

Awareness and Usage of Indigenous Hypoglycemic Plant Materials by Diabetics of North Karnataka

Vijaya Banakar, Usha Malagi and Rama K. Naik

*Department of Food Science and Nutrition, University of Agricultural Science,
Dharwad, Karnataka, India*

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ABSTRACT. An investigation was under taken with an objective to know the awareness and usage of hypoglycemic plant materials by diabetics of North Karnataka (n=150). A pretested questionnaire was used to collect the data from 30 diabetic subjects each, randomly selected from five zones of North Karnataka. Results revealed that the diabetics of north Karnataka were aware of 20 plant materials used as hypoglycemic substances. The awareness about the use of fenu greek seeds, bitter gourd, bael, neem, curry and periwinkle leaves was common to all the zones. Most of the diabetics had information about hypoglycemic substances through friends, neighbours and literature. The duration of use varied from three months to five years. Majority of diabetics observed benefits such as control of blood sugar (81.33%) and relief from symptoms (7.35%), most of the diabetics perceived no side effects on consuming the hypoglycemic substances (90%), while a few suffered from nausea and constipation.