

## Survey of Some Important Nepalese and Russian Anti-Diabetic Herbs

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**Abstract :** Diabetes has posed a great threat to the human health worldwide, both in developed and developing countries. The disease has basically rooted from the dramatically changed way of living of the present day human civilization as our living has deviated from what the nature has adapted us for. In this context, due to availability of wide range of climatic condition and hence the wide spectrum of biodiversity, Nepal is blessed with a valuable reservoir of medicinal herbs. These assets have been utilized and developed practices in traditional medicines and Ayurvedic way of treatment over several thousand years in the region. It has been established since ancient times that each and every plant has a specific medicinal value. There are many plants' products which have been utilized in Ayurvedic medicine for the effective treatment of diabetes. The medicaments are less expensive and pose practically no side effects. In this work, we report a general survey of anti-diabetic properties of some medicinal herbs with pronounced effects and their applications. The plants covered in this study originate from far western region of Nepal and include *Ficus racemosa*, *Momordica charantia*, *Azadirachta indica*, *Helicteres isora*, *Saraca asoca*, *Ichnocarpus frutescens*, *Tinospora sinensis*, *Commiphora mukul*, *Coccinia grandis*, and *Hippophae salicifolia*.

**Keywords :** *Ficus racemosa*, *Momordica charantia*, *Azadirachta indica*, *Helicteres isora*, *Saraca asoca*, *Ichnocarpus frutescens*, *Tinospora sinensis*, *Commiphora mukul*, *Coccinia grandis*, *Hippophae salicifolia*

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