

Medicinal Plants Treatment on Increased Risk of Type 2 Diabetes

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Brief Report

Metabolic syndrome or metabolic disorders is a cluster of conditions, including hyperglycemia/insulin resistance, excess abdominal fat and dyslipidemia, hypertension, coexisting in an individual and leading to an increased risk of type 2 diabetes, heart disease and stroke.

Medicinal Plants may serve as effective agents for the treatment or anticipation of metabolic disorder since they regularly contain assorted assortments of bioactive mixtures with various components of activity that may potentiate each other's movement or have a synergistic impact, giving more noteworthy advantage than a single chemical entity. In traditional system of medicine more than 1200 totally different plants are reported in the treatment of diabetes, many of which may also target other risk factors associated with metabolic syndrome, including hypercholesterolemia and hypertension. The characterization of pharmacological and biological effects of herbal-based remedies is becoming more effective and complex.

The significant role that plant-derived medicine have played in both traditional and modern healthcare systems is strikingly evident in that medicinal plant preparations have been used for thousands of years and can be traced as the source compounds in more than 25% of currently marketed pharmaceutical products. Herbal medicines were effective on diminishing waist circumference, blood glucose, blood lipids, and blood pressure. Each metabolic risk factor is associated with one another, and together the risk factors promote atherosclerotic cardiovascular illness. Soybean contains an incredible dietary benefit, which makes it amazing nourishment for the human eating regimen. It has a lot of protein and lipids and furthermore gives fiber, calcium, iron, zinc, and several vitamins. Soybean is attributed with anti-inflammatory, antioxidants and antifungals properties.

Oil, vitamins, fibers, proteins, and phytochemicals present in the avocado plant have shown the excellent capability of not only addressing the prevalence of these metabolic diseases but also being safe and having minimal side effects, the bioactive compounds and their action to promote health benefits in the prevention and management of metabolic disorders.

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Cinnamon *Cinnamomum cassia* (L.) has been used historically for the treatment of diabetes, and many cinnamon products are available as dietary supplements for the maintenance of blood glucose levels. *Cinnamomum cassia* (L.) extracts also improved insulin signalling in murine models of diabetes.

An ethanolic extract of Russian tarragon (*Artemisia dracunculus* L.) was demonstrated to have anti-diabetic properties. Analysis studies in murine and human muscle fiber cultures demonstrated that the anti-diabetic effects of *Artemisia dracunculus* L. extract are mediated through the insulin signalling pathway. Fenugreek (*Trigonella foenum-graecum* L.) is a leguminous herb commonly cultivated in India and Northern Africa, and its seeds are used worldwide as a cooking ingredient and a spice. *Trigonella foenum-graecum* L. seeds contain high amounts of protein and fibre and have well-documented hypoglycaemic and hypocholesterolemic effects in animals (mice, rats, rabbits and dogs) and humans.

The uses of putatively anti-diabetic, anti-hypertensive and cholesterol-lowering botanical supplements, few botanicals have been evaluated effectively in appropriately controlled clinical trials using well-characterized agents. Metabolic syndrome is of high priority among medical and research communities worldwide, as it comprises a cluster of risk factors requiring improved treatment and prevention strategies. Herbal medicines may represent future hope for the pharmacological management of metabolic syndrome.