Preface

*Diabetes mellitus* (DM) is a multifaceted, dynamic expression of pathological disequilibria, resulting in various micro and macro vascular complications. In simple terms, diabetes is a metabolic disorder affecting carbohydrate, fat and protein metabolism. The World Health Organization (WHO) have estimated that approximately 171 million people worldwide suffered from diabetes in 2010 and that it expects that number to more than double to 366 million people by 2030. For the treatment of DM, Allopathic drugs are being used. The efficacy of currently used synthetic antidiabetic drugs is compromised in several ways. Individual oral hypoglycemic agents act only on a part of the pathogenic process of DM and hence, they may not produce any complete cure and may not prevent all the complications of diabetes mellitus. At the same time, for treatment of DM many natural drugs are being used in various traditional system of medicine, which includes Ayurveda, Unani, Siddha, Homeopathy and Chinese medicine. Plants have played a significant role in maintaining human health and improving the quality of life for thousands of years. In particular, herbs have been used as food and for medicinal purposes for centuries. According to the WHO, about three quarters of the world’s population relies on traditional medicine for primary health care needs and most of this treatment involves the use of plant extracts or their active components. Apart from this, some traditional medical practitioners are called nativydyas or pandiths are also practicing for primary health care systems by using plants and animal source for the treatment of many ailments including DM.

The District of Tumkur (Karnataka state, India) is a hub of Viadyas, who practice traditional medicine especially available in Siddarabetta, a protected medicinal plant forest. These traditional Viadyas uses various herbs for the treatment of diabetes and its complications, the main drawback in this traditional medicine practice is there is no proper scientific proof for
their practice. Therefore, the author considered worthwhile to conduct a survey on the medicinal plants used by traditional Viadyas for the treatment of diabetes. Keeping in view of the interactions with Viadyas the author has undertaken the present study to provide a scientific evidence for some of the selected traditionally used herbs for the treatment of *Diabetes mellitus.*