Ethnobotanical knowledge of hypoglycemic medicinal plants for individuals with diabetes mellitus enrolled in the Program Hiperdia SIS / MS

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Introduction: This study examined the ethnobotanical knowledge of medicinal plants hypoglycemic. Besides checking the perception of the effects of medicinal plant Bauhinia forficata (pata de vaca) as an alternative for control of glycemia.

Experimental Part: For the study, were selected 151 individuals with type 2 diabetes mellitus enrolled in the Program Hiperdia SIS/MS at the 16th Regional Health Coordination/RS. The participants used the tea from the plant Bauhinia forficata (pata de vaca) supplied by the research group between august/2011and january/2012. The participants also responded to a semi-structured questionnaire at the beginning and at the end of the study, checking the ethnobotanical knowledge regarding herbal hypoglycemic agents, treatment adherence and side effects related to use of the tea plant.

Results: It was found that 87% of the participants have heard about hypoglycemic medicinal plants, and 28,6% of these people has took the B. forficata tea, before the study. Among the listed plants we found: pata de vaca, insulina vegetal, jambolão, gabiroba, carqueja, carambola. These plants are know in scientific literature as having hypoglycemic properties. 78% of the participants related among other effects, increase of urinary frequency, with the B. forficata treatment.

Discussion / Conclusion: It was observed that the popular knowledge, in his majority, confer with the properties scientifically validated for hypoglycemic medicinal plants. It was realized that the treatment was well accepted. The cited side effects did not prevented the use of B. forficata tea.

Key Words: ethnobotanical knowledges; hypoglycemic medicinal plants.
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