

# ANTI-DIABETIC AND ANTI-INFLAMMATORY EFFECTS OF GILABURU, KIZILCIK AND ALIÇ PLANTS USED IN TRADITIONAL TURKISH FOLK MEDICINE

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*Viburnum opulus L.* (gilaburu), *Cornus mas L.* (kızılçık), and *Crataegus microphylla* (aliç) have been used as a traditional remedy in Turkish folk medicine since ancient time to treat diabetes. In folk medicines, the fruits and other parts of these plants have been used for prevention and treatment of diabetes. *Viburnum opulus L.* is named guelder rose, snowball tree or cranberry bush rose and it was suggested to display anti-inflammatory properties, providing health benefits for diabetes by improving blood glucose uptake, and improving lipid metabolism. *Cornus mas L.* is named cornelian cherry or kızılçık; trees reach 7–8 m in height and can grow in temperate climate on drained soils. Fruits are edible with an oval or pear-like shape and ranging in colour from red to purple. The phytochemicals present in *Cornus mas L.* have anti-inflammatory and anti-oxidant properties for diabetes via the attenuation of hyperglycemia and advanced glycation and oxidation protein formation or accumulation. *Crataegus microphylla* is named hawthorn or aliç, which has also anti-inflammatory properties and provide a reliable protection against the memory impairment in diabetes. The aim of this review is to present an overview of anti-diabetic, anti-inflammatory properties and usefulness as a nutritional supplement of *Viburnum opulus L.*, *Cornus mas L.*, and *Crataegus microphylla*.