



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)

IJHS 2024; 8(1): 399-402

Received: 17-01-2024

Accepted: 22-02-2024

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## A subjective study of diabetes mellitus, its complications and homeopathic management

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DOI: <https://doi.org/10.33545/26164485.2024.v8.i1f.1097>

### Abstract

Diabetes mellitus is one of the metabolic disorder which is characterized by high level of glucose in blood caused by insufficiency of insulin secretion and defective insulin action. This comprehensive abstract purpose to explain a concise summary of diabetes mellitus, including its epidemiology, etiology, classification, clinical manifestations, and management strategies. Epidemiologically, diabetes mellitus has reached epidemic proportions globally, with an increasing prevalence that poses significant public health challenges. The etiology is multifactorial, involving genetic, environmental, and lifestyle factors. This abstract explores the classification of diabetes into types 1 and 2, gestational diabetes, and other specific forms, each with distinct pathophysiological mechanisms.

**Keywords:** Diabetes mellitus, homeopathic remedy, life style management, epidemiology, prevention

### Introduction

According to WHO (World Health Organization) Diabetes occurs either when inappropriate insulin production by pancreas or when the body cannot consume enough insulin which produces by pancreas. Insulin hormone regulates the glucose in blood. Hyperglycemia, term use as high blood glucose or increase blood sugar, this is a common effect of developed diabetes and due to time passes it leads to major damages to most of systems of the body, especially the nervous and vascular system.

**Etiology and different types of diabetes mellitus:** Here are two main types of diabetes which are Type 1 and Type 2.

Type 1 is autoimmune condition in which the immune system becomes weak caused by destroys the beta cells in the pancreas. The exact cause of this diabetes is not completely known, but genetic and some environmental factors may contribute for its development. Ketosis, with the absence of insulin, the body may start breaking down fats for energy, leading to the production of ketones. Ketosis can result in a dangerous condition called Diabetic Ketoacidosis (DKA).

Type 2 is a mainly originate with resistance of insulin and inadequate insulin production. Factors such as genetics, obesity, sedentary lifestyle, and unhealthy diet habits play important part in the development of this diabetes. Beta Cell Dysfunction, Overtime, the pancreas may become unable to production of sufficient insulin because of insulin resistance. Insulin producing beta cells also lose of their ability to release insulin appropriately. Term Hyperglycemia, dysfunctional beta cells contribute to increase blood glucose and also insulin resistance. The glucose cannot enter cells efficiently, leading to a state of hyperglycemia.

Gestational diabetes can also occur during pregnancy, high risk to developing type 2 diabetes mellitus in her later year in life. Manage to glucose levels during pregnancy is mandatory for the health of the mother and the new born baby both.

**Epidimilogy:** As of my last knowledge update in January 2022, the epidemiology of diabetes mellitus has shown a significant global impact. These figures might be some changed, and it's suggest to refer to the recent sources for the many up-to-date information. Here's a general overview:

### Global Prevalence

1. **Rising Incidence:** Diabetes mellitus is a growing global health concern, with an increasing number of people affected.

The rise is attributed to some factors like aging populations, unmanaged lifestyles, poor diet, and high obesity rates.

2. **Global Burden:** International diabetes federation (IDF) give data that over approximately 463 millions of adults (20 to 79 years of age) were living life with diabetes in 2019. The numbers rise to over 700 million by 2045 if this lifestyle follow and continue.

### Type 2 Diabetes Dominance

- Type 2 diabetes mellitus is the very common term, which accounting for the majority of patients in worldwide.
- Type 1 diabetes, while still significant, represents a smaller proportion of cases.

### Regional Variances

**High Prevalence in Specific Regions:** Certain regions, such as the Middle East, North America, and the Caribbean, have reported higher prevalence rates. The prevalence is also high in some Pacific Island nations.

**Urbanization and Lifestyle:** Urbanization and lifestyle changes helps to the increasing prevalence of diabetes mellitus, particularly in developing countries also.

**Economic Impact:** Diabetes impacts a substantial economic impact on our health care services and system because of the costs associated with treatment and health management.

Costs include medications, monitoring supplies, and expenses related to diabetes-related complications.

### Evaluation <sup>[2]</sup>

The diagnosis of T1DM is usually through a characteristic history supported by elevated serum glucose levels (fasting glucose greater than 126 mg/dL, random glucose over 200 mg/dL, or hemoglobin A1C (HbA1c exceeding 6.5%) with or without antibodies to glutamic acid decarboxylase (GAD) and insulin. Fasting glucose levels and HbA1c testing are useful for the early identification of T2DM. If borderline, a glucose tolerance test is an option to evaluate both fasting glucose levels and serum response to an oral glucose tolerance test (OGTT). Prediabetes, which often precedes T2DM, presents with a fasting blood glucose level of 100 to 125 mg/dL or a 2-hour post-oral glucose tolerance test (post-OGTT) glucose level of 140 to 200 mg/dL.

### Clinical conditions of diabetes mellitus

The sign and symptoms of diabetes can vary from one to another, but common clinical conditions include:

1. **Polyuria:** Frequent Urination Increased blood glucose levels lead to excessive urination because kidneys try to eliminate the excess sugar from the body.
2. **Polydipsia:** Thirst increases, term Dehydration resulting from frequent micturation can lead to an increased feeling of thirst.
3. **Suddenly Weight Loss:** In Type 1 diabetes mellitus, the body may break down the muscle and fat which gives energy to body because body cannot use glucose effectively.
4. **Obesity:** Sudden weight gain. Patient with type 2 diabetes mellitus are usually characterized by an elevated BMR (Basal Metabolic Rate).

5. **Fatigue:** Insufficient insulin or insulin resistance can lead to a lack of energy in the cells, which causing fatigue.
6. **Weak Vision:** High blood glucose can damage the lens of the eye, which leading to vision blurred and main cause of cataract.
7. **Wound Healing becomes slow:** Diabetes causes impair the healing ability of body in injury and wound, also increasing the time it takes for wounds to recover.

### Complication of diabetes mellitus

The complications of diabetes mellitus can affect organs and immune systems in the body. Here are few common complications associated with diabetes are given below:

1. **Cardiovascular Complications:** Coronary Disease, Diabetes can increases the risk of atherosclerosis and coronary artery disease, leading to angina and heart attacks.
2. **Stroke:** Diabetes is an important risk factor for stroke due to vascular damage and clot formation.
3. **Peripheral Vascular Disease:** Reduced blood flow to the extremities can lead to peripheral vascular disease, increasing the risk of infections and poor wound healing. This can eventually lead to complications like ulcers and gangrene (diabetic foot), sometimes necessitating amputation.
4. **Nephropathy (Kidney Diseases):** Diabetes mellitus is a leading cause of kidney diseases, and if not controlled, it can progress to ESRD (end stage renal disease) which requiring dialysis and kidney transplantation.
5. **Neuropathy (Nerve Damage):** Diabetes can cause damage to nerves throughout the body, leading to peripheral neuropathy, which can result in inflammation, tingling, numbness, in the extremities. Autonomic neuropathy can affect the nerves controlling internal organs, leading to issues such as digestive problems, sexual dysfunction, and erectile dysfunction in males.
6. **Retinopathy (Eye Complications):** Diabetes can affect the blood vessels in the retina, which leading to diabetic retinopathy and it can cause vision loss or blindness.
7. **Skin Complications:** People living with diabetes are more prone to skin allergies and infections, including fungal infections such as tinea vulgaris, psoriasis, and hyperpigmentation.
8. **Dental Complications:** Diabetes can increase the risk of gum disease, leading to issues such as gingivitis and periodontitis.
9. **Metabolic Syndrome:** Diabetes is often associated with metabolic disorder, a group of these conditions that include obesity, high BP, and abnormal lipid profile, increasing the risk of heart problems and coronary artery diseases.
10. **Infections:** High blood glucose levels can immune system very weak, individuals level with diabetes are more susceptible to environmental infections, mainly UTI (urinary tract infections) and skin allergies.
11. **Hypoglycemia and Hyperglycemia:** Insulin or medication mismanagement can lead to episodes of low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia), both terms can have all sudden and lifelong health consequences.
12. **Mental Health:** Diabetes can have a serious impact on

mental health, which leading to conditions such as anxiety, mental disturbance and restlessness mainly when dealing with the challenges of managing a chronic illness.

It's important for individuals living with diabetes to work with medical professionals to manage their health condition by proper treatment, appropriate diet, physical exercise, meditation for mental tiredness and regularly monitor to reduce the risk of upcoming complications. Early intervention and detection are crucial in minimizing the impact of diabetic complications.

### Prevention

Little changes in the life style are the best way to prevent and delay the onset of type 2 diabetes mellitus to prevent diabetes, its complications, people should follow:

- Reach healthy body weight.
- Keep physically active with at least doing 30 minutes of moderate exercise or walking every day.
- Eat a nutritious diet and avoid excess sugar and saturated fat.
- Avoid smoking and chewing tobacco.

### Life style management

While diabetes is a chronic metabolic condition, its effective management can help individuals lead a healthy and fulfilling life. Treatment approaches include.

- **Insulin Therapy:** Individuals with Type 1 diabetes and some with Type 2 diabetes may require insulin injections to regulate blood glucose in blood.
- **Oral Medications:** Some people with Type 2 diabetes can manage their condition with oral medications that improve insulin sensitivity or increase insulin production.
- **Lifestyle Changes:** Adopting a healthy lifestyle is important in management of diabetes. This includes maintaining a healthy and balanced diet, doing regular physical activity, and managing regular mental stress.
- **Monitoring Blood glucose Levels:** Regular monitoring of blood glucose helps individuals understand how their lifestyle and medication impact their diabetes control.
- **Knowledge and Support:** Many educational programs related to diabetes and support to particular diseased groups can provide valuable information about disease and gives emotional support for person living with diabetes mellitus.

### Homeopathic remedy of diabetes mellitus <sup>[3]</sup>

Diabetes mellitus is a serious medical condition which requires careful management, typically involving lifestyle modifications, medication, and regular monitoring. Homeopathy is considered an alternative medicine approach that involves the use of diluted substances, which are derived from mineral and plant kingdom, to stimulate the self-healing abilities of body. While some people may report subjective improvements in their symptoms with homeopathic treatments, any specific therapeutic properties of the homeopathic remedies. This may include:

1. **Abroma Augusta:** Diabetes with emaciation of muscles and physical weakness. It's mainly recommended in patients who are emaciated and lean-thin and suffer from extreme physical weakness due to Diabetes Mellitus. Use of Homeopathic medicine

abroma relives to increased thirst with dryness of mouth. Symptoms also increased appetite and the frequent day and night urination. Extreme weakness is felt after urination. It is also helpful for treating sleeplessness with Diabetes. This Homeopathic remedy having good results is skin problems like boils and carbuncles in a diabetic patient. Burning sensation in the physical body is a main general symptom which can be found in patient which requiring Abroma Augusta.

2. **Phosphorus:** Diabetes with Weak Vision. The prescribe phosphorus depends only on the constitutional symptomatology of the patient. This remedy of very helpful for weak and low vision in a diabetic patient. Particularly use to treat in cataract, and glaucoma eye diseases.
3. **Syzygium Jambolanum:** Decrease sugar levels in blood. It's efficiently effectively in decreasing the sudden sugar levels. Increase thirst and frequent urination are always found in the patient. This homeopathic medicine gives wonderful results in treatment of long-standing ulcers in a diabetic patient which are not easily heal.
4. **Phosphoric Acid:** Acid Phos indicated for diabetes patient with excess weakness. It is an excellent natural Homeopathic remedy for weakness, either mental or physical, mainly in a diabetic patient. These patients feel exhausted whole time. They are forgetful and having weak memory. Some patients found history of any kind of grief may be requiring this Homeopathic remedy. For numb sensation of lower limb, feet in patients of Diabetes Mellitus, Phosphoric Acid is the wonderful Homeopathic remedy.
5. **Gymnema Sylvestre:** Diabetes Mellitus with weight loss. In patients, this remedy works very well in sudden weight loss patient and gives improvement of entire health. With Gymnema Sylvestre, the patient puts on weight and feels energetic.

### Some particular therapeutic Homeopathic medicines

**Diabetic Retinopathy:** Lachesis, belladonna and Arnica, these three are good natural remedies to deal with eye medical condition in diabetic patients.

**Diabetic Nephropathy:** Homeopathic remedies Serum Anguillae, lycopodium and arsenic album, a well taking case history is to select the suitable Homeopathic remedy out of these to deal with the renal complications in diabetic patients.

**Diabetes Neuropathy:** Numbness in limbs such as feet and hands due to Diabetes mellitus, Homeopathic remedies like helonias and sulphur are considered the best for nervous conditions.

**Constipation complaints in diabetic patients:** Lac Defloratum and Natrum Sulph are useful remedies for feeling of incomplete evacuation of stool from rectum and for hard stool also.

**Weakness of memory in diabetic patients:** Improvement in the weakness of memory in patients of Diabetes Mellitu Nux Vomica and kali sulph are very useful.

### Conclusion

Diabetes mellitus is a complex condition that requires

ongoing management and care. Through a combination of medical interventions, lifestyle changes, support, individuals with diabetes can effectively control their sugar level in blood and minimize the complications. Educate people, Public awareness, early diagnosis, and a commitment to a healthy lifestyle are essential in the global effort to combat the rising prevalence of diabetes mellitus.

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#### How to Cite This Article

Vaishali, Sharma N, Chauhan A. A subjective study of diabetes mellitus, its complications and homeopathic management. *International Journal of Homoeopathic Sciences*. 2024;8(1):399-402.

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