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## ARTICLE

### Title: Diabetes mellitus - A disease of urbanization with multiple complications and its homoeopathic management

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#### ABSTRACT

Diabetes mellitus is a lifestyle disorder affecting the large population of world and has become the most common cause of suffering and premature deaths in India now-a-days, mostly due to excess of weight, high calorie food intake, unhealthy mode of living and diet. If not managed properly can cause many serious complications, especially brain stroke, kidney failure, heart attacks etc. Various studies have demonstrated the usefulness of Homoeopathy in treating the DM and associated complications. **Homoeopathic treatment being cost-effective with mostly no known side effects along with primary prevention is useful to treat the diabetes and reduce diabetes-related complications in India.**

#### Keywords:

*Diabetes, Homoeopathy, Lifestyle disorder*

#### ABBREVIATIONS

DM-Diabetes mellitus, CBC-Complete blood count, ECG-Electrocardiogram, BP-Blood pressure, FBG-Fasting blood glucose, LDL-Low density lipoprotein.

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**INTRODUCTION**

The increase in both the prevalence and incidence of type 2 diabetes mellitus have occurred worldwide (especially in India where half of the cases remain undiagnosed) due to *urbanization* <sup>(1)</sup>. Diabetes is a heterogeneous group of diseases, characterized by a common state of chronic hyperglycemia with disturbance of carbohydrate, protein and fat metabolism, resulting from a diversity of etiologies, environmental and genetic, acting jointly.

**Classification and aetiology:**

Diabetes mellitus is divided into two major types i.e., Type 1 diabetes (due to  $\beta$ -cell destruction, causes complete deficiency of insulin and Type 2 diabetes predominantly due to insulin resistance, mostly seen at adult age group. Other type is Gestational diabetes mellitus demonstrated by glucose intolerance during pregnancy.

**Pathogenesis:**

In DM genetic susceptibility combined with environmental factors (certain viral and dietary protein, geographic and seasonal variations in Type 1 diabetes and central obesity, physical inactivity, high saturated fat diet, less dietary fibers, stress etc. in Type 2 diabetes) leads to autoimmunity and precipitates  $\beta$ -cell destruction in Type 1 DM, and resistance against insulin action, deranged insulin secretion and increased glucose synthesis by liver in Type 2 DM.

**Clinical features:**

Type 1 DM: Affects the patient at an early age with symptoms such as polyuria, polydipsia and polyphagia.

Type 2 DM: Commonly asymptomatic when the diagnosis is being made in middle life or beyond, and the patients are mostly obese. <sup>(2)</sup>

**Investigations:** blood glucose levels both Fasting or random, Urine examination, renal profile, fasting lipid profile, Glycated haemoglobin, CBC, Serum fasting Insulin, ECG test.

**Complications:**

Diabetes produces various biochemical and structural changes in tissues and organs of body that leads to different complications in the patient with DM which are as follows:

1. **Metabolic complications of sudden onset**
  - a. Diabetic ketoacidosis.
  - b. Hyperosmolar hyperglycaemic nonketotic coma.
2. **Late or long-term systemic complications**
  - a) Atherosclerosis.
  - b) Diabetic microangiopathy: affects organs such as eye, kidney, skin and skeletal muscles. There is deposition of sorbitol in peripheral nerves, lens(cataract), and renal tubules caused by non-enzymatic protein glycosylation.
  - c) Kidney Diseases.
  - d) Diabetic neuropathy.
  - e) Diabetic retinopathy includes background

and proliferative lesions. Also, glaucoma is common in diabetics

f) Infections includes tuberculosis, ear infections, carbuncles and diabetic ulcers. <sup>(2)</sup>

## MANAGEMENT

Diabetes is a long-term disease that requires appropriate medical management clubbed with life style modification. Routine investigations and examinations are necessary to prevent complications. <sup>(1)</sup>

**Dietary and lifestyle modification:** small balanced meals more frequently, avoid taking refined sugars especially soft drinks, reduction in total caloric content and vegetables, fruits and cereal, regular exercise.

### Homoeopathic intervention

Homeopathic medicines along with life style modification as soon as the disease is detected or in advanced cases can be given as an adjuvant to conventional treatment. <sup>(3)</sup>

### Philosophical background

Dr Hahnemann about Diabetes

As per aphorism 72 of **Organon of medicine**, the chronic diseases are of gradual onset and are caused by chronic miasms (Psora, Sycosis and Syphilis). <sup>(4)</sup>

Miasmatical background of DM

In the pathogenesis of Type 1 diabetes belongs to syphilitic miasm as there is complete destruction of the tissue. Whereas in Type 2 diabetes, incoordination is the soul factor due to resistance of body cells against the action of insulin. That, belongs Sycotic miasm. <sup>(5)</sup>

### Various Homoeopathic medicinal approach for DM

Homoeopathic literature <sup>(6)</sup> enlists many **Constitutional medicines** which are frequently indicated in cases of DM such as *Arsenicum album*, *Arsenicum bromatum*, *Calcarea carbonicum*, *Phosphorus*, *Natrum Muriaticum*, *Lycopodium*, *Silicea*, *Kali bromatum*, *Sulphur* etc. Various remedies such as **nosodes**, **sarcodes**, **bowel nosodes** and other remedies when well indicated proves to be curative as same as the

commonly prescribed polychrests.

There are many **organopathic medicines** like *Abroma Augusta*, *Cephalendra indica*, *Syzygium jambolanum*, *Gymnema sylvestre* and **Acid group medicines** such as Lactic acid, Phosphoric acid and Acetic acid etc. that can be given in chronic cases with incomplete symptom picture or cases with advanced pathologies. In these cases, after managing the acute condition with organ remedy later may be followed up with indicated constitutional medicine. <sup>(3)</sup>

### Reportorial approach

For treating the complications and diabetes with some associated diseases, medicines are given in the repertories <sup>(6)</sup>, such as given below:

Diabetes Mellitus with gouty symptoms - *Lactic acid*, *Natrium sulphuricum*.

Pancreatic origin: *Iris versicolor*, *Phosphorus*, *Pancreatinum*.

Diabetes with albuminuria-*Helonias dioica*, *Apis mellifica*, *Arsenicum album*, *Cantharis vesicatoria*, *Colchicum autumnale*, *Eupatorium-Purpureum*, *Mercurius corrosivus*, *Phosphorus*, *Plumbum metallicum*, *Secale cornutum*, *Solidago*, *Terebinthiniae oleum*, *Urea pura*.

Diabetes with debility- *Acetic Acidum*, *Phosphoricum Acidum*, *Carbolicum Acidum*, *Opium*.

Diabetes with impotency- *Coca*, *Moschus*, *Phosphoricum acidum*.

Diabetes with motor paralysis-*Curare*.

Diabetes with ulceration- *Syzygium jambolanum*;

Diabetic neuropathy- *Arsenicum album*, *Codeinum*, *Carboneum sulphuratum*. <sup>(3)</sup>

### HOMOEOPATHIC THERAPEUTICS

Indications of some commonly prescribed organ specific and constitutional medicines are given below-

**1.Uranium Nitricum:** diabetes with **dyspepsia**, results in symptoms such as Indigestion, weakness, glycosuria, increased appetite and thirst, yet patient emaciates.

**2.Argentum Metallicum:** Emaciation with great weakness. Especially **if accompanied with swollen ankles**. The urine is profuse, turbid and of sweet odour.

**3.Phlorizinum:** Diabetes: Glycosuria and fatty degeneration of liver.

**4.Ammonium Aceticum:** Abundant saccharine in urine, patient is bathed in sweat.

**5.Codeinum:** Great thirst with desire for bitter substance. Diabetes with restlessness, depression, irritation of skin i.e., Itching, with a sensation of warmth, **numbness and prickling**.

**6.Syzygium Jambolanum:** Great thirst, weakness and emaciation with violently itching small red pimples in upper part of the body. **Diabetic ulceration**.

**7.Phosphoricum acidum:** Nervous origin DM. Increased urine, perhaps milky in colour and containing much sugar. It suits cases due to **grief, worry and anxiety, with indifference**, Lack of mental and physical energy. Loss of appetite, perhaps with increased thirst. **Boils and formication** in various parts.

**8. Thyroidinum:** weakness with hunger yet loses flesh, obesity, pale rather than those of high colour, sweets desire and thirsty for cold water. Polyuria; with albumin and sugar in urine. Palpitations from least excretion. Oedema of legs. Skin dry, impoverished.

**9.Lacticum acidum: DM with rheumatism and gastro-hepatic involvement.** Nausea better eating with vomiting. Urine is profuse, frequent and saccharine, with weakness and trembling of body while walking.

**10.Bryonia:** Has marked dryness of lips, bitter taste in mouth, weakness, morose with thirst for large quantities of water at long intervals. Glaucoma. Constipation, worse in morning and Rheumatism.

**11.Abroma Augusta:** Inability to do any work, great loss of weight and parasitic weakness. Burning sensation, thirst for large quantities of water at a time, voracious appetite and generally constipated. Weakness of vision; puffiness of eyes. Polyuria, after urination causes exhaustion; **fishy odour** from urine; nocturnal enuresis; white ulcers at the mouth of prepuce, inability to retain urine with high specific gravity, Albuminuria and Carbuncle.

**12.Plumbum metallicum:** gradual decrease in nutrition, dryness of mouth, lassitude. Diminution of sight. Painful constipation with abdominal retraction. Urine is albuminous and frequent. Chronic interstitial nephritis. Paralysis of single muscle. Cramps in calf muscle. Feet swollen, numbness.

**13.Cephalandra:** burning pain all over the body, especially adapted to people, oversensitive to noise and external impressions. **Loss of appetite** with increased thirst.

**14.Nux vomica:** sedentary occupation and physical inactivity, dyspepsia and heartburn; back pain; numbness and weariness of lower extremities; frequency with unsatisfactory urine.

**15.Terebinthinae oleum:** difficulty in concentrating the mind; dullness of mind which is relieved by frequent micturition; sadness, dimness of vision; cracked lips; dry and red tongue; offensive breath; increased hunger and thirst, with debility. Burning in stomach; tympanites; albuminuria, with frequent micturition, glycosuria.

**16. Natrium Sulphuricum: Depressed,** irritable, tired of life; dullness and weak vision; burning sensation; Dryness of mouth and throat; thirst for very cold water; increased appetite **.DM with gouty symptoms.** Profuse micturition and glycosuria. <sup>(6,7,8)</sup>

## CONCLUSION

Diabetes is a chronic disease with many

different clinical manifestations and complications such as kidney failure, blindness, stroke, heart disease and recurrent infections. Considering financial burden and long-term side effects of Allopathic system of medicine, Homoeopathic medicines comparatively can be more safe, holistic and cost-effective treatment of choice, which are the need of today's urbanized world, which not only helps to improve quality of life of patient, lower blood sugar levels and its associated complications<sup>[9,10]</sup>, which are demonstrated by various studies.<sup>[11,12,13]</sup>

This article aims to amalgamate the knowledge of Homoeopathic Philosophy with repertory and Materia medica in relation with knowledge of disease. So, that patient suffering from diabetes can be managed holistically.<sup>(14)</sup>

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