

GOVIND MADHAV DIABETIC TEA

27 HERBS USED – DESCRIPTION IN SHORT

1. **Aegle marmelos**, (Bilva/Bael, Stone Apple): Bael contains laxatives that keep blood sugar levels in control, thereby helping in controlling diabetes. Prevents Constipation, aids in Digestion, Respiratory Problems, and asthma. Safety: 2-3 masha, (2-3 gm)
2. **Azadirachta indica** (Neem beeja/leaves, Indian lilac): The bitter leaf of neem is an effective remedy for treating diabetes. Anti-diabetic properties of Neem leaves aid insulin to increase the uptake of glucose into fat and muscle cells and, hence, helps in maintaining glucose levels in the body. Safety: 6-12 masha (6-12 gm)
3. **Berberis aristata**, (Daruharidra, Indian berberi): It is very effective at lowering blood sugar and HbA1c, which are elevated in people with diabetes. It reduces the increase in glucose levels in the blood. It improves insulin sensitivity and promotes the uptake of glucose by the cells and tissues. Safety: 3-5 masha (3-5 gm)
4. **Boerrrhavia Diffusa**, (Punarnava, Hogweed): Punarnava tends to increase the plasma insulin levels that further helps in managing diabetes well.
5. **Cinnamomum tamala** (Tejpatra, Indian Cassia): It significantly lowered the blood glucose level. Safety: 1-4 masha (1-4 gm) per day.
6. **Cinnamomum zeylanicum** (Dalchini, Chinese cassia): Use of cinnamon as an alternative therapy-alone or combined-in the control of glycemic levels in patients with diabetes. Taking cinnamon could be useful for lowering serum HbA1C in type 2 diabetics. Safety: 2.5-10 ratti (0.3-1.25 gm) per day.
7. **Cyperus rotundus** (Nagarmotha, Nut grass): Used in treatment of diabetes. It lowers blood glucose levels. It inhibits protein glycation. Safety: 3-6 masha (3-6 gm) per day.
8. **Emblica officinalis** (Amla, Indian gooseberry): Amla is known for its immunity-boosting properties and is known to be a great remedy for diabetes. Safety: 3-5 grams, (3-5 masha).
9. **Gymnema Sylvestre**, (Gurmarbooti, Miracle Plant): Supports normal appetite level & normal blood glucose levels. It helps lower fasting blood sugar and A1C in type 1 (insulin-dependent) diabetes. Gymnema sylvestre may reduce sugar absorption in your gut and promote cells' uptake of sugar from your blood.
10. **Hibiscus sabdariffa**, (Gudhal, China rose): It can help control blood sugar in types 2 diabetes by reducing insulin resistance. Safety: 3-6 masha (3-6 gm)
11. **Inula racemosa** (Pushkaramula, Orris Root): It possess anti-diabetic properties. Used in the treatment diabetes. Safety: 2-4 grams, (2-4 masha)
12. **Momordica Charantia** (Karela beeja, Bitter gourd): Bitter Melon supports the body's normal blood glucose levels. Safety: 1-2 tola (11.6-23.25 gm)
13. **Nigella Sativa**, (Kalonji, Black seed): black cumin seed oil over time reduced HbA1c — the average blood glucose levels — by increasing insulin production, decreasing insulin resistance, stimulating cellular activity, and decreasing intestinal insulin absorption. Safety: 1-2 masha (1-2 gm)
14. **Picrorhiza kurroa**, (Kutki, Yellow gentian): Kutuki helps β -cell regeneration with enhanced insulin production and anti-hyperglycemic effects. It regulates diabetes. Safety: 6-7 masha (6-7 gm)

15. **Plumbago zeylanica**, (Chitrakmula, Leadwort): Chitrak root is beneficial in managing diabetes. It lowers blood glucose levels by enhancing insulin secretion due to its anti-diabetic and antioxidant properties. Safety: 5-7 masha (5-7 gm)
16. **Pterocarpus Marsupium**, (Vijaysar, Malabar kino): Vijaysar has anti-diabetic property due to the presence of flavanoids. The excellent anti-glycemic nature of Vijaysar decreases blood sugar level of the body. It helps to reduce the breakdown of starch into glucose which in turn leads to low blood glucose levels. Safety: 2-5 ratti (250-625mg)
17. **Rubia cordifolia**, (Manjistha, Indian madder): Rubia cordifolia is widely used to cure diabetes mellitus. Anti-hyperglycemic and antioxidant properties of the roots of Rubia cordifolia and aerial parts of the plant also show hypoglycemic effect. Safety: 3-5 grams (3-5 masha) per day
18. **Swertia Chirayaita**, (Chirayata, Bitter Stick): It manages diabetes by increasing insulin secretion and reduces oxidative stress in diabetic patients. It helps prevent damage to pancreatic cells and enhances the release of insulin. This helps lower the level of blood sugar. Safety: 5-7 masha (5-7 gm)
19. **Syzygium cumini** (Jamun beeja, Blackberry): The seeds contain a glucoside "Jambosin" (alkaloid) which is believed to have the power to check the pathological conversion of starch into sugar in cases of excessive production of Glucose. Safety: 3-5 masha (3-5 gm)
20. **Terminalia Bellerica** (Bahera, Belleric Myrobalan): It stimulates insulin secretion, enhance insulin action and inhibit both protein glycation and starch digestion thus helps in the treatment of diabetes. Safety: 5-7 grams (5-7 masha)
21. **Terminalia chebula** (Harad, Chebulic myrobalan): It significantly reduced the levels of blood glucose and glycosylated hemoglobin. Determination of plasma insulin levels revealed the insulin stimulating action of the fruit extract. Safety: 5-7 masha (5-7 grams) per day.
22. **Tinospora cordifolia**, (Guduchi/Giloy), Heart-Leaved Moonseed): Giloy, known for its immunity building properties, can also be extremely beneficial to control blood sugar levels and prevent diabetes. Safety: 5-15 ratti (0.6-2 gm)
23. **Trigonella foenum graecum**, (Methi, Fenugreek): Fenugreek/methi is a seed that may help lower blood sugar levels. It contains fibers and chemicals that help slow down the digestion of carbohydrates and sugar because of increased insulin levels.
24. **Vachellia nilotica**, (Babool, Kikar, Indian gum Arabic tree): It is effective in management of blood glucose levels. It stimulates the islets of Langerhans to produce more insulin. Safety: 5-7 masha (5-7 gm)
25. **Withania coagulans**, (Paneer doda, Indian rennet): Paneer Phool lowers the blood sugar, improves glucose utilization & carbohydrate metabolism. This flower heals the beta cells of the pancreas for better utilisation of insulin. It repairs the beta cells of pancreas which are the producers of insulin. Safety: 5-7 masha (5-7 gm)
26. **Withania somnifera** (Ashwagandha, Winter cherry): It significantly reduced blood sugar, hemoglobin A1c (HbA1c) and insulin. It helps stimulate cells to take in glucose from your blood stream. It helps in increasing insulin secretion and improves insulin sensitivity in muscle cells. Safety: 3 to 5 grams (3-5 masha)
27. **Zingiber officinale** (Saunth, Ginger root): It tends to inhibit enzymes that affect how carbs are metabolised and insulin sensitivity as a whole, thereby leading to greater

glucose absorption in the muscles. Ginger also has the potential to help reduce the risk for diabetes complications due to its lipid-lowering effects. **Safety:** 1-10 grams (1-10 masha) per day.