

FOLK-TRADITIONAL ANTIDIABETIC HERBS

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Many herbs were found to possess antidiabetic activity and thus were used in different forms since mellinia of years in folk-traditional therapy. Among these plants are :

- 1 - *Allium cepa*, Fam. Liliaceae : oral intake of one raw or pickled big bulb daily.
- 2 - *Allium sativum*, Fam. Liliaceae : oral intake of raw bulbs, or its juice.
- 3 - *Ambrosia artimisaefolia*, Fam. Compositae : oral intake of one teaspoonful of its boiled or dried powdered herb, three times daily.
- 4 - *Ambrosia maritima*, Fam. Compositae : same as before.
- 5 - *Anacardium occidentale*, Fam. Anacardiaceae : oral intake of crushed seeds.
- 6 - *Arachis hypogea*, Fam. Leguminosae : oral intake of one teaspoonful of powdered seeds before breakfast (or arachis oil).
- 7 - *Arctostaphylos uva-ursi*, Fam. Ericaceae : oral intake of the filterate of the boiled leaves.
- 8 - *Argyrea cuneata*, Fam. Convolvulaceae : oral intake of powdered roots or its decoction.
- 9 - *Artemisia vulgaris*, Fam. Compositae : oral intake of the filterete of the boiled leaves, young shoots and roots.
- 10 - *Artemisia herba-alba*, Fam. Compositae : oral intake of wood decoction.
- 11 - *Asteracantha longifolia*, Fam. Acanthaceae : oral intake of decoction of roots and seeds.
- 12 - *Balanites aegyptiaca*, Fam. Zygophyllaceae : oral intake of fruit decoction.
- 13 - *Betula alba*, Fam. Betulaceae : oral intake of leaves decoction.

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- 14 - *Blighia sapida*, Fam. Sapindaceae : oral intake of unripe fruits decoction.
- 15 - *Brassica oleracea var. botrytis*, Fam. Cruciferae : oral intake of fresh or boiled flowers.
- 16 - *Brassica oleracea var. capitata*, Fam. Cruciferae : oral intake of fresh, pickled or boiled leaves.
- 17 - *Catharanthus roseus*, Fam. Apocynaceae : oral intake of leaves infusion.
- 18 - *Ceiba pentandra*, Fam. Bombacaceae : oral intake of roots decoction.
- 19 - *Centaurea salmantica*, Fam. Compositae : oral intake of herb decoction.
- 20 - *Cetraria islandica*, Fam. Parmeliaceae : oral intake of the boiled lichen.
- 21 - *Cichorium intybus*, Fam. Compositae : oral intake of leaves decoction.
- 22 - *Citrullus colocynthis*, Fam. Cucurbitaceae : oral intake of the powdered fruits.
- 23 - *Corchorus olitorius*, Fam. Tiliaceae : oral intake of the boiled leaves.
- 24 - *Cynara scolymus*, Fam. Compositae : oral intake of boiled leaves.
- 25 - *Equisetum officinale*, Fam. Equisetaceae : oral intake of boiled grass.
- 26 - *Eruca sativa*, Fam. Cruciferae : oral intake of seeds or leaves decoction.
- 27 - *Ficus glomerata*, Fam. Moraceae : oral intake of root bark decoction.
- 28 - *Ficus religiosa*, Fam. Moraceae : oral intake of root bark decoction.
- 29 - *Galega officinalis*, Fam. Leguminosae : oral intake of boiled herb.
- 30 - *Geum urbanum*, Fam. Rosaceae : oral intake of boiled herb.
- 31 - *Gnaphalium arenarium*, Fam. Compositae : oral intake of the filtrate of the boiled herb.
- 32 - *Gymnema sylvestre*, Fam. Asclepiadae : oral intake of leaves infusion.
- 33 - *Hermodactylus ritchi*, oral intake of roots decoction.
- 34 - *Juniperus communis*, Fam. Coniferae : oral intake of boiled berries.
- 35 - *Juniperus oxycedrus*, Fam. Coniferae : oral intake of fresh fruits.
- 36 - *Lamium album*, Fam. Labiatae : oral intake of the boiled herb filtrate.
- 37 - *Lupinus termis*, Fam. Leguminosae : oral intake of one teaspoonful of powdered dried seeds before breakfast.

- 38 - *Maytenus senegalensis*, Fam. Celastraceae : oral intake of leaves decoction.
- 39 - *Menispermum cocculus*, Fam. Menispermaceae : oral intake of powdered dried seeds. one teaspoonful before breakfast.
- 40 - *Momordica charantia*, Fam. Cucurbitaceae : oral intake of boiled fruits.
- 41 - *Momordica foetida*, Fam. Cucurbitaceae : oral intake of boiled fruits.
- 42 - *Morus alba*, Fam. Moraceae : oral intake of boiled leaves filterate.
- 43 - *Morus nigra*, Fam. Moraceae : oral intake of boiled leaves filterate.
- 44 - *Musa sapientum*, Fam. Musaceae : oral intake of the boiled flowers filterate.
- 45 - *Olea europea*, Fam. Oleaceae : oral intake of boiled leaves filterate.
- 46 - *Phaseolus vulgaris*, Fam. Leguminosae : oral intake of filterate of boiled pods devoid of seeds.
- 47 - *Phyllanthus niruri*, Fam. Euphorbiaceae : oral intake of leaves decoction.
- 48 - *Prosopis stephaniana*, Fam. Leguminosae : oral intake of pods decoction.
- 49 - *Rhizophora mucronata*, Fam. Rhizophoraceae : oral intake of boiled bark and roots.
- 50 - *Rosa canina*, Fam. Rosaceae : oral intake of the filterate of the boiled leaves and flowers.
- 51 - *Rubus fruticosus*, Fam. Rosaceae : oral intake of leaves decoction.
- 52 - *Salix Egyptiaca*, Fam. Salicaceae : oral intake of boiled roots filterate.
- 53 - *Salvia officinalis*, Fam. Labiatae : oral intake of leaves decoction.
- 54 - *Sclerocarya birrea*, Fam. Anacardiaceae : oral intake of boiled leaves and roots filterate.
- 55 - *Scoparia dulcis*, Fam. Scrophulariaceae : oral intake of herb decoction.
- 56 - *Scorzonera hispanica*, Fam. Compositae : oral intake of root decoction or boiled filterate.
- 57 - *Syzygium cuminii*, Fam. Myrtaceae : oral intake of boiled seeds fruits.
- 58 - *Taraxacum officinale*, Fam. Compositae : oral intake of roots.
- 59 - *Tecoma stans*, Fam. Bignoniaceae : oral intake of filterate of boiled herb.

- 60 - *Trigonella foenum-graecum*, Fam. Leguminosae : oral intake of the filtrate of the boiled seeds.
- 61 - *Urtica dioica*, Fam. Urticaceae : oral intake of the filtrate of the boiled herb.
- 62 - *Vaccinium myrtillus*, Fam. Vaccinaceae : oral intake of the filtrate of the boiled leaves.
- 63 - *Vicia faba*, Fam. Leguminosae : oral intake of the fresh green pods or its flower decoction.
- 64 - *Viola tricolor*, Fam. Violaceae : oral intake of herb infusion.

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