

A STUDY OF TRADITIONAL USE OF *FICUS RACEMOSA* LINN AGAINST GESTATIONAL DIABETES MELLITUS (GDM)

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Abstract - *Ficus racemosa* . is a very effective medicinal plant in the indigenous system of medicine. In Sinhala known as "Attikka" Traditional Ayurveda classics were recommended to eat *Ficus racemosa* fruits with coconut as a home remedy for GDM. The International Association of Diabetes in Pregnancy Study reported an increase in GDM prevalence to 15–20%. among the 29.3% prevalence of prediabetes and 4.5% prevalence of known diabetes outside pregnancy reported by some associations.

Methodology: Research is done as a systematic literature review by following the PRISMA model. and data were collected from web searches.

The aim of this research is to introduce *Ficus racemosa* Linn as an effective plant for GDM. .

Objective :are to find out the effective part of the plant, find out the antioxidant effect, and find out the phytochemicals.

Results: according to research articles effective phytochemical of *Ficus racemosa* Linn is β -sitosterol which was found to possess potent hypoglycemic activity. and it will help to reduce oxidative stress. antioxidant effect of this herbal helps to reduce the oxidative stress of the pancreatic cells and increase the production of insulin. fruits mainly have Gallic acids and help to reduce blood glucose levels and are used as a supplement for diabetic patients. according to the above evidence, *ficus racemosa* is effective for diabetic Mellitus which is occurred by oxidative stress.

Keywords: Gestational diabetes mellitus;*Ficus racemosa* Linn; Antioxidant effect; β -sitosterol; hypoglycemic activity.