



Diabetes and its Natural Remedy in Clinical Medicine

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Nowadays, diabetes is known as the silent epidemic of the present century and is one of the greatest health problems in all countries (1). Dealing with diabetes and its chronic complications reduce life expectancy and mortality, and impose a high economic burden on the individual, the family and society and reduce the quality of life of the individual and the family (2). Many scholars believe that diabetes occurs both in the individual and may involve the genetics and all of the family members (3,4). Diabetes is the most common endocrine gland disease that is associated with metabolic disorders of carbohydrates, fats and proteins. This disease is due to the lack of absorption of glucose due to the reduction of insulin or the resistance of the body to insulin (5). In fact, diabetes mellitus is a metabolic disorder characterized by high blood sugar due to the inability of the cells to properly usage of glucose (6). Diseases are of particular importance and cause suffering (7). In various diseases, some changes occur in the blood and cause various complications in various diseases of the genitals, digestive system, respiratory tract, brain and nerves and circulation (1). Medicinal herbs have always been a natural source of natural drugs for prevention and treatment diseases (8-12). Medicinal plants such as *Cyperus Rotundus*, *Silybum marianum*, *Tribulus terrestris*, *Ocimum sanctum*, *Artemisia dracunculus*, *Launaea acanthodes*, *Ocimum basilum*, *Trigonella foenum graceum*, *Urtica dioica*, *Capparis Spinosa*, *Cynodon Dactylon* are among the medicinal plants that have been shown to be clinically and experimentally tested for anti-diabetes and glucose effects. These plants inhibit diabetes due to pharmacological and antioxidant substances and with certain mechanisms.

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