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Ethnobotanical Survey of Antidiabetic Medicinal Plants in Chavakachcheri

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Abstract

A growing issue to public health on a global scale is diabetes mellitus and traditional medicinal plants have been used to manage hyperglycaemia. Capturing local knowledge of antidiabetic plants can aid in research of pharmacological activity and conservation. An ethnobotanical survey was conducted in Chavakachcheri, Sri Lanka during January to June 2025 through semi-structured interviews with traditional healers, herbalists and members of the local community with a total sample size of 50 participants. Data was collected on plant species, parts used, methods of preparation and therapeutic indications for managing diabetes. Identification of species followed standard botanical references. A total of 94 medicinal plant species from 55 families were recorded to have antidiabetic uses. Some frequently cited species included *Cassia auriculata, Eugenia jambolana, Justicia adhatoda, Gymnema sylvestre, Syzygium cumini, Momordica charantia,* and *Azadirachta indica*. Leaves (45%) and roots (25%) were the most common parts used and were typically prepared as decoctions, infusions, or pastes. Several species including *G. sylvestre, C. auriculata, E. jambolana, S. cumini,* and *M. charantia* had high use values and suggest strong reliance on use and may have pharmacological importance. The study has demonstrated that the local population holds a rich knowledge of ethnobotanical information on plants that are antidiabetic in nature. Species with high consensus should be examined via preclinical and clinical studies to confirm their utility, as well as for safety.

Keywords: *Ethnobotany, Antidiabetic plants, Traditional medicine, Diabetes mellitus, Chavakachcheri*