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**Utility of lesser known Homoeopathic medicines in cases of Type II Diabetes Mellitus**

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**Abstract-** Diabetes is a chronic, metabolic disease characterized by increased levels of blood glucose, which leads over time to serious harm to the heart, blood vessels, eyes, kidneys, and nerves. Early diagnosis and treatment is key to helping prevent or delay life-threatening complications. Worldwide 425 million adults (1-in-11) have diabetes. The number of people with diabetes is expected to rise to 522 million by 2030 by WHO. 3 out of 4 people with diabetes live in low and middle income countries. Two-thirds of people with diabetes are of working age (327 million). Diabetes caused 4 million deaths in 2017. Now 8.5% of adults worldwide have diabetes. Some lesser known homoeopathic medicine are have capacity to reduce the blood sugar level. So they play a effective role in preventing the complication and management of diabetes mellitus.

**Key word-** Diabetes mellitus, Insuline, Type 2, Lesser known remedy, GTT,

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**Introduction-**

Homoeopathy a common form of alternative medicine is used worldwide and plays a major role in healing different diseases.<sup>[1]</sup> Due to minimal side-effects, homoeopathic remedies may serve as potential method of treatment and in the management of diabetes. <sup>[2]</sup>

Diabetes mellitus, commonly referred to as diabetes, is a chronic condition which occurs when the levels of blood glucose or sugar increases in the bloodstream. Glucose is a vital source of energy for the cells that make up

your muscles and tissues. It's also the main fuel source for the brain. However, an excess of it causes diabetes, damaging vital organs, blood vessels and other functions ultimately leading to death. It is a metabolic disease, characterized by hyperglycemia, impaired metabolism of glucose and other energy-yielding fuels, such as lipids and proteins.<sup>[6]</sup> This metabolic disorder is the result of a deficiency in insulin secretion or resistance to insulin action, or both. <sup>[7]</sup>

In fact, diabetes and related complications are one of the leading causes of death around the world. The incidence of diabetes is rapidly increasing, particularly in the developing countries due to urbanisation, genetic predisposition and lifestyle.<sup>[3],[4]</sup> It has a considerable impact on the health, life style, life expectancy of patients and its complications result in major health problems.<sup>[5]</sup>

Lesser known medicine means that homoeopathic medicine which have few symptoms and act only one or two system of body, that prescribed on basis of therapeutic use only not as a constitutional medicine. Most of Lesser known remedy was very effective because they have action on particular organ or system.

#### **Overview of diabetes mellitus-**

Insulin is a hormone produced by the pancreas. It is responsible for carrying the sugar or glucose, from the bloodstream to the individual cells. Once the pancreas stops producing insulin, glucose builds up in your bloodstream and enters your urine. According to International diabetic federation In 2017, Approximately 425 million adults (20-79 years) were living with diabetes; by 2045 this will rise to 629 million. The proportion of people with type 2 diabetes is increasing in most countries, 79% of adults with diabetes were living in low- and middle-income countries, The greatest number of people with diabetes were between 40 and 59 years of age, 1 in 2 (212 million) people with diabetes were undiagnosed More than 21 million live births (1 in 7 births) were affected by diabetes during

pregnancy, 352 million people were at risk of developing type 2 diabetes, In India 72 million people suffering from the diabetes in 2017, it become double in 2025 if we not control it, India become capital of Type II Diabetes mellitus.

Chronic hyperglycaemia in diabetes mellitus induces multiple bio-chemical sequelae including diabetes-induced oxidative stress which plays a vital role in the symptoms and progression of the disease.<sup>[8]</sup> Oxidative stress in cells and tissues results in increased generation of Reactive Oxygen Species (ROS) from decrease in antioxidant defense potential.<sup>[9]</sup> Several hypothesis like auto-oxidation process of glucose, the non-enzymatic and progressive glycation of proteins with the consequent increased formation of glucose-derived Advanced Glycosylated End products (AGEs), and enhanced glucose flux through the polyol pathway have been put forth to explain the genesis of free radicals in diabetes<sup>[10]</sup> Generation of free radicals results in consumption of antioxidant defense components leading to cellular dysfunction and hence triggers cellular death.<sup>[11]</sup>

**Type of Diabetes-** There are three main type of diabetes Type 1(Juvenile onset diabetes mellitus/Insulin dependent diabetes mellitus), Type 2 (Maturity onset diabetes mellitus/ Non Insulin dependent diabetes mellitus) and GESTATIONAL DIABETES MELLITUS (GDM).

The most common is type 2 diabetes, typically in adults, which happens when the body will become resistant to insulin or does not make

sufficient insulin. In the past three decades the occurrence of type 2 diabetes has raised dramatically in countries of all income levels. Many cases of type 2 diabetes can be prevented by adopting a healthy lifestyle. Currently 425 million people are living in world with diabetes, in which 80% of the cases are type 2 diabetes, which is preventable with regular physical activity, a healthy and balanced diet, and promotion of healthy environment modern life style modification, physical activity at least 3-5 days within a week for minimum 45 minutes.

There are various risk factor of type 2 diabetes which include family history of diabetes, overweight, unhealthy diet, less physical activity or inactivity, hypertension, old age

**Clinical Feature of Diabetes-** Triad of Diabetes mellitus is Polyuria, Polydipsia, Polyphagia,.

Increased frequency of urination (polyuria)

Increased thirst (polydipsia)

Increased hunger (polyphagia)

#### **Diagnosis of Diabetes-**

Target range of blood sugar might be 80 to 110 mg/dL fasting, and below 140 mg/dL PPBS. Glycated hemoglobin or HbA1c is also used to monitor treatment in patients with diabetes mellitus; it represents average blood glucose level of 120 days it should below 5.7%.

**Management-** of Diabetes depend on three basic approach – **DIE**

**D-** Dietary approach

**I-** insulin or oral hypoglycemic drug

**E-** Exercise

Maintenance of blood sugar is essential to feeling healthy and avoiding long-term complications of diabetes. Some people are able to control their blood sugar with diet and exercise alone. Others may need to use insulin or other medications in addition to lifestyle changes. In either case, monitoring of blood sugar is a key part of your treatment program.

#### **Some lesser known homoeopathic medicine-**

Homoeopathy focuses on the overall health of the individual. Since, diabetes is a systemic disease which in long term can affect almost all organs in the human body, keeping this disease in control is very important.

**Syzygium jambolanum**, traditional homoeopathic remedy is used clinically to treat people with diabetes. It is reported to have an effect in managing the high blood sugar.<sup>[12]</sup> Scientific investigations have been reported on the treatment with mother tincture of *Syzygium jambolanum* regarding antihyperglycemic activity<sup>[13]</sup> antihyperlipidemic activity<sup>[14]</sup> and antidiabetic activity<sup>[15]</sup>

**Abroma Augusta** - *Abroma augusta* It is an excellent remedy where the quantity of sugar is excessive and the urine is loaded with high specific gravity<sup>[13]</sup> Patient passes large quantity of clear urine at night, excessive thirst, insomnia and prostration are other marked features. Patient is averse to do any physical or mental labor.

**Cephalandra Indica Q** - This homoeopathic remedy for diabetes who experience dryness of mouth and have immense thirst. Associated with biliousness, abscess, boils and carbuncles, profuse urination making the patient weak

with dryness of mouth and considerable thirst, often worse after urination. The whole body "burns like fire", relieved by cold bathing<sup>[13]</sup>

**Gymnema Sylvestre** - It is confidently accepted as a sovereign remedy for diabetes by experienced homeopaths. The features are: urine is loaded with sugar, after passing urine patient feels extremely weak. Profuse urination, passes several times a day and in copious quantity<sup>[13]</sup>.

**Phaseolus 3X** - This a remedy for diabetics with heart disease.

**Phosphorus** - This is a good remedy for diabetics whose symptoms include weak vision.

**Uranium nitricum** is one of these, and it is associated with great emaciation and fluid retention, thirst, nausea and vomiting. It can be tried in low potency, twice daily. This remedy is praised highly by Hughes and others in diabetes originating in dyspepsia. It has polyuria, polydipsia, dryness of the mouth and skin. It causes sugar in the urine.

**Lacticum acidum** -Diabetes due to gastro-hepatic disorders, copious urination, urine light yellow, thirst, nausea, weakness, voracious appetite and constipation, dry skin and tongue, also occasional gastralgia are the commonly presenting symptoms. Diabetes with rheumatic symptoms.

### **Conclusion**

Diabetes mellitus type 2 is very common problem in India, with the help of lesser known homoeopathic medicine; sugar level in blood is reduced as effective as insulin and oral hypoglycemic agent along with life style modification. Lesser known medicine play an

important role in the treatment of diabetes, they called organopathic remedies that could reduce the sugar. The commonly used are Uranium Nitricum, Phosphoric Acid, Syzygium Jambolanum, Gymnema sylvestre and Cephalandra Indica. These are used in physiologically active doses such as Mother tincture or 3x, depending up on the level of the blood sugar and the requirement of the patient. In preventive and promotive care, every patient has to take personal, dietetic and homeopathic care to reduce the complications and to maintain quality of life. Type 2 diabetes can be prevented by lifestyle modifications. If they follow the life style modifications and take regular medication under strict supervision of a qualified homeopath, serious complications can be prevented and keep the disease under control.

Therefore, the message to those suffering from Diabetes or otherwise is "Wake up before it is too late. Drag yourself away from your sedentary habits and lifestyles. Go outdoors, and indulge in exercises like walking, swimming, jogging, gym, sports. Adequate exercise and dietary control is the secret for a healthy future"<sup>[16]</sup>

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