

Abstract:

The global incidence of diabetes mellitus, a chronic metabolic condition, is increasing at an alarming rate, emphasizing the necessity for innovative and efficient therapeutic strategies. The diverse chemical makeup and longstanding use in folk medicine have led to the increased interest in natural products as possible sources of antidiabetic medicines. Mint leaves, belonging to the *Mentha* spp. genus, are widely recognized for their culinary and medicinal attributes. Recent studies have indicated that these leaves possess possible antidiabetic characteristics. The main objective of this research is to evaluate the antidiabetic capabilities of a mint leaf extract, while concurrently investigating any possible adverse effects. The primary objective of this study is to make a scholarly contribution to the existing pool of knowledge regarding the utilization of natural remedies for the purpose of diabetes control.