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## An overview of Indian plant remedies in homoeopathy for diabetes mellitus

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### Abstract

Diabetes Mellitus is one of the major Non-Communicable disease and group of metabolic diseases characterized by chronic hyperglycemia resulting from defects in insulin secretion, insulin action, or both. Type 2 Diabetes mellitus, which accounts for majority of the cases, can lead to multi organ complications. Despite all the treatments now available, the outcome for patients with Diabetes Mellitus remains disappointing and Long-term complications still cause significant morbidity and mortality. Homoeopathy could help to mitigate some long term effects associated with Diabetes Mellitus by providing constitutional medicines. Homoeopathy is a unique system of medicine based on individualization and symptom similarity of the patient. It treats every sickness of a man as a whole and individualized entity, and plants are major source of Homoeopathic Materia Medica, some Indian plant remedies used traditionally in Homoeopathy for Diabetes mellitus which need much more systematic clinical research as a constitutional and poetized Homoeopathic remedies through application of family themes by Michel Yakir plant chart, Dr. Mahesh Gandhi Personal evolution model and Dr. Rajan Sankaran sensation method. The knowledge Indian Plant remedies on Diabetes Mellitus according to their family themes will expand its use.

**Keywords:** Diabetes mellitus, materia medica, kingdom, plant remedies, family themes

### Introduction

The prevalence of diabetes is growing globally. It was estimated that 415 million people were suffering from the disease in 2015. (10% of the global adult population), the number will increase to 642 million in 2040. This global pandemic is primarily caused by type 2 diabetes. Its prevalence is varied globally and is associated with genetic causes and environmental factors like increased life expectancy, weight gain, poor diet, sedentary lifestyles, growing urbanization, and economic growth. Diabetes is a huge problem for health institutions across all nations <sup>[1]</sup>.

Diabetes mellitus (DM) comprises a group of metabolic disorders that share the common feature of hyperglycemia. DM is currently classified on the basis of the pathogenic process that leads to hyperglycemia. Type 1 DM is characterized by insulin deficiency and a tendency to develop ketosis, whereas type 2 DM is a heterogeneous group of disorders characterized by variable degrees of insulin resistance, impaired insulin secretion, and excessive hepatic glucose production <sup>[2]</sup>.

There is no satisfactory effective therapy in modern medicine to cure Endocrine Disorders. Synthetic hormonal preparations can produce various side effects in their long term use <sup>[3]</sup>.

Homoeopathy plays an important role in treating Endocrine Disorder for curative purpose with the help of highly dynamised Homoeopathic medicines. Homeopathic practice consists of the knowledge of Homoeopathic Materia Medica and how to use it. The Homoeopathic Materia Medica (HMM) is too vast to be memorized, but it can be understood thoroughly if study through kingdoms <sup>[4]</sup>.

The present review study endeavor is to evolve a systematic Homoeopathic Indian Plant remedies in the treatment of Diabetes Mellitus.

### Diabetes mellitus and its major types

Diabetes is a class of metabolic disorders that cause high blood sugar levels (greater than 126 mg/dL) because the body doesn't produce enough insulin or the cells cannot react to insulin created.

Types: It is broadly divided in to two types:

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Type I or insulin dependent Diabetes Mellitus: Usually onset in childhood and early teenage years (12-15 years of age). Genetic predisposition may also be a factor.

Cause: Total deficiency of insulin due to destruction of beta cells in pancreas.

Clinical Complications: Complications of this type are retinopathy, neuropathy and nephropathy.

Type II or Noninsulin dependent Diabetes Mellitus: Comprises 90-95% of all diabetes population. The patient has minimum symptoms, not dependent on insulin, obesity

is common with NIDDM, Usually occurs after the age of 40 years.

Signs and Symptoms:

Frequent urine leaks (polyuria) or frequent thirst (polydipsia) or extreme craving or continual eating (polyphagia) or unexplained weight loss and an increase in glucose levels in urine, fatigue or tiredness, Vision changes or tingling sensations on the extremities, wounds or sores which heal the frequency of infections slowly is abnormally high [5].

**Essential for Diagnosis [6]**

**Table 1:** Types of Diabetes Mellitus and their Differentiation

Type 1 diabetes	Type 2 diabetes
<ul style="list-style-type: none"> <li>▪ Polyuria, polydipsia, and weight loss with random plasma glucose of <math>\geq 200</math> mg/dl (11.1 mmol/L).</li> <li>▪ Plasma glucose of <math>\geq 126</math> mg/dL (7.0mmol/L) after an overnight fast, documented on more than one occasion.</li> <li>▪ Ketonemia, ketonuria, or both Islet autoantibodies are frequently present.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Many patients are over 40 years of age and are obese.</li> <li>▪ Polyuria and polydipsia. Ketonuria and weight loss are uncommon at time of diagnosis.</li> <li>▪ Candidal vaginitis may be an initial manifestation</li> <li>▪ Plasma glucose of <math>\geq 126</math> mg/dL after an overnight fast on more than one occasion. Two hours after 75 g oral glucose, diagnostic values are <math>\geq 200</math> mg/dL (11.1 mmol).</li> <li>▪ HbA1c <math>\geq 6.5\%</math>.</li> <li>▪ Hypertension, dyslipidemia, and atherosclerosis are often associated.</li> </ul>

**Homoeopathic kingdom approach [7,8]**

Understanding the classification of remedies based on their kingdom has allowed for applying many unutilized treatments with greater precision and ease. The best approach for any scenario is to go first to the domain, then to the subkingdom, and then to the kingdom that the patient is a part of. Then we take the case to its core, which is the fundamental aspect of the case, and then we can determine for ourselves whether there is a problem with the structure, survival, or sensitivity.

**Plant kingdom**

Plants are widely depicted within the Homoeopathic material media. They were studied based on their known effects, their toxicology, and through demonstrations. However, this is not a systematic approach. There needed to be a map. Dr. R. Sankaran believed that every family of plants had an individual expression of these sensitivities. He studied the various families and concluded that it is possible to categorize them based on their sensations and reactions. According to Dr. R. Sankaran, the primary property of a

plant is its sensitivity. Plants can grow but do not move independently from one place to another. They remain in the same place and must be aware of their surroundings to adapt to changes around them. People who require plant remedies tend to be fragile and sensitive, trying to adjust to the individual and their environment. They are emotional, passive, vulnerable to injury, easily wounded, and adaptable. The main issue for family members of plants is their sensitivity and reaction. Each family requires its sense of sensibility. People who need herbal remedies tend to be soft and sensitive, trying to adapt to their fellows and surroundings. The remedies of a specific family have at least one familiar sensation or form of discomfort. The feeling could manifest in four ways: in the form of the sensation itself, as a passive reaction, as an active response, or as a form of compensation. Despite the general sense or feeling, there's a vast distinction in the images or symptoms of the different remedies within one family. This is because they are part of distinct miasms. There's an equal and opposite reaction to each physical and emotional stimulus.

**Plant kingdom features as per Rajan Sankaran**

**Table 2:** Plant kingdom general features

Features	Talk	Signature & Handwriting	Speech	Nature and disposition	Fears	Dreams and interests	Mode
One basic sensation And the opposite Sensation Sensitivity & reactivity Examples Tight & loose in Euphorbiacea family Pain & numbness in Papavaracea family Basic experience in every area is one common sensation and the opposite	I am affected by I am sensitive to This hurt me This touches me I can't bear I am immediately affected by	Rounded Discouraged	All sorts of things that affect them Varied	Soft Sensitive Emotional Sentimental Disorganized Adjusting Influenced Easily Adaptable Irritable	Hurt pain	Nature Greenery Plants Artistic Music Varied	Changeable Adaptable Unsteady

**Table 3:** Plant kingdom clinical expression features

Miasmatic range	Key word	Manner of dressing	Profession	Complaint presentation	Nature of complaint	Pace	Causation
Acute to syphilitic	Sensitivity	Sensitive Flowery Irregular pattern	Artists Nurses	Symptoms described randomly and not completely	Sensitivity Many modalities Influenced easily	Generally rapid onset and variations	Emotional or physical hurt Shock

**Some Indian plant drugs for diabetes mellitus** [9, 10]:

**1. Abroma augusta:** Indigenous to India, is an evergreen large shrub or a small tree with drooping branches, it grows wild in India’s warmer region, but also cultivated in gardens for its beautiful deep scarlet flowers. The roots and bark are used as an emmenagogue. N.O: Sterculiaceae, Clinical: Albuminuria, Sleeplessness, amenorrhea, carbuncle, diabetes mellitus and insipidus, debility, dysmenorrhea, weakness of mind. Great uneasiness feeling of extreme prostration inability to do any work, disinclination to work, Great loss of flesh, rapid emaciation, parasitic weakness. Burning sensation all over the body with thirst for large quantities of water. Mind: Irritable, excitable, angry mood, ill humor, forgetfulness, absent minded, depression, morose, anxious, moody, cannot bare contradiction. Face: wrinkled, old looking, Mouth: almost constant dryness of mouth, drinks large quantities of cold water at a time, which do not relieve the dryness, dry and clean tongue, insatiable thirst. Stomach: unquenchable appetite, insatiable hunger, desire for sweets. Stool: constipation, black, knotty, hard, lumpy stool with much straining, dryness of the rectum. Urinary: profuse and frequent micturition day and night (polyuria) dryness of mouth with great thirst, fishy odor in urine, a slight sediment, diabetes mellitus, high specific gravity. Male: Absence of sexual desire, impotence. Female: Hysteria associated with menstrual disorder. Sleep: Insomnia, refreshed sleep, sleeps better in the early part of the morning. Skin: dry skin, burning, small boils in summers, carbuncles an of diabetes.

**2. Cephalandra indica (Telakucha):** This is an annual creeping plant with a tapering, long tuberous roots with deep, green leaves. It is found to be growing extensively in the wild in Bengal as well as in other regions of India. It has an incredibly smooth, green fruit that tastes very bitter. As the fruit ripens, the color changes to scarlet, and the taste becomes sweet. It is often eaten as a vegetable. it has the reputation of being a great remedy for decreasing the amount the amount of sugar that is excreted by patients who suffer from diabetes mellitus, and helping to alleviate their other problems. N.O: Cucurbitaceae, Clinical: Diabetes mellitus and insipidus, skin affections, jaundice, dropsy, dysentery, sunstroke, boils, abscesses, carbuncles. The grand medicine for diabetes mellitus and insipidus, glycosuria. Intolerable burning sensation all over the body, especially adapted to people, over sensitive to noise and external impression. Mind: moody, anxious, unmotivated to work, and gloomy. The memory faded partially, and there was mental and physical oversensitivity. Head: Giddiness is more severe after micturition. Skin: red and burning. Mouth: both dryness and a strong desire for water. It gets awful after micturition. Stomach: loss of appetite. Stool: greenish mucoid stained by painful blood before and during stooling. Urinary: heavy micturition, fatigue and weakness following micturition, high sugar levels in the urinary tract, diabetes

mellitus polyuria.

**3. Gymnema sylvestre:** The plant, which is found throughout the Deccan Peninsula, Assam, and some areas of Africa, is a woody climber that has large, slim branches. The powdered root has earned a name among the natives as a treatment for snake bites. N.O: Aesclepiadaceae, Clinical: Sugar killers: diabetes mellitus, poisonous snake bites it’s almost exclusively for people with type 2 diabetes. It decreases the levels of sugar in urine. The patient gains flesh and weight; his appetite increases; he gets an attractive appearance; he enhances his physical, mental, and sexual abilities; and he can work harder. It can prolong a diabetic's existence. The symptoms are accompanied by the sensation of burning throughout the body. Relaxation of the entire body. Mind: depressed but optimistic about recovery, even at the brink of death. Stomach: Constantly consumes large amounts of liquid. Urinary: prompt micturition laced with sugar, severe insufficiency after passing large amounts of urine, the color of urine is white, and it has the highest specific gravity polyuria both at night and day time. Coitus can increase urinary flow as well as sugar. Sexual energy is almost extinct. Skin: burning sensations across the entire body, carbuncles, and boils that burn.

**4. Syzygium jambolanum eugenia jambola:** It is a native of India. It is an edible fruit, the stone powders of which are enthrallingly used in India as a treatment for diabetes. N.O. Myrtaceae: clinical: Diabetes mellitus and insipidus diarrhoea, prickly heat dysentery, scorbutic gout. The most potent treatment for diabetes mellitus is a dramatic decrease and elimination of sugar in your urine. It also causes polydipsia, protracted prostration, polyuria, and emaciation, which are particularly suited to those suffering from chronic dyspepsia. Scorbutic teeth and gums. Stool: In all forms of diarrhea, especially chronic diarrhea. Skin: prickly warmth over the upper body and arms. Skin covered in small red papules, which the sensation of burning very strongly. Diabetes ulcers, chronic ulcers.

**As per Dr. Rajan sankaran miasms & remedies**

Name of Remedy	Abroma Augusta
Miasm	Malarial
Key words	Struck, Intermittent attack, Persecution, Unfortunate, Colic, Neuralgia, Paroxysmal, contemptuous, Disobedient, Malaria, Worms, Migraine, Periodicity, Harassed, Hindered, Obstructed, Alternation between excitement and acceptance.

As per Michel Yakir Table of plants Remedies by Orders in-Dicotyledons [11]

Michael Yakir says ‘The plants are the basis of nature's ability to develop and evolve, and, in this way, they can help us understand human progress and aid in the process of

development. After we gather each family of the Homeopathic Materia Medica and treat it "as in the event of there were only one remedy" and then place it on the axes of evolution in plants and interpret it according to its position within the table.

**Table 4:** Indian Plant remedies botanical order

Name of remedy	Subclass	Order	Family
Abroma Augusta	Dilleniidae	Malvales	Sterculiaceae
Cephalandra Indica	Dilleniidae	Cucurbitales	Cucurbitaceae
Syzygium Zambolinum	Rosidae	Myrtales	Myrtaceae
Gymnema Sylvestre	Asteridae	Gentianales	Asclepiaceae

As per Dr. Mahesh Gandhi Personal Evolution model: He states that although, as human beings, we have a lot in common, in reality, we aren't the same. We all have our own

personal pathways of growth, evolution, and development. This idea is completely consistent with the Homeopathic concept of each individual being unique. As Homeopaths, we adhere to the Hahnemannian belief that each patient's case should be evaluated individually, including any unusual, unique, uncommon, or unusual signs and symptoms. Dr. Gandhi also emphasizes the concept of inner age, which is divided into five stages: innocence, disillusionment, responsibility, and ripeness. The five ages begin with a state united to the feminine principle and end with the integration of the male principle. Personal Evolution Model Personal Evolution Model helps locate every person at the exact place in his own inner growth and development.

In the chapter the stages of psychological development Eric Erikson

**Table 5:** Plant remedies order along with stages of psychological development

Name of remedy	Sub Class, order & stage	Inner age	Features
Abroma Augusta	Dilleniidae Malvales Separation from mother	Preschool/ Early childhood 4 to 6 years	With initiative along with autonomy of the toddler stage, the child starts to plan and undertake various tasks. Through these tasks the child learns to master the world around him learning basic skills and simple principles of physics. Psychological crisis: Initiative vs. guilt Main question: Am I good or am I bad Psychological strength: Purpose
Cephalandra Indica	Dilleniidae Cucurbitales Separation from mother	School age or Childhood 7 to 12 years	In this stage the child's world has grown from that of the family to that of school and friends, imbibing societal values. He now has to relate to others and at the same time maintain his individuality. Psychological crisis: Industry versus Inferiority Main question: How can I be good Psychological strength: Competence
Syzygium Zambolinum	Rosidae Myrtales I & the other	Womb Conception to birth	This represents the stage when the child is in the womb and is not yet born. It is a primeval, unprepared stage. The child in this stage relates more to the unconscious world and less to the outer world. Psychological crisis: Facing the outer reality versus living the inner reality. Main question: Can I face the world, or should I withdraw from it in to my safe haven Psychological strength: Faith
Gymnema Sylvestre	Asteridae Gentianales I & and the group	Infancy 0-1 year Toddler 2-4 years	An infant is a completely dependent on his parents, especially the mother for his nourishment and sustenance. Psychological crisis: Trust versus Mistrust Main question: Can I trust the world to fulfill my basic needs or not Psychological strength: Hope With better control over eliminative functions (bladder & bowel) and motor abilities, the toddler begins to explore to surroundings by climbing, touching etc, parents still provide a strong secure support from which the child can venture out to assert his newly found independence and will.: Psychological crisis: Autonomy versus Shame and Doubt Main question: Can I do things myself or must I always rely on others. Psychological strength: will <sup>[12]</sup>

**Summary and Conclusion:** Every Homoeopathic physician should be thoroughly knowledgeable about the different ways of case analysis based on individual expression to find appropriate similimum, based on plant kingdom themes and their family expression give you broader sense to select

appropriate Homoeopathic Indian Plant remedy in Cases of Diabetes Mellitus, This review article surely improves our prescribing poetized form of Indian plant remedies in Diabetes mellitus.

**Table 6:** Botanical, psychological, Miasmatic and clinical features of Indian plant Remedies

Yakir Plant Chart	Abroma Augusta	Cephalandra Indica	Syzygium Jambolinum	Gymnema sylvestre
Sub Class	Dilleniidae Separation from Mother	Dilleniidae Separation from Mother	Rosidae I and the other	Asteridae I and the group
Order	Malvales	Cucurbitales	Myrtales	Gentianales
Family	Sterculiaceae	Cucurbitaceae	Myrtaceae	Aesclepiadaceae
Miasm	Malarial			
Human Development stage	Toddler 2-4 years &	School age 7-12 years	Womb Conception to birth	Infancy 1 year Toddler 2-4 years & Early

	Early childhood 4-6 years			childhood 4-6 years
Clinical	Diabetic nephropathy	Diabetic neuropathy	Diabetic foot and ulcers	Diabetic sensory neuropathy
Mind	Irritable angry cannot bare contradiction	Disinclined to do any work oversensitive		Despondent, hopeful of recovery
Physical Generals	Rapid emaciation and dryness	Sensitive, weakness and burning	Prostration and emaciation	Amenorrhoea
Mouth	Dryness with thirst for cold water	Dryness with thirst for large quantity of water at a time	Thirst scorbutic gums	Thirst for large amount often
Stomach	Unquenchable appetite, insatiable hunger, desire for sweets	Loss of appetite	Chronic dyspepsia	Loss of appetite
Stool	Constipation	Bloody stools	Dysentery diarrhoea	Diarrhoea
Skin	Small red pimples	Boils, abscesses and jaundice	Prickle heat Chronic ulcers	Carbuncles boils

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