

# Diabetes and its Homoeopathic Management

Ankita

**Abstract:** This article tells about the Diabetes mellitus and its homoeopathic management, Diabetes is due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced.

**Keywords:** Diabetes, Diabetes insipidus, Diabetes mellitus, Homoeopathy, Medicine, Diet management for diabetes

## 1. Introduction

### What is Diabetes mellitus?

Diabetes mellitus is characterized by chronic hyperglycemia with disturbances of carbohydrate, fat and protein metabolism resulting from defect in insulin secretion, insulin action or both.

### Etiologic classification of disorders of Glycemia:

Type 1	Type 2	Other types	Gestational Diabetes
Beta cell destruction, usually leading to absolute insulin deficiency- a) Autoimmune b) Idiopathic	May range from predominantly insulin resistance with relative insulin deficiency to a predominantly secretory defect With or without insulin resistance	a) Genetic defects of beta cell function b) genetic defects in insulin action c) Disease of exocrine pancreas d) Endocrinopathies e) Drug or chemical induced f) infections g) uncommon forms of immune mediated diabetes h) other genetic syndromes sometimes associated with diabetes.	Diabetes diagnosed during pregnancy.  It is due to when the insulin receptors do not function properly.  Usually goes away after birth, but increased risk of developing type 2 diabetes mellitus for mother and child.

Chart from normal to diabetic phase:

Type of Diabetes	Normal glucose tolerance	Hyperglycemia	
		Pre-diabetes*	Diabetes Mellitus
		Impaired fasting glucose or impaired glucose tolerance	Not insulin requiring for control
Type 1			
Type 2			
Other specific types			
Gestational Diabetes			
Time (years)			
FPG	<5.6 mmol/L (100 mg/dL)	5.6–6.9 mmol/L (100–125 mg/dL)	≥7.0 mmol/L (126 mg/dL)
2-h PG	<7.8 mmol/L (140 mg/dL)	7.8–11.0 mmol/L (140–199 mg/dL)	≥11.1 mmol/L (200 mg/dL)
A1C	<5.6%	5.7–6.4%	≥6.5%

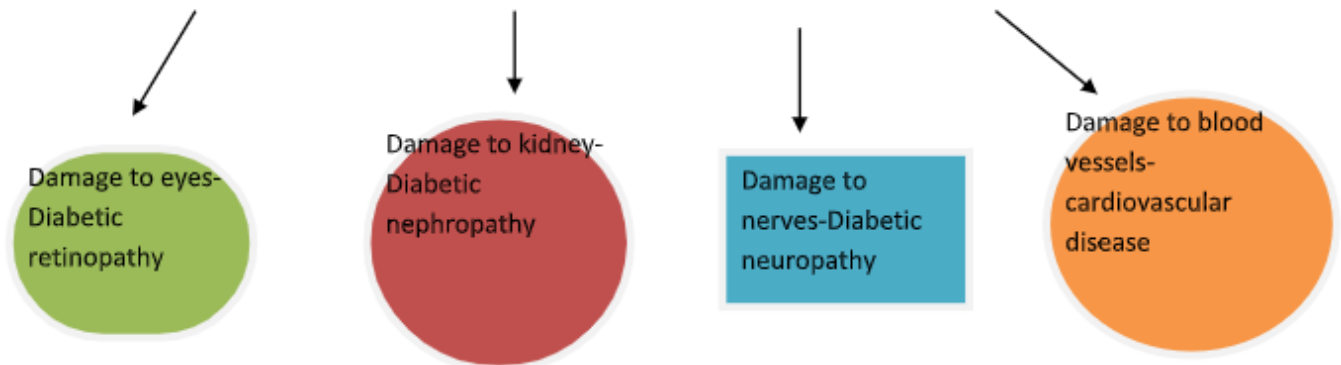
2. Signs and Symptoms

TYPE 1	TYPE 2
LETHARGY	POLYDIPSIA
STUPOR	POLYPHAGIA
WEIGHT LOSS	BLURRED VISION
SMELL OF ACETONE	POLYURIA
KUSSMAUL BREATHING (HYPER - VENTILATION)	GLYCOSURIA
NAUSEA,VOMITING	
ABDOMINAL PAIN	

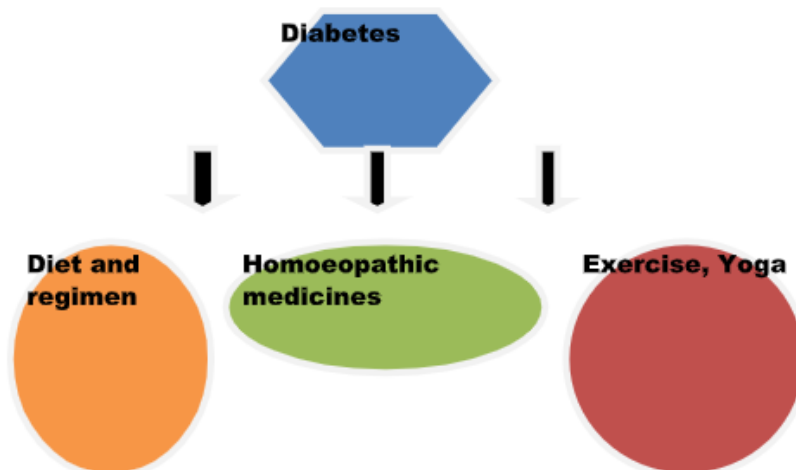
Who diabetes diagnostic criteria

Condition	2hour glucose mmol/l (mg/dl)	Fasting glucose mmol/l (mg/dl)	HbA1c mmol/mol	Dcct%
Normal	<7.8(<140)	<6.1(<110)	<42	<6.0
Diabetes Mellitus	≥11.1(≥200)	≥7.0(≥126)	≥48	≥6.5

Complications:



Homeopathic approach and Diet management



**What is the Homoeopathic approach to control Diabetes Mellitus****a) Ways to maintain blood sugar level regulating diet:**

- 1) In cereals, whole wheat is better than rice as it contains an enzyme called 'ascarbose' that allows carbohydrates to be absorbed slowly, thus preventing blood sugar from rising rapidly.
- 2) Wheat sprouts keep the blood sugar level under control.
- 3) Cottage cheese, curd and buttermilk provide the necessary proteins.
- 4) In each meal, have only one source of protein like either dal or curd or low fat milk. The protein should not be concentrated and so one must not have thick dal, it should be diluted with water. Buttermilk also should be diluted to reduce the intake of fat.
- 5) Reduce the consumption of fat in your daily diet. Instead of full dairy products, have low fat dairy products. Low fat milk is as good as full fat milk or whole milk except that it does not contain any fat which is one of the main causes for many ailments.
- 6) Reduce oil intake and avoid fried food. In order to reduce the intake of oil, always bake, steam or sauté the food instead of frying.
- 7) Honey can be used instead of sugar.
- 8) Eat as much as cooked and raw garlic
- 9) Include raw onions as they lower blood sugar levels.
- 10) Exercise or go for walk for about 30 minutes daily.
- 11) Practice Yoga.
- 12) Try to remain stress free and without any anxiety as stress impairs the production of insulin.

**Other dietary measures:**

- 1) Fenugreek (Methi) seeds, when given in varying doses of 25 grams to 100 grams daily, diminish reactive hyperglycemia in diabetic patients. Soak 10-12 fenugreek (methi) seeds in one fourth cup of water overnight and have the seeds and the water, next day in the morning with glass of water.
- 2) Eating French beans, runner beans regularly help in maintaining blood sugar level.
- 3) Daily consumption of one glass of bitter melon (karela) is beneficial.
- 4) Adding lady finger (Bhindi/okra) and Drum sticks (sahjan ki phalli) in diet are also beneficial especially as soup or boiled daily consumption help in maintaining blood sugar level.

**Homoeopathic medicines:**

Homoeopathic approach for Diabetes mellitus is strictly individualizing every single case, analyzing the physical as well as mental constitutional symptoms and selecting single homoeopathic remedy.

**Homoeopathic medicines for Diabetes mellitus:****Acetic acid:**

It is adapted to pale, wax, emaciated persons with great debility. They pass large quantities of pale urine with great burning thirst.

**Acid phos. Q**

Debility is very marked in this remedy, particularly mental debility. It is adapted to people who are very nervous. Person who cannot collect his thoughts or find the right words to express himself. And diabetes due to disappointed love, grief, worry and anxiety.

The patient passes urine several times during the night only. Patient passes large quantity of colourless urine. This cures diabetes of all kinds.

Reduced vision due to diabetes. Eye lens are sensitive to blood sugar changes and too high levels of sugar can cause it to swell and change shape thus altering its optical properties.

**Alfalfa:**

Polyuria, frequent desire to urinate. Urine contains abnormal amount of urea and phosphates.

**Argentum nitricum:**

Frequent and profuse urination. May be passed unconsciously, day and night. Dribbling of urine. Urine may contain sugar or may not contain sugar. It is useful for polyuria in diabetes mellitus or diabetes insipidus. The patient should have great desire for sweets. Useful in restoring power to the weakened ciliary muscles.

**Eupatorium Perforatum:**

Burning in bladder and urethra on urinating, Constant desire. In general patient experience tiredness. Weakness, uneasiness in limbs, with numbness and gnawing pains, urination frequent and scanty.

**Squilla maritima:**

Urine is passed several times during the day and at night. Much urging to urinate. Involuntary spurting of urine while coughing or sneezing.

**Homoeopathic medicine for Type 2 Diabetes Mellitus and its complications:****Arsenic brom:**

It has proven to be great anti psoric and anti syphilitic remedy. Patients who have suffered with syphilis, herpetic eruption, glandular tumors, itching over entire body. Diabetes with constipation and thirst, given in 1X dilution. Three drops a dose thrice daily.

**Carbolic Acid:**

It is a powerful irritant and antiseptic. There is constant tired, heavy feeling in left arm, cramps in legs especially

during walking. Frequent urination at night. Urine is scanty, green or dark black. Carbuncle of diabetic patients.

**Cantharidinum Q:**

Blood sugar increases with high blood pressure. 10 drops given three times a day gives good result.

**Cephalendra Indica Q:**

It works in both types of diabetes. There is profuse urination-weakness and exhaustion after urination, sugar in the urine. Best results obtained giving before meals three times a day. For cure of old ulcers In Diabetic patients.

**Chionanthus virginica:**

It is good remedy for pre diabetic state and diabetes in patient suffering from liver disease, frequent urination bile and sugar in urine. Urine very dark, yellow. Insulin Resistant.

**Codenum:**

There is great thirst with desire for bitter substances. when there is excessive skin irritation (Itching due to diabetes mellitus). Sleepiness, drowsy feeling. The quantity of urine increased.

**Crataegus Q:**

Diabetes especially in children.

**Fenugreek Q:**

It controls diabetes and reduce sugar in blood and urine. Also controls simple polyuria.

**Glycerinum:**

This remedy seems to act deeply and long. Diabetes with weakness, headache, profuse and frequent urination. Sugar in urine with acetone. With or without albumin or casts and with or without rheumatism.

**Gymnema Sylvester Q:**

It is a great sugar killer excellent medicine for diabetes mellitus profuse urination loaded with sugar. It is specially useful when the patient has an abolished taste for bitter things. The passing of large quantity of urine causes marked weakness. There is burning all over the body. Useful for diabetic carbuncle.

**Helonias Q:**

There is great tiredness, general feeling of malaise, languor, unusually tired, yet knows no reason sense of profound debility with copious urination. It is useful in first stage of diabetes insipidus and diabetes mellitus.

**Insulinum 3x:**

It may be used in the beginning of the treatment and thereafter intercurrently. It helps production of adequate quantity of insulin. Epileptic convulsions and mental dearrangements. persistent skin irritation, boils, carbuncles, and itching eczema.

**Lacticum acidum:**

Persistent hunger and dry tongue. Copious urine, nausea, debility, great hunger, gastralgia and rheumatic pains in joints of the shoulder, knees, wrist with great weakness.

**Lycopus virginicus Q:**

Drinks large quantity of water, passes nine to eleven quarts of urine a day, fearful thirst nothing but colder water satisfied. Urine containing sugar must rise at night to urinate and emaciation. Very irritable unless spoken to very softly, was not inclined to talk even to her own family.

**Magnesia Sulph:**

The urine is greenish when passed, but later becomes clear coloured, urine in large quantities. The diuretic action of the drug with great thirst has led to its successful use in diabetes.

**Pepsinum:**

Diabetes due to the illness of the pancreas and gout.

**Phosphorus:**

Diabetes preceded or accompanied by disease of pancreas. Dryness of the mouth. Thirst for cold water. Hunger soon after eating. Diabetes in tubercular patients, or in patients suffering from rheumatism.

**Syzgium Jambolum Q:**

This remedy cause marked degree of diminution and disappearance of sugar in the urine. Very large amount of urine.

Prickly heat in the upper part of the body and small pimples itch violently and great thirst weakness emaciation with specific gravity high. old ulcers of skin. Diabetic ulceration.

**Thuja:**

Diabetes in patient who had history of suppressed gonorrhoea, or suffered from gonorrhoea.

Increased thirst especially at night, frequent micturation at night, sugar in urine. There is marked emotional sensitiveness, sleeplessness, constipation.

**Uranium nitricum:**

Ravenous appetite, excessive thirst, polyuria and dry tongue. Violent appetite even when the stomach is full. It is well known for diabetes due to defective assimilation or dyspepsia.

- **Curare** is useful for motor paralysis.
- **Gun powder, Staphylococcinum** and **Melaleuca Alternifolia** are extremely useful for diabetic carbuncle and gangrene.
- **Ampelopsis Quinquifolia, Urea** are useful for diabetic nephropathy
- **Zincum met**-Diabetes having effect on brain and spine resulting in convulsive twitching and troublesome uneasiness of the nerves. Involuntary urination when walking, coughing or sneezing. Involuntary motion of the arms and legs when asleep.

**3. Conclusion**

Diabetes need to be treated along with homoeopathic medicine along with proper diet and regimen. Proper exercise and diet management plays a good role in defeating diabetes with homoeopathic medicines and required to have regular diagnostic test within 1 month to monitor progress of diabetes and its treatment approach.

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