

Diabetes and Homoeopathy

The chronic metabolic disorder diabetes mellitus is a fast growing, global problem with huge social, health and economic consequences. Homoeopathic treatment can help improve the general health of a person with diabetes.

Abstract

Diabetes mellitus is a condition associated with disturbance in the metabolism of carbohydrate, fat and protein, coupled with relative or absolute insulin deficiency. Those who are diabetic have a increased blood sugar. It was considered to be a rich man's disease till few years back; however. The recent surveys show alarmingly increase in the incidence of Diabetes even in less affluent group of people.

Keyword: Homoeopathy, Diabetes mellitus

Definition

Diabetes mellitus is a clinical syndrome characterised by hyperglycaemia caused by absolute or relative deficiency of insulin.¹

It is an clinical syndrome characterised mainly by polyuria, polydipsia and polyphagia due to absolute deficiency of insulin or diminished biologic effectiveness of it or both

Diabetes mellitus means siphone laden with honey. In Bengalee it is called Madhumeha which means urine laden with honey.

When syphilis was prevalent it was a common saying "know syphilis and the rest of medicine will be known to you" but with the retreat of it and appearance of Diabetes the saying has fallen on Diabetes: "know

diabetes and the rest of medicine will be known to you"²

Classification

Primary diabetes mellitus

1A. Insulin dependent Diabetes mellitus, immune dependent diabetes mellitus (IDDM) or Type 1 or insulinopenic or juvenile onset Diabetes (JOD) (1%- 2%)

1B. About 5% of patients have no evidence of autoimmunity to pancreatic beta cells to explain insulinopenia and ketoacidosis this is an idiopathic type 1 group and is called type B or idiopathic.

2. Non-insulin dependent Diabetes mellitus, Nonimmune dependent Diabetes mellitus (MOD) or Type 2 diabetes (80%-90%). This is imposed of a heterogenous group which is very commonly seen in adults and rarely in the young. The cause is usually unknown. In most of these patients tissue insensitivity to insulin has been found (genetic) which is at times more aggravated by ageing and visceral obesity of abdomen. There is also a lack of response of beta cells to glucose and hyperglycaemia thus both these factors viz tissue insensitivity to insulin and lack of beta cell response to glucose and are very

important basic factor for the development of type 2 diabetes

Secondary Diabetes Mellitus

1. Non pancreatic endocrinal disorders as in Acromegaly, cushing's syndrome, thyrotoxicosis, phaeochromocytoma, glucagonoma etc
2. Pancreatic diseases like chronic pancreatitis, carcinoma of pancreas, haemochromatosis, pancreatic calculi, cystic fibrosis, pancreatectomy
3. Gestational diabetes (human placental lactogen), 80% of them develop diabetes, antiretroviral protease inhibitory, antipsychotic drugs may produce
4. Iatrogenic: after use of thiazide, diuretics, steroids, phenytoin, contraceptive pills etc
5. Diabetes due to genetic defect e.g. Down's syndrome, Klinefelter's syndrome, Turner's syndrome, muscular dystrophy, Friedich's disease DIDMOAD (Diabetes insipidus Diabetes mellitus, optic atrophy, Nerve deafness), lipoatrophy etc

Actiology

Primary diabetes mellitus is a heterogenous disorder and the cause of islet cell dysfunction is far from clear in most of the cases. However, the following factors are important

- **Age** NIDDM occurs chiefly in middle aged individual, 50% of the cases are first diagnosed at

- the age of 50 years
- **Sex** Both sexes suffer equally but in lower age groups males and in middle age groups female are more affected
- **Hereditary** It may run in families but there is conflicting evidence for the mode of inheritance. NIDDM has a greater hereditary component
- **Stress and strain** Physical and mental stress or strain may be responsible at least in precipitating the latent form of the disease as counterregulatory hormones are secreted in excess
- **Obesity** Many maturity onset diabetics are obese but still is not settled whether it has a cause or effect relationship. Two major mechanisms have been proposed for the tissue insensitivity to insulin in case of obesity
- **Dryness of mouth and throat** This is the effect of polyuria
- **Rapid emaciation** There may be rapid loss of weight and diabetes should always be considered as an important cause of it. Initially it is due to loss of water, glycogen and triglyceride stores. gradually reduced muscle mass occurs due to diversion of amino acids to form glucose by neoglucogenesis and ketone bodies. Paripasu there is marked weakness which is due to low plasma volume, potassium imbalance and general catabolism of muscle protein
- **Constipation** The stool become hard and bowel movement may take place after every 2-3 days
- **Intense itching** This is an important symptom and is located in the anus or external genitalia. This is due irritant action of sugar on the tissue and superimposed fungal and bacterial infections

Clinical features

Onset is usually gradual but rarely there may be acute onset.

Symptoms are usually present in type 1 or IDDM cases but in many cases of type 2 or IDDM these are absent

- **Polyuria** The amount of urine may be several litres in 24 hours. This is due to excessive sugar in the urine which acts as a diuretic. There may be nocturia also
- **Polydipsia or excessive thirst** Patient may consume several litres of water in 24 hours to quench thirst. This is obviously the effect of polyuria and hyperosmolarity of blood. Blurred vision is also due to it.
- **Polyphagia or excessive hunger** Patients always feels hungry and may have a craving for carbohydrate food, sweet, honey, sugar, rice etc. This symptom is non utilisation of

HOMOEOPATHIC MANAGEMENT

In homoeopathy with the help of medicines we treat diabetes and prevent further complications of the disease. We give on constitutional, therapeutic and organ specific according to the case.

Rhus aromaticus Renal and urinary affections especially diabetes. Enuresis due to vesical atony. Haematuria and cystitis come within the range of this remedy. Urine pale, albuminous, incontinence. Severe pain at beginning and before urination, causing great agony in children. Constant dribbling. Diabetes, large quantity of urine of low specific gravity³

Curare Glycosuria with motor paralysis. Curare decrease the output of adrenalin. Diabetes

mellitus. Muscular paralysis without impairing sensation and consciousness arms weak, heavy weakness of hands and fingers in pianists, reflexes lessened or abolished. Catalepsy, Paralysis of respiratory muscles very distressing dyspnoea, chest sore to pressure.³
Cephalandra indica Profuse urination, weakness and exhaustion after urination, sugar in the urine, diabetes mellitus. Burning all over the body. Dryness of mouth with great thirst for large quantity of water at a time. Morose, fretful disinclined to do any work, memory partially gone.³

Gymnema sylvestre Sugar killer excellent medicine for diabetes mellitus, also efficacious in poisonous snake bites. Profuse urination loaded with sugar. After passage of wine patient exclaims, this passing or urine in large quantities has made me very weak. White colour, copious and high specific gravity. Diabetic carbuncle.³

Syzygium jambolanum Diabetes, much thirst with profuse flow of wine in every two hours. No other remedy causes in so marked degree the diminution and disappearance of sugar in the urine. Prickly heat in upper part of the body small red pimples, which itched violently, old ulcers of the skin.³

Uranium nitricum Copious urination. Diuresis. Incontinence of urine. Diabetes with ravenous appetite. Emaciation and tympanites. Burning in urethra, with very acid urine. Unable to retain urine without pain. Its keynote is great emaciation, debility and tendency to ascites and general dropsy.³

Moschus Profuse urination. Diabetes. A remedy for hysteria and nervous paroxysms, fainting fits and convulsions, catalepsy etc. Uncontrollable laughter.

Scolding. Anxiety, with palpitations, starting as if frightened. Sexual hypochondriasis. Desire to black coffee, stimulants. Aversion to food. Abdomen greatly distended. Spasmodic nervous hiccough.³

Natrum sulphuricum Urine loaded with bile. Brick dust sediment. Excessive secretion. Diabetes. Feels every change from dry to wet. Clinically it has been found a valuable remedy for spinal meningitis, head symptom from injuries to head, mental troubles therefore. Brown bitter coating on tongue.³

Boricum acidum Pain in the region of ureters, with frequent urging to urinate. Coldness. Diabetes, tongue dry, red and cracked. Cold saliva. Multifiform erythema of trunk and upper extremities, oedema around eyes. Exfoliating dermatitis. Vagina cold as if packed.³

Carlsbad Famous for its action on liver and in the treatment of obesity, diabetes and gout Urine streams weak and slow, only passed by pressing abdominal muscles. Face yellow, sallow, red and hot pain in zygomatic process, feels as if cowwebs were on it. Tongue coated white, offensive smell from the mouth, sour and salty taste.³

Inula Diabetes, bearing down sensation in the pelvic organs and bronchial symptoms are most marked. Frequent urging to urinate, passes only in drops, violet odor. Chronic metritis, menses too early and painful, labor like pains, dragging in genitals with violent backache, chattering of teeth during menstruation. Chronic bronchitis cough with much thick expectoration, cough worse at night and lying down. Stitches behind sternum.³

Phaseolus Heart symptoms quite pronounced. Diabetes. Fearful

palpitation and feeling that death is approaching. Diabetic urine. Breathing slow and sighing, pulse rapid, palpitation, right ribs sore. Dropsical effusion into pleura and pericardium.³

Urea Albuminuria, diabetes, uraemia. Urine thin and low specific gravity. Renal dropsy with symptom of general intoxication.³

Acetic acid Abundant sugar in urine, increased and light coloured, great thirst best cold drink lies heavy on stomach, ascites and hydrothorax.⁴

Discussion and conclusion

The chronic metabolic disorder diabetes mellitus is a fast growing, global problem with huge social, health and economic consequences. It is estimated that in 2010 there were globally 285 million people (approximately 6.4% of the adult population suffering from the disease).⁵ So with the help of homoeopathic medicines we can stop further progression of the disease.

In homoeopathy, the main focus is on functioning of the pancreas in efficient insulin production. There are specific medicines which are used effectively in the treatment of all the stages of the diseases. Homoeopathic treatment can help improve the general health of a person with diabetes.

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