

## PLANTS USED FOR THE PREVENTION AND TREATMENT OF DIABETES MELLITUS

**Myrzaly M.**, student  
**Kizatova M.**, scientific supervisor, doctor of technical sciences, professor  
NAO «Kazakh National Medical University named after  
S.D. Asfendiyarov», Almaty

Currently, diabetes mellitus (DM) is one of the leading causes of death, so the solution of issues related to this disease is put at the state level in many countries.

Treatment of diabetes mellitus is not an easy task, requiring not only a sufficient level of specialist knowledge and patient awareness, but also their close cooperation. It is necessary to understand the complexity of the disease and takes seriously the selection of adequate treatment that can reduce blood glucose levels and prevent complications. But since the treatment of diabetes requires long-term use of drugs, which can affect the state of the body. Therefore, it is necessary to look for ways that will treat diabetes without damaging the body or individual organs.

Vegetable hypoglycemic agents are auxiliary means that contribute to the compensation of carbohydrate metabolism. Plants are rich in vitamins, including group B, contributing to the improvement of metabolic processes. That is, with diabetes, there may be metabolic shifts, for example, increased glycogen breakdown, increased glucose production, symptoms of which are thirst, itching, polyuria. Some plants slow down the absorption of carbohydrates from the intestinal lumen, affect the glycogen-forming function of the liver. Vegetable sugar-lowering agents are non-toxic, do not have side effects. They can be prescribed to patients of any age, regardless of the severity of the disease. Medicinal herbs should be used in the form of spices, extracts, decoctions and infusions. depending on the indications, it is advisable to use medicinal preparations, which according to the indications include plants with choleric, diuretic, laxative, soothing effect.

The most commonly used herbal remedies in the treatment of diabetes are: infusion of walnut leaves, decoction of high-grade elecampane, liquid extract from bean pods, decoction of crushed burdock root, decoction of medicinal goat.

Also, a group of tonic herbal preparations has a sugar-lowering effect - ginseng, rhodiola rosea, wolfberry. However, patients with arterial hypertension should take these drugs with caution and under control. Thus, herbal hypoglycemic agents can bring significant benefits in the treatment of diabetes mellitus.