

A Review on Herbal Hypoglycemic Chocolate

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Abstract: *Diabetes is a chronic metabolic disorder characterized by high blood glucose levels over a prolonged period, resulting from either insufficient insulin production by the pancreas (Type 1 diabetes) or ineffective use of insulin by the body's cells (Type 2 diabetes). Diabetes can lead to severe health complications, including cardiovascular disease, kidney failure, nerve damage, and vision impairment if not managed properly. It is a significant global health issue, impacting millions and associated with lifestyle, genetic factors, and environmental influences. Management of diabetes involves regular monitoring of blood glucose levels, dietary modifications, physical activity, and sometimes medication or insulin therapy. Prevention efforts focus on lifestyle changes, especially in populations at high risk for Type 2 diabetes. Early diagnosis and intervention are crucial for reducing long-term health risks associated with diabetes.*

Keywords: High blood glucose, Type 1 diabetes, Type 2 diabetes