

TABLE 5.2
List of Antidiabetic Plants in the Study Area

S. No.	Botanical Name	Local Name	Family	Parts Used	Mode of Administration
1.	<i>Aegle marmelos</i> (L.) Corr.	Koovalam	Rutaceae	Leaves	Leaf decoction is consumed daily on an empty stomach.
2.	<i>Aerva lanata</i> (L.) Juss.	Cherula	Amarantaceae	Whole plant	Whole plant is boiled in water and consumed daily.
3.	<i>Aloe vera</i> (L.) Burm. f.	Kattarwasha	Liliaceae	Leaves	Oral administration of one tablespoon of <i>Aloe vera</i> juice, twice a day.
4.	<i>Andrographis paniculata</i> Brum.f.Wall	Kiriyath	Acanthaceae	Leaves	Oral administration of leaf juice usually used.
5.	<i>Annona muricata</i> L.	Mullatha	Annonaceae	Fruit	The juices of raw fruits are taken orally.
6.	<i>Annona squamosa</i> L.	Sithapazham	Annonaceae	Leaves	Leaf extract is taken orally.
7.	<i>Abrus precatorius</i> L.	Kunnikuru	Fabaceae	Leaves	Leaf juice is taken orally.
8.	<i>Artocarpus heterophyllus</i> Lam.	Plavu	Moraceae	Fruit	Mature fruits are eaten either raw or cooked.
9.	<i>Asparagus recemosus</i> Wild.	Sathavary	Liliaceae	Rhizome	The rhizome of the plant is boiled and taken with water daily.
10.	<i>Azadirachta indica</i> A. Juss.	Veppu	Meliaceae	Leaves	One or two leaves are dipped in a glass of water for one night. This water is taken on an empty stomach the next morning.
11.	<i>Benincasa hispida</i> Thunb.	Kumbalam	Cucurbitaceae	Fruits	Fruit juice is taken daily.
12.	<i>Biophytum sensitivum</i> L.	Mukkutti	Oxalidaceae	Whole plant	The whole plant decoction is taken orally.
13.	<i>Boerhavia diffusa</i> (L.) DC.	Thazhuthama	Nyctaginaceae	Leaves	Leaf decoction is consumed daily.
14.	<i>Catharanthus roseus</i> (L.) G. Don.	Shavanari	Apocynaceae	Leaves	Leaf juice is taken twice a day.
15.	<i>Centella asiatica</i> L.	Kudakan	Apiaceae	Leaves	The paste prepared from the whole plant and is taken orally in the morning.

(Continued)