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Supplementary Tables

Table 1 Medicinal plants and their uses in the treatment of diabetes

Sl. No	Scientific name	Vernacular name	Family	Parts used	Methods of preparation	Dose & mode of administration	RFC	FL%	FIV%
1.	<i>Achyranthes aspera</i> Linn. (Acc. No NEIAFMRH 001001)	Thungjangnaro	Amaranthaceae	Leaves	30-40 leaves crushed	5 ml of extract taken 3 times per day for 6 days after food	0.11	90.90	57.69
2.	<i>Allium sativum</i> L. (Acc. No NEIAFMRH 001002)	Lahsung	Liliaceae	Bulbs	3 piece of bulb crushed	2 ml of extract taken 1 time per day for 8 days after food	0.30	100	46.15
3.	<i>Andrographis paniculata</i> (Burm.f) Wall. (Acc. No NEIAFMRH 001003)	Alinaro	Acanthaceae	Leaves	30-40 leaves boiled with 20 ml of water	5 ml of decoction taken 1 time per day after food for 7 days	0.11	83.33	53.84
4.	<i>Canarium strictum</i> Roxb. (Acc. No NEIAFMRH 001004)	Paku	Burseraceae	Bark	20 gm. of bark boiled with 50 ml of water	5 ml of decoction taken in empty stomach 2 time per day for 10 days	0.46	50	30.76
5.	<i>Cassia alata</i> Linn. (Acc. No NEIAFMRH 001005)	Mongrangjangtong	Caesalpinaceae	Leaves	30-40 leaves dried & grind it into powder	1 spoon of powder mix with a cup of water & taken 1 times per day for 11 days after food	0.19	83.33	57.69
6.	<i>Cassia fistula</i> Linn. (Acc. No NEIAFMRH 001006)	Hunaru	Caesalpinaceae	Seed	20-30 seed crushed with a pinch of black salt	1 spoon of powder added in a cup of water & orally taken 2 times per for 7 days after food	0.07	75	61.53
7.	<i>Centella asiatica</i> (L.) Urb. (Acc. No NEIAFMRH 001007)	Longsokorok	Apiaceae	Leaves	30-40 leaves boiled with half liter of water	Boiled leaves taken 1 time per day for 7 days in empty stomach	0.07	70.58	65.38
8.	<i>Cinnamomum tamala</i> T.Nees & Eberm. (Acc. No NEIAFMRH 001008)	Sunjshe	Lauraceae	Leaves	20-30 leaves dried & made it into powder	1 spoon of powder mix with a glass of hot water & taken 1 time per day for 10 days in empty stomach	0.11	100	69.23
9.	<i>Citrus medica</i> L. (Acc. No NEIAFMRH 001009)	Ongshe	Rutaceae	Fruit	1 fruit crushed with a half spoon of salt	10 ml of extract taken after food for 10 days	0.34	100	57.69
10.	<i>Clerodendrum colebrookianum</i> Walp (Acc. No NEIAFMRH 001010)	Okemoatong	Lamiaceae	Leaves	15-20 leaves boiled	Boiled leaves taken 1 time per day for 2 days	0.92	100	84.61
11.	<i>Curcuma caesia</i> Roxb. (Acc. No NEIAFMRH 001011)	Hetu	Zingiberaceae	Rhizome	50 gm. of rhizome crushed & dried & made it into powder	1 spoon of powder mix with a cup of hot water 1 time per day for 3 days in empty stomach	0.32	86.36	46.15
12.	<i>Garcinia padunculata</i> Roxb. (Acc. No NEIAFMRH 001012)	Asongshi	Clusiaceae	Fruit	1 fruit crushed	10 ml of extract taken 1 time per day for 15 days after food	0.73	94.11	57.69

13.	<i>Gymnema sylvestre</i> (Retz.) R.Br. ex Sm. (Acc. No NEIAFMRH 001013)	Chuktak	Apocynaceae	Leaves	30-40 leaves crushed, dried & made it into powder	1 spoon of powder mixed with 20 ml of water & taken 1 time per day for 10 days after food	0.84	91.66	46.15
14.	<i>Guilandina bonduc</i> L. (Acc. No NEIAFMRH 001014)	Tako	Cesalpiniaceae	Seeds	1 seed crushed with a black salt & made it into powder	1 pinch of powder mix with a cup of water & orally taken for 5 days after food	0.80	100	80.76
15.	<i>Mangifera indica</i> L. (Acc. No NEIAFMRH 001015)	Titi	Anacardiaceae	Leaves	10-15 leaves crushed, grind & made it into powder	1 spoon of powder mix with a cup of hot water & taken 2 times per day for 6 days after food	0.73	73.33	53.84
16.	<i>Melastoma malabathricum</i> L. (Acc. No NEIAFMRH 001016)	Nimna	Melastomataceae	Leaves	50-60 leaves grind & boiled with 50 ml of water	15 ml of decoction taken 1 time per day for 10 days after food	0.46	61.11	42.30
17.	<i>Momordica charantia</i> L. (Acc. No NEIAFMRH 001017)	Kora	Cucurbitaceae	Immature fruit	2-3 immature fruit crushed with a pinch of black salt	5 ml of extract taken 1 time per day for 5 days in empty stomach	0.61	100	46.15
18.	<i>Musa paradisiaca</i> Linn. (Acc. No NEIAFMRH 001018)	Pokta	Musaceae	Fruit peel	20 gm of fruit peel grind & made it into powder	1 spoon of powder mix with 40 ml of water & taken 3 times per day for 6 days in empty stomach	0.46	70.58	69.23
19.	<i>Ocimum basilicum</i> L. (Acc. No NEIAFMRH 001019)	Nangbra	Lamiaceae	Leaves	3 fresh leaves wash with hot water	3 leaves orally taken 2 times 1 time per day for 7 days after food	0.73	100	84.61
20.	<i>Papaversomniferum</i> L. (Acc No NEIAFMRH 001020)	Popy flower	Papaveraceae	Leaves, fruit	Boiled the 3 & 4 leaves & fruit with 20 ml of water	4 ml of extract taken twice a day for one week	0.57	80	50
21.	<i>Phlogacanthus thyrsoformis</i> (Roxb. ex Hardw.) Mabb. (Acc No NEIAFMRH 001021)	Metekus	Acanthaceae	Leaves	10-15 leaves dried & made it into powder	1 spoon of powder mixed with a glass of water & orally taken 1 time per day for 9 days after food	0.38	75	73.07
22.	<i>Potentilla fulgens</i> Wall. ex Hook. (Acc No NEIAFMRH 001022)	Kuzza	Rosaceae	Leaves	40-50 leaves dried & made it into powder	1 spoon of powder mix with a cup of water & orally taken 1 time per day for 8 days after food	0.42	85.71	57.69
23.	<i>Rhus semialata</i> Murr. (Acc No NEIAFMRH 001023)	Tangma	Anacardiaceae	Fruit	Leaves dried & made it into powder.	2 spoons of powder taken after food, twice a day for 2 days.	0.96	100	84.61
24.	<i>Spondias pinnata</i> (Linn. f) Kurz (Acc No NEIAFMRH 001024)	Punginjang	Anacardiaceae	Bark	50 gm. of bark boiled with 30 ml of water	10 ml of decoction taken 1 time per day for 10 days after food	0.46	78.94	84.61
25.	<i>Stevia rebaudiana</i> Bertoni. (Acc No NEIAFMRH 001025)	Jenitong	Asteraceae	Leaves	30-40 leaves dried & made it into powder	1 spoons of powder mix with a cup of hot water & taken 1 time per day for 9 days after food	0.46	66.66	46.15
26.	<i>Swertia chirata</i> Buch.-Ham. ex Wall. (Acc No NEIAFMRH 001026)	Takonaro (Khukru)	Gentianaceae	Leaves	20-25 leaves crushed	5 ml of extract taken 1 time per day for 10 days after food	0.57	58.82	80.76
27.	<i>Terminalia bellirica</i> (Gaertn.) Roxb. (Acc No NEIAFMRH 001027)	Assa	Combretaceae	Fruit	20-30 fruit dried & made it into powder	Half spoon of powder mix with a cup of water & taken 2 time per day for 7 days after food	0.53	66.66	46.15

28.	<i>Terminalia chebula</i> Retz. (Acc No NEIAFMRH 001028)	Nangka	Combretaceae	Fruit	20 to 30 fruit boiled & grind & made it into powder	1 spoon of powder taken 1 time per day for 4 days after food	0.46	61.90	57.69
29.	<i>Tinospora cordifolia</i> (Willd.) Hk. F. &Thoms. (Acc No NEIAFMRH 001029)	Giloi	Menispermaceae	Stem	500gm of stem crushed	5 ml of decoction taken 1 time per day for 6 days after food	0.88	100	80.76
30.	<i>Zanthoxylum armatum</i> DC. (Acc No NEIAFMRH 001030)	Changbetsung	Rutaceae	Fruit	10-15 fruits boiled with 50 ml of water	5 ml of decoction taken 2 times per day for 2 days after food	0.23	68.75	42.30
31.	<i>Zingiber officinale</i> Roscoe. (Acc No NEIAFMRH 001031)	Sungmok	Zingiberaceae	Rhizome	50 gm. of rhizome crushed with 3 twigs of <i>P. sidiumquajava</i>	10 ml of extract mix with a cup of hot water & taken 2 times per day for 5 days after food	0.46	66.66	26.92
32.	<i>Ziziphus mauritiana</i> Lam. (Acc No NEIAFMRH 001032)	Binok	Rhamnaceae	Fruit	30-40 fruit dried & made it into powder	Half spoon of powder mix with a glass of hot water & taken 2 time per day for 7 days after food	0.19	85.71	34.61