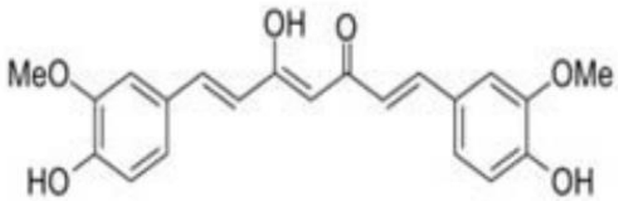

Figure 30: Isolated Compound (Demethoxycurcumin)

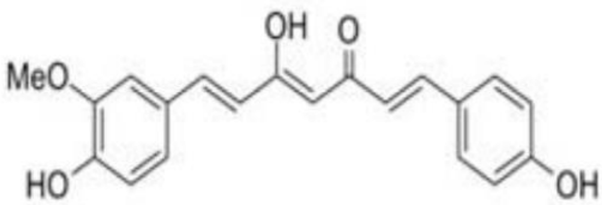

Figure 31: Isolated Compound (Bisdemethoxycurcumin)

Conclusion

Comprehensive information about anti-diabetic plants used to treat diabetes mellitus has been included in the current review. It demonstrates the powerful hypoglycemic effects of the herbs mentioned above. Numerous novel bioactive substances derived from plants with hypoglycemic effects demonstrated antidiabetic effectiveness comparable to these plants, plant parts, or plant extracts, and occasionally even more potent than well-established oral synthetic hypoglycemic medications. Many other plant-derived active compounds, however, have not yet been thoroughly characterised. To assess the mechanisms of action of medicinal plants with antidiabetic effects, more research must be done. It's important to clarify these plants' hazardous effects.

Future Trends

The establishment of new trends in herbal antidiabetic research can benefit from the current understanding of altered body metabolism during diabetes mellitus. Proteins and polypeptides both have powerful anti-diabetic effects. Insulin release and muscle glycogenesis have been shown to be inhibited by co-secreted plant secretions. Amylin is believed to have a significant impact on the abnormal metabolism linked to diabetes mellitus. A frontier in the hunt for new anti-diabetic medications is the development of pharmaceuticals that might compete with amylin and enhance metabolic control in diabetic patients. It is possible to screen for amylin antagonism in medicinal plants that have been found to ameliorate diabetes symptoms without obviously increasing insulin production.

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