


Antidiabetic medicinal plants and the potential treatment of diabetes and its complications in developing countries: Case study of cameroon**Tsabang Nole**

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Diabetes is a serious, life-threatening, long-term, costly, and globally resurgent disease. Long considered a disease of the affluent countries, diabetes has become a global health problem. The number of victims is growing in Cameroon. Indeed, according to professor Mbanya J.C. epidemiological studies using standardized methods have demonstrated that at least 10% of the Cameroonian population has diabetes. About 90% of people with diabetes are type 2 (non-insulin dependent). Faced with this disease, Cameroonians use medicinal herbs, some of which have proven antihyperglycemic virtues. The objective of this work is to identify antihyperglycemic potential, suspected and confirmed medicinal plants, their efficacy both in treatment of the disease and its complications, their lower toxicity, their availability and the undesirable and secondary effects if any. To achieve this objective an ethno medical and ethno pharmacological survey was conducted in Cameroon for about 33 years, nearby 1131 interviewers from 58 tribes, in a random distribution in three main phytogeographic areas. Diabetic patients recorded among the 1,131 people who signed also the informed consent and allowed us to evaluate the effectiveness of some antihyperglycemic plants

that they usually used in self-medication. The results include 231 recorded plants belonging to xxx families, for a total of 208 detailed described recipes. For example: boil 300 g of stem bark of *Morinda lucida* benth in 3 liters of water for 15 mn. Drink 250 mn of the lukewarm decoction, 3 times daily for a week. Four forms of improved traditional medicine based on *Laportea ovalifolia* L. were prepared. Among plants recorded *Solanum melongena* L. and *Brassica oleracea* L. treated respectively hypertension and prevents nephropathy, induced-diabetes fibrosis, and cardio vascular complications. *Momordica charantia* L. is a plant based anti diabetic medicine, used cost efficiently worldwide to manage type 1 and type 2 diabetes. Food antihyperglycemic plants, with good therapeutic properties and low toxicity, helped diabetic patients for a considerable amount time without substantial side effect. Medicinal plants, in particular food plants may be a feasible option for many developing countries that have a high prevalence of diabetes and cannot afford conventional treatment.

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