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### Review of Homoeopathic Treatment in Diabetic Polyneuropathy

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**Abstract-** Diabetic polyneuropathy is dysfunction of peripheral nerves. Inflammation, oxidative stress and mitochondrial dysfunction are three main alterations involved in the pathologic changes of diabetic polyneuropathy. Worldwide diabetic polyneuropathy ranges from 2.4% to 78.8% based on the diagnostic method and the population assessed. From the following researches homoeopathy is considered most effective and curative in the treatment of diabetic polyneuropathy. Since a very few research works had been done in this field throughout the world, among them only three studies have been reviewed here. This review can be used as future reference tool to beginner researchers and other scholars too.

**Key word -** Diabetic polyneuropathy, Quality of life, Homoeopathy, Diabetes.

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#### Introduction-

Diabetic polyneuropathy are a diverse group of pathological presentations with the ability to affect every organ, with clinical implications like organ dysfunction leading to low quality life and raised morbidity. Homoeopathic treatment can increase quality of life to a great extent in the patients of diabetic polyneuropathy. The present review is striving in this context.

#### Homoeopathy in Diabetic Polyneuropathy:

A research conducted on the topic observational study of homoeopathic and conventional therapies in patients with diabetic polyneuropathy by Raffaella Pomposelli, Valeria Piasere, Cristina Andreoni, Gavina Costini, Elena Tonini, Antonietta Spalluzi, Daniela Rossi, Chiara Querenghi, Maria Elisabetta Zanolin, Paolo Bellavite, published by Elsevier on January 2009. In this study the practicability and results of homoeopathic therapy in a group of type-2 diabetes mellitus patients with diabetic neuropathy were researched in a potential observational study. For 6 months and 12 months patients were followed from baseline, treatment was modified as required. Primary consequences were diabetic neuropathy symptom score,

secondary consequences were clinical evaluation and short-form-36 (SF 36) – evaluated quality of life (QOL).

Homoeopathic medicines was prescribed in 45 patients, among them 32 patients completed the observation study, and side by side the conventional therapy outcomes were observed in 32 patients, among whom 29 patients completed the study. Diabetic neuropathy symptom improved in both groups throughout the observation period, but the change with regard to baseline was statistically remarkable only in homoeopathic group at T1 (p=0.016). There was a considerable stability of the electroneurophysiological values, blood pressure and body weight in both groups, a slight decrease of fasting blood glucose and glycated haemoglobin in homoeopathic group during the course of the observation. QOL scores manifest an improvement in homoeopathic group only.

Complementary homoeopathic therapy of diabetic neuropathy was practical and promising consequences in symptom scores and cost savings were perceived.

Another study on a prospective multi-centric open clinical trial of homoeopathy in diabetic distal symmetric polyneuropathy was

conducted by Chaturbhuj Nayak, Praveen Oberai, Roja Varanasi, Hafeezullah Baig, Raveendar Ch, G.R.C. Reddy, Pratima Devi, Bhubaneswari S , Vikram Singh, , V.P. Singh, Hari Singh, Shashi Shekhar Shitanshu published by Elsevier on April 2013. It was a prospective multi-centric clinical observational study and was performed from October 2005 to September 2009 by Central Council for Research in Homoeopathy (CCRH) (India) at its five units. The objective of this study was to evaluate homoeopathic treatment in the management of diabetic distal symmetric polyneuropathy.

Patients having diabetes mellitus and manifest with symptoms of diabetic polyneuropathy were screened, investigated and after fulfilling the inclusion and exclusion criteria were registered for the study. Patients were evaluated by the diabetic distal symmetric polyneuropathy symptom score (DDSPSS) developed by the council and after repertorising the nosological symptoms and signs of the disease a total of 15 homoeopathic medicines were identified.

On the basis of individualization the suitable constitutional medicine was selected and prescribed in 30, 200, 1M potency. Patients were regularly followed up for 12 months.

Among 336 patients (167 males and 169 females) registered in the study, 247 patients (123 males and 124 females) were surveyed. All patients who went through at least three follow-ups and baseline curve conduction studies were comprised in the research. At 12 months from baseline a statistically significant improvement in DDSPSS total score ( $p=0.0001$ ) was established. Most objective measure did not manifest remarkable improvement *Lycopodium clavatum* (n=132),

Phosphorus (n=27) and sulphur (n=26) were the medicines most repeatedly prescribed. Only one patient appeared with adverse event of hypoglycaemia.

The above study implies that homoeopathic medicines may be efficacious in managing the symptoms of diabetic polyneuropathy patients. Further research should be controlled and comprised of the quality of life assessment.

In the year 2013 a study was conducted by Raj Kumar Manchanda, Bindu Sharma, Pritha Mehraon efficacy of homoeopathic treatment for diabetic distal symmetric polyneuropathy: A multicentric randomized double-blind placebo-control trial. This trial has been taken up as part of intra mural research programs of Central Council for Research in Homoeopathy. At present the project is in the recruitment phase.

#### Conclusion:

From these studies it is established that homoeopathy act as curative and effective in case of diabetic polyneuropathy and quality of life of patients suffering from diabetic polyneuropathy improved in a great extent by the usage of homoeopathic treatment.

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