

## Ethno Botanical Survey of *Gymnema sylvestre* in Diabetes Mellitus Patients at Kaithady

Sivarangini S<sup>1</sup>, Viviyan S<sup>1</sup>

<sup>1</sup>Unit of Siddha Medicine, University of Jaffna, Sri Lanka

The objective of the study was to investigate the ethno botanical survey of *Gymnema sylvestre* in diabetes mellitus patients at Kaithady. 80 diabetes patients were identified in the 3 *Grama Sevaka* (GS) divisions (Kaithady West, South & Southeast) of Kaithady. This study was carried out from March to August 2012. Necessary permission was obtained from the MOH Chavakachcheri and GS of each GS divisions. The identified patients were interviewed through questionnaire and conversation by the researchers for data collection. From the beginning of the study the patient's Fasting Blood Sugar (FBS) sample was collected from their clinic records for 3 months through subsequent visits. This study reveals that most of the patients were from Kaithady Southeast (45%). (57.5%) are men. The age group of 60-69 was (42.5%). (53.75%) had history of diabetes among first degree relatives. The (80%) of the patients had taken *G. sylvestre*. Out of (80%) of the patients (75%) had diet control, Allopathic Medicine & *G. sylvestre*, (5%) had Allopathic Medicine & *G. sylvestre*. (80%) of the patients used *G. sylvestre* as different format. Out of (80%) the patients (40%) were freshly chewing the leaves, (26.25%) had used the leaves as 'varai' or 'sambol', and (13.75%) had used as dry leaves powder. The *G. sylvestre* using patient's FBS (90.63%) was maintained 126-185mg/dl and (9.38%) had 186-250mg/dl. In *G. sylvestre* not used (20%) patients their FBS (75%) was maintained 126-185mg/dl and (25%) had 186-250mg/dl. This study concludes that most of the patients had used *G. sylvestre* to control the diabetes as dietary supplement and as well as the medicine. The usage of *G. sylvestre* plays an important role in the control of diabetes. Therefore, awareness programs about the usage of *G. sylvestre* should be conducted to all sections of the society affected by diabetes.

**Keywords:** Ethno botanical, *Gymnema sylvestre*, Diabetes mellitus, Kaithady