

# Utility of Homoeopathy in Diabetes Mellitus

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**Abstract-Diabetes mellitus (DM) is a chronic metabolic disorder characterized by hyperglycemia due to insulin deficiency, resistance, or both. Conventional treatment primarily focuses on glycemic control through medications and lifestyle modifications. Homoeopathy, a holistic system of medicine, offers an individualized approach that aims to restore the body's natural healing mechanisms. This article explores the role of Homoeopathy in diabetes management, covering its miasmatic perspective, relevant remedies, and repertorial references.**

**Keywords-Diabetes mellitus, Homoeopathy, Miasmatic analysis, Materia Medica, Repertory, Individualized treatment**

## INTRODUCTION

Diabetes mellitus is a global health concern with increasing prevalence due to lifestyle changes and genetic predisposition. It is associated with multiple complications affecting various organs, including the eyes, kidneys, nerves, and cardiovascular system. The conventional approach focuses on symptomatic relief and glycemic control, whereas Homoeopathy aims to treat the individual holistically, addressing the underlying miasmatic influence and promoting overall well-being.

## DEFINITION

Diabetes mellitus is a metabolic disorder characterized by persistent hyperglycemia due to defective insulin secretion, insulin action, or both, leading to disturbances in carbohydrate, protein, and fat metabolism.

## EPIDEMIOLOGY

- According to the International Diabetes Federation (IDF), approximately 537 million adults worldwide had diabetes in 2021, and this number is expected to rise.
- India is known as the “Diabetes Capital of the World,” with a significant portion of its population affected.
- Type 2 diabetes is the most prevalent form, accounting for nearly 90-95% of all diabetes cases.

## CAUSES

- Genetic Factors – Family history of diabetes
- Autoimmune Destruction – Type 1 DM (destruction of pancreatic  $\beta$ -cells)
- Insulin Resistance – Common in Type 2 DM
- Obesity & Sedentary Lifestyle – Major risk factors
- Hormonal Disorders – Cushing’s syndrome, acromegaly
- Pancreatic Diseases – Pancreatitis, hemochromatosis

## Risk Factors

- Family history of diabetes
- Obesity (especially central obesity)
- Sedentary lifestyle
- Hypertension and dyslipidemia
- Gestational diabetes history
- Polycystic ovarian syndrome (PCOS)
- Unhealthy dietary habits (high sugar and processed food consumption)

## Signs and Symptoms

- Classical Triad:
- Polyuria (excessive urination)
- Polydipsia (excessive thirst)
- Polyphagia (excessive hunger)
- Unexplained weight loss
- Fatigue and weakness
- Blurred vision
- Slow healing of wounds
- Recurrent infections (skin, urinary tract)
- Tingling and numbness in extremities

#### Homoeopathic Approach in Diabetes Mellitus

Homoeopathy considers diabetes mellitus as a constitutional disorder influenced by genetic, environmental, and emotional factors. The treatment approach is individualized, considering the patient's mental, emotional, and physical characteristics.

- Individualized Treatment: Based on totality of symptoms
- Holistic Approach: Focuses on treating the person rather than just controlling blood sugar
- Miasmatic Consideration: Addresses underlying genetic predisposition and suppressive treatments
- Prevention of Complications: Helps in avoiding neuropathy, nephropathy, and retinopathy

#### Miasmatic Analysis

- Psora: Functional disturbances in glucose metabolism, insulin resistance
- Sycosis: Increased tendency for obesity, insulin resistance, and metabolic syndrome
- Syphilis: Advanced complications like diabetic neuropathy, nephropathy, gangrene

#### Materia Medica (Homoeopathic Remedies for Diabetes Mellitus)

##### 1. Syzygium Jambolanum

- Reduces blood sugar levels
- Indicated in excessive urination with dryness of the mouth and weakness

##### 2. Phosphoric Acid

- Diabetes due to grief and emotional stress
- Polyuria with marked debility and nervous exhaustion

##### 3. Uranium Nitricum

- Diabetes with increased thirst and emaciation
- Gastrointestinal disturbances, indigestion, and burning pains in the stomach

##### 4. Argentum Metallicum

- Sugar in urine with nervous weakness
- Incoordination, trembling, and loss of vitality

##### 5. Lycopodium Clavatum

- Diabetes in patients with digestive disorders and flatulence
- Craving for sweets and a tendency towards liver affections

##### 6. Natrum Sulphuricum

- Diabetes associated with a sycotic background
- Worsening of symptoms in damp weather

##### 7. Abroma Augusta

- Excessive weakness and debility in diabetic patients
- Profuse urination with dryness of the skin

##### 8. Insulinum

- Nosode prepared from insulin
- Used in cases where insulin metabolism is disturbed

#### Repertory References for Diabetes Mellitus

##### 1. Kent's Repertory

- Generalities – Diabetes Mellitus
- Urine – Sugar, Glycosuria
- Thirst – Excessive

##### 2. Boericke's Repertory

- Urinary system – Diabetes with excessive urination
- Weakness and debility – Diabetes-related fatigue

##### 3. Phatak's Repertory

- Urinary complaints – Glycosuria
- Metabolic disorders – Diabetes

#### CONCLUSION

Homoeopathy offers a safe and effective complementary approach to diabetes management by addressing the individual as a whole rather than focusing solely on blood sugar levels. Through a miasmatic and constitutional approach, it helps in preventing complications, improving quality of life, and promoting long-term well-being. While conventional medicine remains essential for acute management, Homoeopathy plays a vital role in chronic diabetes care and holistic healing. More research and clinical trials are needed to further establish its efficacy in diabetes management.