Research Article

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Medicinal plants used for management of diabetes mellitus in The Ghor Alsafi village/ Southern Jordan

Abstract

Ethnobotanical survey of medicinal plants used in the management of diabetes mellitus in the Ghor Al-safi village / which located in the Southern part of Jordan was carried out between July and August 2020,the data were collected by using a questionnaire and open interviews, The data were collected included the local name and parts used. A total of 12 plant species belonging to 12 families were identified for the management of diabetes mellitus in the village. This study were conducted to identify the uses of medicinal plants in the management of diabetes mellitus in the village and collect this information and save it from loss, some of this information is not scientifically documented but is personally tasted by local people.

Keywords: Medicinal plants; diabetes mellitus; Hyperglycemia

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Introduction

Diabetes is a chronic disease that occurs either when pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Hyperglycemia, or raised blood sugar, is a common effect of uncontrolled diabetes and over times leads to serious damage to many of the body's system, especially the nerves and blood vessels. Globally the number of people with diabetes has risen from 108 to 422 million in 2014 [1]. Now days, there is an increasing interest in the public for consumption of medicinal plants because patients prefer "Natural" products and also since they are inexpensive and widely available. This is especially important as diabetes imposes a large economic burden on health care systems and national economics [2] Currently, medicinal plants continue to play an important role in the management of DM, especially in developing countries, where many people do not have access to conventional anti-diabetic therapies [1,3]. The renewed interest in herbal anti-diabetic remedies in developed countries is believed to be motivated by several factors that include: adverse reactions, high secondary failure rates and cost of conventional synthetic anti-diabetic remedies [4-6]. Recently, the World Health Organization (WHO) recommended the use medicinal plants for the management of DM and further encouraged the expansion of the frontiers of scientific evaluation of hypoglycemic properties of diverse plant species [2]. The aim of this work was to document which the medicinal plants are used for the management of diabetes mellitus in Ghor Al-Safi village.

Methods

Ghor El Safi is a rural village south of the Dead Sea, located 350 meters below sea level. Ghor El Safi is considered one of Jordan's poverty pockets and the sub-district with the highest proportion of households with irregular income and the largest percentage of jobseekers. Situated near the lowest point on earth, Ghor El Safi enjoys a unique geographical position and a remarkable history that often goes unnoticed. The village was known during Roman-Byzantine periods by the name "Zoara" and was famous for being a vital agricultural and trade center up until the Islamic period. Its unique climate conditions favored the production of sugarcane and indigo, as evidenced by archaeological and historical sources. (safi c, 2019) (fig 1).

The survey was conducted between July and August 2020, using a questionnaire and open interviews. These two methods were adopted to document the botanical knowledge in Ghor Al Safi Village and the plants used in the treatment of diabetes the data were collected from local people included the local name, and the part used. About 53 of them were interviewed and selected randomly.

Result

It was found during the survey that many local people in Ghor Al Safi village still depend on medicinal plants to treat diseases, including diabetes, a total 12 plant species belonging to 12 families recorded that used by local people in Ghor Alsafi village to treatment of diabetes mellitus .Different plant parts were used to management of diabetes mellitus ,Leaves were the most used plant parts (50%), followed by Fruits (25%), Bulb (16, 6%) and seeds (8, 3 %).

Conclusion

The number of plant species have been recorded that are used in the treatment of diabetes mellitus ,and this indicates that the traditional healers in Ghor Al-Safi village still depends on medicinal plants to treat many disease ,especially that there are some people who lives in the village are unable to buy their need for medicine and this indicates that the medicinal plant have effectiveness in treating many diseases that they afflict and many of these plants can be obtained easily and almost found in the every house in the village.

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