

# Role of ultra high diluted Homeopathic medicines in patients of Diabetes Mellitus Type- 2

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## Abstract:

The term Diabetes Mellitus describes a metabolic disorder of multiple etiologies and characterized by chronic hyperglycemia with disturbance of carbohydrate, fat and protein metabolism resulting from defects in insulin action, insulin secretion or both. According to the latest estimates published by the International Diabetes Federation (IDF), 415 million adults (83% in low- and middle-income countries (LMIC)) were living with diabetes in 2015 and this number is expected to rise to 642 million by 2040. <sup>[4]</sup>

Diabetes mellitus may present with characteristic symptoms described as three “P’s” i.e. Polyphagia (increased hunger), Polydipsia (increased thirst) and polyuria (frequent urination) and other symptoms like blurring of vision and weight loss.<sup>[7,8]</sup> Homeopathy is the best way to treat Diabetes mellitus type-II without any risk and adverse effect. Homeopathic is the rational therapeutic system which is based on the principle “Similia-similibus - curentur”. Which treats the patient as a whole and there is permanent cure. Which has the constitutional and similimum approach towards patients. So the therapeutic remedies of homeopathy have a great role in treating the Diabetes mellitus Type-II. <sup>[9]</sup>

**Keywords:** Polyphagia, Polydipsia, Polyuria, Ketoacidosis, Homeopathy.

## Introduction:

Diabetes is one of the great pandemics of the 21st Century. In some populations more than half of adults either already have the disease or are at high risk with evidence of impaired glucose tolerance, impaired fasting glycaemia and/or metabolic syndrome. It has become a major health challenge worldwide and the prevalence of Diabetes is 8.3% in 2014 that is very high <sup>[1]</sup>. And the numbers are increasing day by day at an alarming rate. Diabetes is gaining the status of “Potential Epidemic” in India very fast <sup>[2]</sup>.

The effects of diabetes mellitus include long term damage, dysfunction and failure of various organs like kidney, Liver, Pancreas etc. In its most severe forms, ketoacidosis or non-ketotic hyperosmolar state may develop and lead to stupor, coma and in absence of effective treatment it may lead to death. <sup>[3]</sup>

It is of particular concern that around half of people currently living with diabetes do not know that they have it. Unaware about diabetes and Failure to diagnose diabetes means the disease will not be well managed, increasing the risk of many complications. [4]

Pharmacotherapies for the treatment of diabetics include oral hypoglycaemic agents and Insulin (oral or injectable) in modern system. There are other Indian traditional systems like Homoeopathy, Ayurveda, Siddha and Unani are also using the natural substances for the treatment of Diabetes. But there is a difference in between the modern system and traditional system. The modern system treatment consists with many side effects; besides, they are costly and produce adverse effects in the human body.

At this juncture, the Homoeopathic method of treatment is the second most popular treatment method worldwide and it has got wide scope, where the homoeopathic doctors find the characteristic physical and mental symptoms, to combat these conditions. And a large number of drugs are available at the hand of Homeopathic doctor to render service in an effective way.

The World Health Organization (WHO) has also recommended the evaluation of traditional plants used for the treatment of diabetics as they are very effective, nontoxic with fewer or no side effects, fewer or no adverse effect and are considered to be excellent candidates for oral therapy. [5]

There are also several reviews on medicinal plants possessing anti-diabetic property that have been used as traditional medicines. (7)

**Sign and symptoms** — Diabetes mellitus may present with characteristic symptoms described as three “P’s” i.e. Polyphagia (increased hunger), Polydipsia (increased thirst) and polyuria (frequent urination) and other symptoms like blurring of vision, Weakness, and weight loss. Mentally patient is irritable, Forgetfulness. (7, 8)

**Role of Homeopathic medicines in DM type-II** — There are many medicines in Homeopathy for Diabetes Mellitus type-II like Natrum Muriaticum, Sulphur, Arsenic album, Calcarea carb, Lycopodium, Phosphoric acid, Uranium Nitricum, Syzegium Jambolanum, Cephalandra Indica etc. which acts best in Diabetes cases.

**Natrum muriaticum** – Ailments from disappointed love. Consolation aggravation. Appetite increase and constant, Thirst increase at night, Desire for salt. Urination frequent at night. Weakness, itching at genitalia. Irritability. [10, 11]

**Sulphur** – Constitutionally patient is tall, slender with stoop shoulder. Dirty complexion. Increase appetite especially in morning at 11Am, Frequent urination at Night, wound healing is slow, itching at genitalia, Extreme thirst. Irritability of mind. General Weakness. Extreme Desire for sweets. [10, 11]

**Arsenic album** – Extreme thirst, Very thirsty for small quantity at short interval, Extreme weakness and restlessness mentally and physically. Mood Changeability. [10, 11]

**Calcarea Carb**— Medicine suited to Fair, fatty and fertile women. Extreme perspiration at nape of the neck. Urination very frequent especially at night. Severe itching at genitalia. Very much thirsty, constant desire to eat. Fearful and irritable. <sup>[10, 11]</sup>

**Lycopodium**—Medicine suited to tall, old looking patients with desire for sweets. Very much hungry, eats small quantity at a time but hungry just after eating. Polyuria especially at night with sometimes red sand in urine. Changeability of mood, angry and Irritable. <sup>[10, 11]</sup>

**Phosphoric acid**— Weary constitution, extreme weakness related to diabetes, exhaustion and mental fatigue. He says –Don't talk to me, I'm so tired. He cannot think what he wishes to say, not frame his answers to question. In every case we find the mental symptoms are first to develop. Remedy runs from the mental to the physical. Phosphoric acid also has great physical weakness, aversion to coition. Ailments from care, grief, sorrow, chagrin, homesickness or disappointed love.

Marked feature of phosphoric acid is milky urine, Increase frequency of urine. Ulcers and carbuncles on the skin. <sup>[10, 11]</sup>

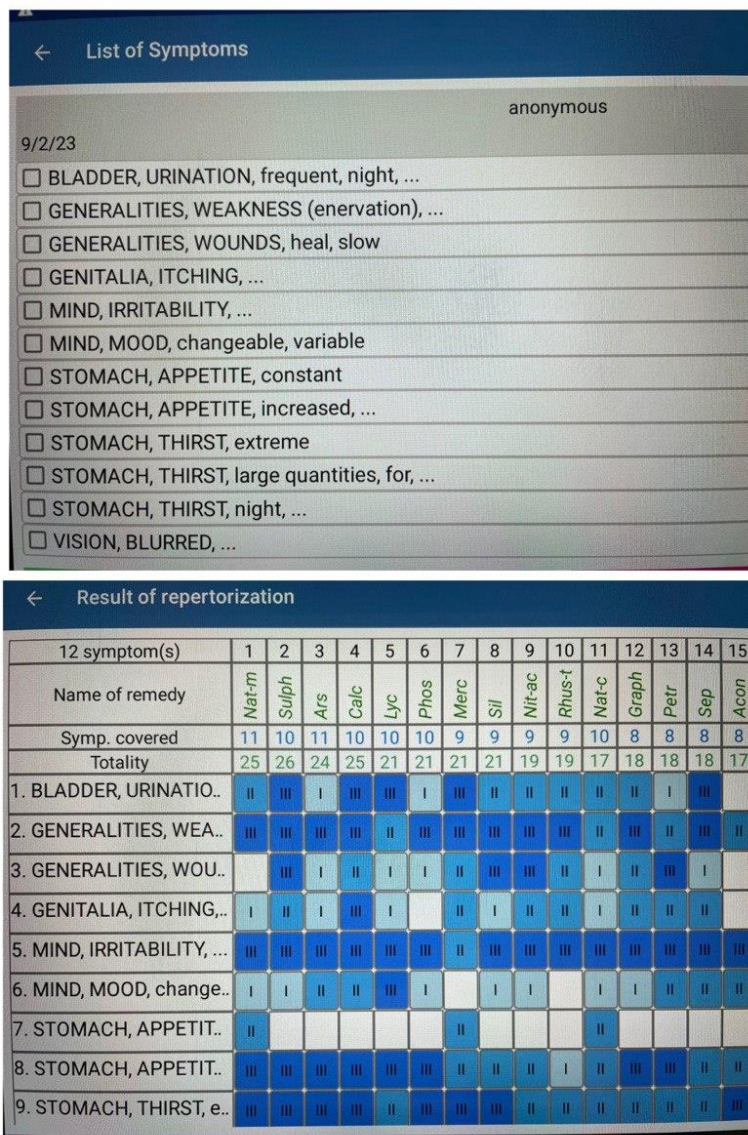
**Uranium Nitricum**— It causes glycosuria and increased urine. Excessive thirst, nausea and vomiting. Ravenous appetite, eating followed by flatulence. Copious urination, diuresis, incontinence of urine. Burning in urethra with very acidic urine. High blood pressure and dropsy. <sup>[10, 11]</sup>

**Syzegium Jambolanum**— A most useful medicine in diabetes mellitus. No other remedy causes in so marked degree the diminution and disappearance of sugar in the urine. Great thirst, Weakness and emaciation. Very large amount of urine specific gravity high. Diabetic ulceration and old ulceration of skin. <sup>[10, 11]</sup>

**Cephalandra Indic**— It mainly used in cases of Diabetes mellitus, it effectively treats blood urea and helps in maintaining blood sugar level. <sup>[10, 11]</sup>

**Role of Repertory in Diabetes Mellitus type-II:-**

*Reportorial approach and related Rubrics*— Repertorisation by Radar 10.0 version, Synthesis repertory.



(Figure-1. Rubrics and Repertorisation of Diabetes mellitus type-II)

**Discussion** — The term Diabetes Mellitus describes a metabolic disorder of multiple etiologies and characterized by chronic hyperglycemia with disturbance of carbohydrate, fat and protein metabolism resulting from defects in insulin action, insulin secretion or both. In this study we found that there are many homeopathic medicines which are very useful In cases of diabetes without any adverse effects on the body. Homeopathic treatment based on Similimum and minimum dose. We choose Minimum doses in homeopathy for the best result without any risk. It works best in constitutional doses. In Homeopathy medicines are selected on the basis of physical general, mental general and pathological symptoms. Constitutional medicine makes the complete totality of the patients and gives the permanent cure. [9]

This article shows the value of therapeutic medicines which are very effective in Diabetes Mellitus type-II according to the repertorisation with Radar 10.0 version, Synthesis repertory.

So this would be a great choice for patients for maintaining their healthy life style without any adverse effects.

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