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STUDY ON MEDICINE PLANTS OF KANAKAPURA TALUK, SRAMANAGARA DISTRICT AND THEIR USES IN DIABETER

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Keywords	***Abstract***
Primary Health Care, Ayurveda, Biological, Pharmacognosist, Herbal Drugs, Anti-Diabetic, Medicinal Plants.	Around 80% of population India relies on these systems for primary health care, Ayurveda and Indian System of Medicine (ISM) utilize a vast number of plants. The traditional Indian system of medicine includes many natural plants used for the treatment of diabetic activity. In the present study, the herbal remedies used for diabetic in Ramanagar District, which is located in coastal region of Ramanagar District. Here are discussed. A total number of around Nine plants such as Eugenia Jambolana, Ocimum sanctum, phyllanthus amarus, Pterocarpus marsupium, Tinospora cardifolia. Curcuma longa and Trigonella Foenum graecum etc, from various families used therapeutically against diabetes and relatd disorders are being coverd, which includes Biological source, gamily, parts of the plant used, regional name, local use and therapeutic action (traditional use) for all the natural plants. This detailed information will be helpful for the pharmacognosist, botanist, phytochemist and pharmacologist for the collection and identification of the plant for their research work. Key words: Ethno-medico botany, Herbal drugs, Anti-diabetic, uses at Ramanagar District. Some medicinal plants was collected from Ramanagar District are Hemigraphis colorata, Marjorana hortensis, Artemisia vulgaris. Artemisia pallens. Ocimum sanctum, ocimum basilicum, Ocimum hratissimum, Mentha Piparita, Mentha citrate, Mentha spicata. Acorus calamus, centella asiatica,

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	Bacopa Moninierii, piper longum, piper nigrum, Clitoria ternatea, Aloe vera, Stevia rehandiana, Gymnema sylvestre, phyllanthus amarus, Coleus forskohii, Adhathoda vasica, Tinospora cordifolia, Cissus Quadrangularis. Ruta graveolens, Basella alba, Alpinia galangal. Alternanthera sessillis, Boerhavia diffusa, Costus igneous, Eclipta albha, Spilanthes acmella, Coleus amboinicus, Souropus androgynous, Tymus vulgaris, Pelarogonnium graveolens.

1. INTRODUCTION

The art of herbal treatment has very deep roots in Indian culture. Even today in most of the rural areas people are depending on herbal drug systems for primary health care. The present paper deals with the first hand information of the traditional medicinal claims referring to treat diabetes in the district of Ramanagar in Karnataka. So far no systematic medical ethno survey has been made in this area. The goal of this ethno medico botanical survey is to gather information on Biological source, family, parts of the plant used, regional name, local use and therapeutic uses (traditional use) along with chemical constituents and such survey is to know about the use of drugs from natural medicinal plants for the treatment of Diabetes.

2. MATERIALS AND METHODS

Study Area Ramanagar District is one of the districts in the state and region of state Karnataka located in central area of this region. The elevation above the mean sea level ranges from 1200 mts. The climate is tropical with three different seasons in a year such as summer (march-mid June), rainy (mid June - Sep), winter (Oct-Feb). October and March constitute that transition months between the rainy and winter seasons and winter and summer seasons respectively.

The present study is based on the intensive field of the area during the period of Feb-July 2014-15. Regular field studies were made in the study area during the period. The information about the plants used for diabetes was gathered through interviews and discussion with the elderly. People and traditional medical practitioners were also consulted. Herbal plants referred by these people were authentically identified with the help of pharmacognosist and botanist

Some medicinal plants was collected from Ramanagr District are Hemigraphis colorata, Marjorana hortensis, Artemisia vulgaris. Artemisia pallens, Ocimum sanctum, Ocimum basilicum, Ocimum hratissimum, Mentha piparita. Mentha citrate, Mentha spicata. Acorus calamus. Centella asiatica. Bacopa moninierii, Piper longum, Piper nigrum, Clitoria ternatea, Aloe vera, Stevia rebaudiana, Gymnema sylvestre, Phyllanthus amarus, Coleus forskohii, Adhathoda vasica, Tinosporo cordifolia, Cissus quadrangularis. Ruta graveolens, Basella alba, Alpinia galanga, Alternanthera sessillis, Boerhavia diffusa, Costus igneous, Eclipta albha, Spilanthes acmella. Coleus amboinicus, Souropus androgynous. Elcipta Tymus vulgaris. Pelarogonnium graveolens

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3. RESULTS

All together plants belonging to different families have been documented for their therapeutic properties and diabetes. The collected information's are arranged in the alphabetic order of the plant botanical name with the local (or) common name, vernacular names, parts used, local use, active constituents and therapeutic action for each plant 1, 2, 3, and 4 (Table I).

4. DISCUSSION

Among the plants used for the diabetes, "Eugenia jambolana, Curcuma longa and Trigonella foenum graecum" seems to be most common plants used to treat diabetes and is available everywhere. Along with these Triphala and Momordica charantia listed which are the major traditional drugs for treating these diseases. The detailed natural plants not only used for the treatment of diabetes but also treated for other ailments also. The information collected from the people of that area was re-examined by consulting important works pertaining to Indian Medicinal plants and Ethnobotany such as Wealth of India (Anonymous, 1992), Indian Medicinal Plants (Kithikar and Basu, 1975), Indian Material Medica (Nadkarni, 2002) and Indigenous Drugs of India (Dey. 1973) 5,6,7,8

5. CONCLUSION

The claims emanating from the present survey need to be subjected to pharmacochemical studies in order to discover their true potential, as it is very difficult to judge the effectiveness of herbal medicine. The main purpose is not to prescribe any remedies for any of the diseases but to document the uses and draw the attention of pharmacognosist, botanist, phytochemist and pharmacologist for further scientific research in this area.

List of medicinal plants used for the treatment of Diabetic activity S. No Biological Source Common Name Local Name Part Used Active Constituents Local Use Therapeutic Action 01 Abroma augusta (Sterculiaceae) Devils cotton Perita Root, Root bark, Stems, Leaves Alkaloids, Fixed oil Uterine tonic, Dysmenorrhoe a Demulcent, Emmenagogue 02 Aconitum ferox (Ranunculaceae) Bachnag Vasanubhi Tuberous root AlkaloidsHampnapelline, Napelline Decreasing quantity of urine and sugar Antidiabetic, Paralyses the respiratory center 03 Andrographis paniculata (Acanthaceae) Kalmegh Nelavemu Dried or fresh entire aerial part Bitter principlesAndrographolid e Flavonoids Echidinin Stomachic, Anthelmentic Febrifuge, Chologogue. 04 Cassia auriculata (Caesalpiniaceae) Tanner's cassia Tangedu Roots, Barks, Leaves, Flowers, Seeds Emodin, Rubiadin Chylous urine Diabetes, Purulent opthalmia 05 Cassia fistula (Cagesalpiniacea e) Purging cassia Kondrakaya Pulp, Root bark, Roots, Flowers, Pods, Leaves Glutin, Rhein, GlucosideBarbaloin, Phlobaphenes Fever, Diseases of heart, Antidiabetic, Mild Laxative Root-Tonic, Febrifuge, Fruit Cathartic 06 Cassia sophora (Caesalpiniaceae) Senna purpurea Paidi tangedu Bark, Leaves, Seeds, Root, Root Emodin, Chrysophanic acid Diabetes, diminishes urine Cathartic, Expectorant. Publication Ref No.: IJPRD/2009/PUB/ARTI/VOL-8/OCT/008 ISSN 0974-9446 International Journal of Pharma Research and Development Online www.ijprd.com 5 bark 07 Cephalandra indica (Cucurbitaceae) Vimbaja Dondatiga Leaves, Root, Fruit, Bark Resins, Alkaloids Diabetics, Glycosuria, Skin diseases

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Antispasmodic, Glucokeninreduces sugar in blood 08 Citrus aurantum (Rutaceae) Common orange Gaja nimma Fresh and Outer parts of Pericarp, Flowers 3 Glycosides Hesperidin, Aurantiamarin Diabetics, Blood purifier Stomachic, Tonic, Astringent, Antispasmodic, Anodyne 09 Cocculs cardifolia (Menispermacea e) Guduchi Tippatego Stem, Leaves, Roots, Fecula Berberine, Sesquiterpene Acidity of urine and Urinary diseases Bitter tonic, Aphrodisiac, Hepatic stimulant 10 Cocculus villosus (Menispermacea e) Jamtike Chipurutige Root, Leaves Resins, Alkaloids Billous dyspepsia, Fever Aromatics Root-Bitter, Acrid, Anti periodic, Tonic 11 Curcuma longa (Zingiberaceae) Turmeric Pasupu Tubers and Rhizomes Curcuminoids, Desmethoxy curcumin Coloring agent, Ointment, Creams Antiarthritic, Antilipidemic 12 Emblica officinalis (Euphorbiaceae) Indian goose berry, Amla Usirikaya, Usiri Fruit, Seed (or) Nut, Leaf, Bark, Flowers Niacin, Embellic acid, Anaemia, Jaundice, Dyspepsia Fruit-Sour and Astringent, Flowers-Cooling 13 Eriodendron anfractuosum (Bombaceae) White silk cotton tree Buruyasaun a Gum. Unripe Fruits, Seeds, Flowers Roots. Triglycerides of Oleic acid, Linoleic acids. Gallic acids Diabetes, Styptic in Diarrohea and Dysentry Dried JuiceAphrodisiac and laxative and Unripe fruitdemulcent 14 Eugenia jambolana (Myrtaceae) Black plum. Black berry Naeraedu, Racha naeredu Fruit, Leaves, Dried seeds, Bark Ellagic acid, Albumen Diabetes, Diminishes quantity of Urine Astringent, Diuretic, Antidiabetic 15 Gymnema sylvestre (Asclepiadaceae) Wood Podapathri, Putla, Podra Whole plant Gymnemosides 1-7.gymnemic acid, Triacotane Antidiabetic drug, Sugar destroying agent Suppress blood glucose level 16 Lodoicea sechellarsum (Arecaceae) Sea coconut Samudrapu tenkaya Fruit (or) Nut Decreases Sugar in Urine in Diabetes mellitus Treatment for diabetic activity 17 Momordica charantia (Cucurbitaceae) Bitter gourd Kakara Fruits, Seeds, Leaves Alkaloids, Steroidal saponinCharantin Gout, Rheumatism, Leprosy Leaves Galactagogue, Anti bilious 18 Ocimum sanctum (Labiate) Tulasi Krushna tulasi Leaves, Seed, Root Essential oilEugenol, Caryophylline Hypoglycemic effect Demulcent, Expectorant, Febrifuge 19 Phyllanthus niruri (Euphorbiaceae) Jaramala niruri Nela usirika Whole plant Bitter substance Phyllanthin Jaundice, Diabetics, Dysentery De-obstruent, Diuretic, Astringent 20 Pterocarpus marsupium (Papilionaceae) Indian kino tree Peddagi Heartwood, Leaves, Flower, Gum 1-Epicatechin, Fixed oilsLiquiritigenin, Catechol Diabetic, Anthelmentic properties, Diarrhoea Astringent

21 Rubia cardifolia (Rubiaceae) Indian madder, Dyer madder Tamravalli Roots Resins, Extractive matter, Gum Dropsy, Paralysis, Jaundice Emmenagogue, Astringent, Diuretic 22 Terminalia bellirica (Combretaceae) Belliric myrobalan Akkam, Thani, Vibhitkamu Fruits Ellagic acid, Chebulagic acid Fixed oilsPalmitic acid Reduces sugar in blood, Tonic, Diarrhoea Astringent, Antiseptic, Dysentery, Anti diabetic 23 Terminalia chebula (Combretaceae) Chebulic myrobalan, Harras Karakkaya Dried mature and immature fruits Tannins, Pyrogallol typeChebulinic acid, Chebulic acid Chronic ulcers, Gargle in Stomatitis Astringent, Purgative, Alterative, Laxative 24 Tinospora cordifolia (Menispermeaceae) Gilo, Guduchi Tippatago, Guduchi Stem and Root Alkaloids Berberine, Sesquiterpenetinocordifolin Dyspepsia, Debilitating diseases, Intermittent fever Immunomodulator Hepatoprotective 25 Trigonella foenum graeceum (Papilionaceae) Fenu greek Menthulu Seeds, Pods

Kempe Gowda M. S. (2026). *Study on Medicine Plants of Kanakapura Taluk, Ramanagara District and Their Uses in Diabeter. International Journal of Multidisciplinary Research & Reviews, 5(si2). 308-313.*

and Leaves Albuminoids, Saponins, Globulins Dysentery, Diarrhoea, Flatulence Mucilaginous, Demulcent, Emmenagogue

The for conservation of medicinal plants alone cannot be successful as number of factors like biotic interference, unforeseen natural calamities etc. effect the success. Even though area under state is one of the largest in India, yet In-situ conservation has not to be left alone wherein the exploitation is restricted. The methodology for conservation of medicinal plants both In-situ (along with establishment) and Ex-situ has to be adopted in combination, besides initiatives for scientific propagation of Plants on required scale. Again, it is very essential that livelihood of forest dependent communities are kept in consideration as they are the major stake holders to share the benefits. It is also very essential to improve the capacity of front line staff to equip them to face the present day challenges in conservation of medicinal plant wealth.

Plantation on private land through seedling distribution Because of Social Forestry Project in the State, the farmers have adopted tree planting. Efforts are underway to popularize Medicinal Plants plantation in farm lands. For this purpose training on plantation and extraction techniques shall have to be imparted to farmers.

However many factors which include disease, pests and environmental requirements etc. limit the scope of Ex-situ conservation of many plant species. Even though ex-situ conservation measures can come handy, they cannot prevent a species from getting extinct. Also some species cannot be grown outside their natural habitat due to its association with other organisms, specific minerals etc.

6. AUTHOR(S) CONTRIBUTION

The writers affirm that they have no connections to, or engagement with, any group or body that provides financial or non-financial assistance for the topics or resources covered in this manuscript.

7. CONFLICTS OF INTEREST

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

8. PLAGIARISM POLICY

All authors declare that any kind of violation of plagiarism, copyright and ethical matters will take care by all authors. Journal and editors are not liable for aforesaid matters.

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