



Homoeopathic Approach towards Diabetes Mellitus

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Introduction

Health and disease are two facets of human life and existence. In the presence of one, other cannot exist. The fight for health from disease dates since man's existence. One such fight is the fight against a disease called Diabetes mellitus.

Globally as of 2014, it is estimated that there are 387 million people with type 2 diabetes making up about 90% of diabetes cases. This is equivalent to about 8.3% of the world's adult population. It is common both in the developed and the developing countries. The number of people with diabetes is expected to rise to 592 million by 2035. This increase is believed to be primarily due to the global population aging, a decrease in exercise, and increasing rates of obesity. It is recognized as a global epidemic by the WHO.

Definition

Diabetes mellitus is a metabolic disorder of multiple etiologies, characterized by chronic hyperglycemia with disturbances of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action, or both. The two broad categories of DM are designated type 1 and type 2. Both types of diabetes are preceded by a phase of abnormal glucose homeostasis as the pathogenic processes progress. 1. Type 1 diabetes, also called insulin dependent diabetes mellitus (IDDM) although it may occur at any age, type 1 diabetes commonly develop in childhood or adolescence and is the predominant type of diabetes diagnosed before age 30. Type 1 DM is the result of complete or near-total insulin deficiency. Accounts for 10 to 15% characterized clinically by hyperglycemia due to low or no insulin production by pancreas. 2. Type 2 diabetes, also called non-insulin-dependent diabetes mellitus (NIDDM) usually diagnosed in patients after 30 year of age. Type 2 DM is a heterogeneous group of disorders characterized by variable degrees of insulin resistance, impaired insulin secretion, and increased glucose production.

Aetiology: The development of type 2 diabetes is caused by a combination of lifestyle and genetic factors. A number of lifestyle factors are known to be important to the development of type 2 diabetes including: obesity, physical activity, diet, stress, and urbanization. Excess body fat underlies 64% of cases of diabetes in men and 77% of cases in women. Genetic factor only account for about 10% of the total component of the disease

Symptoms

Disease start with hyperglycemia associated with increased thirst and dryness of mouth, polyuria, tiredness, fatigue, irritability, apathy, sudden loss in weight, pruritus vulvae, nausea and headache, and desire for sweet food.

Many type 2 diabetics are asymptomatic and remain silent for many years and at diagnosis may have features of long-term complications. A middle-aged female often consult gynecologist for pruritus vulva, a male subject may consult physician for balanitis; because chronic hyper glycaemia makes a subject prone to several type of bacterial or fungal infections

Homoeopathic approach

Diabetes mellitus is the subject of a great many case management programs around the world, as it is a very prevalent disease with modifiable risk factors and severely disabling complications, potentially preventable with the aid of homeopathy. Diabetes is a constitutional condition and it requires constitutional treatment for its management. However, constitutional treatment doesn't mean treating the patient, throughout her life with a single remedy. The homoeopathic system of medicine is based on principles of individualization and susceptible constitutions. Although this article focuses on polycrest remedies, other remedies have their usefulness also, provided they are indicated according to the Law of Similars. In the larger perspective of management of diabetes, homeopathy has a definitive role to play. exercise are equally significant in the management of diabetes. They are symbiotic to the holistic application of homeopathy. Diabetes is a very serious disease, but the treatment doesn't have to be. Lifestyle modifications, weight loss, exercise, along with the right vitamins, supplements, and homeopathic remedies, can make a tremendous difference. But, due to the fact that natural approaches can alter the need for both insulin and insulin-control drugs, it is highly important to monitor one's glucose levels carefully, either with the help of glucose monitoring tests or through a physician. It is a good idea to find a practitioner who is supportive of alternative treatments and can further advise on the necessary lifestyle changes. The goal of any doctor or patient should be to bring high blood sugar under control and to stabilize it at a normal level.

Homoeopathic Medicines are effective in the management of Diabetes Mellitus Type 2. Both Constitutional and Organ remedies have been found useful in the management of Diabetes Mellitus Type 2 but, constitutional medicines give a sustained relief in the symptoms and in the blood sugar levels on long term management. Organ remedies are useful in the reduction of blood glucose levels in the short term management of Diabetes Type 2. Susceptibility determines the management of Diabetes. Constitutional medicines act better if the susceptibility is moderate to high. Organ medicines are effective where the susceptibility is on the lower side. In this study, Calcarea carb., Nat. mur. and Silicea were the most frequently indicated constitutional remedies Syzygium jamb. was the most frequently indicated organ remedy. 200 C potency was required in most of the time

Homoeopathic Remedies

- Uranium Nitricum:-It is a chief diuretic homeopathic remedy for diabetes. It helps to treat urination with incontinence of urine, enuresis, and burning in the urethra due to a rise in blood glucose levels. Uranium Nitricum homeopathic medicine helps treat high blood sugar levels, high blood pressure, and fatty liver conditions.
- Phosphorus -Phosphorus is a compound suitable for patients with high blood sugar levels and pancreatic diseases, especially tuberculosis. Diabetes patients having the symptoms like dry mouth, restlessness, and dry and watery stool gain benefits from phosphorus as the diabetes medication.

Jambolanum Or S. Cumini (Black Plum)

- It is the best homeopathic medicine that helps in reducing blood sugar levels. It treats the symptoms of diabetes like thirst, weakness, and excessive urination. Administer this medicine at suitable intervals to maintain your blood sugar levels to normal.
- It helps in the diminution of sugar in urine and treating diabetes-related old ulcers of the skin. You need to take 15 drops of Syzygiumjambolanum mother tincture in half a glass of water, 10 minutes before every meal.

Reference

1. Tiwari, N.L. and Tamboli, P., 2008. Diabetes mellitus–Defining scope and clinical approach for homoeopathic management.
2. Mourão, L., Carillo, R., Linares, S.M., Canabarro, A. and Fischer, R.G., 2019. Homeopathy and periodontal treatment in type II diabetic patients: a 1-year randomized clinical trial. *Brazilian Dental Journal*, 30, pp.139-145.