



Are herbal remedies of use in diabetes?

Alisa Yurlova

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Tallinn Health Care College

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Use of “alternatives”

- More than 75% of American adults have used some kind of complementary or alternative medicine.



Non-conventional approaches

- Pancreatic stimulation (to secrete insulin);
- stimulation of “healing energy channels”;
- promote relaxation (reduce stress hormone release);
- biochemical “balancing”.



Plants as antidiabetic agents

- More than 1000 plants have been claimed to benefit the treatment of diabetes.



Antidiabetic plant treatments

- Karela – reduce hyperglycaemia in Type 2 diabetes without stimulation of insulin.
- Cinnamon – decrease fasting plasma glucose and improved glucose tolerance.



Conclusion

- Plant remedies may be appealing as alternative or adjunctive treatments for diabetes.



References

C.Day

<http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?sid=07926921-20f9-4cdc-8922-989cae5a386a%40sessionmgr115&vid=2&hid=119> (16.01.2014)

Thank you

