



A Case of Diabetes Mellitus treated Homoeopathically: A Case Report

Dr. Neeraja Kshirsagar, Dr. Manish Arya, Dr. Veena Kulkarni, Dr. Asmita Gajare

Associate professor Professor Assistant professor Assistant professor

Department of Repertory, Dr. D. Y. Patil Homoeopathic Medical College and Research Centre, Pimpri, Pune-411018, Maharashtra, India

Key words: Diabetes, Sulphur, repertorization, case report

Abstract: It is a syndrome which is irreversible, although patient can lead a reasonably healthy lifestyle. Its complications reduced in life expectancy. These include macrovascular disease, leading to an increased prevalence of coronary artery disease, peripheral vascular disease and stroke, microvascular damage causing diabetes retinopathy, nephropathy and neuropathy. The present case is an evidence based serial record of totally controlled diabetes mellitus exclusively with homoeopathic prescription with minimum dose of potentized drug selected on the basis of steps of repertorization. Since this report is based on a single case of recovery, results of more such cases are to be strengthen the present study.

Introduction:

It is a syndrome of hyperglycaemia due to insulin deficiency, resistance or both. It affects 220 million people worldwide and it is estimated that it will affect 440 million by year of 2030. For type 2 diabetes the four major determinants are increasing age, obesity, ethnicity and family history. In poor countries, diabetes is a disease of the rich, but in rich countries, it is the disease of the poor. Identical twins of patients with type 2 diabetes have more than 50% chance of developing diabetes

2. Case presentation

2.1 Complaint and brief history

2.1.1 The Patient

A patient was a female staff of an educational institution, aged 46 years, about 5 feet and 3 inches weighing around 56 kgs who visited the OPD for treatment on 16/03/2016

2.1.2 Physical examination and past personal history

Patient was apparently healthy 15 days before. Then she started complaining of profound weakness, overpowering sleep, hot flushes, incontinence of urination, increased frequency of urination. frequent urging for urination, cramps in lower limbs. Then she visited OPD. She has already done blood sugar levels. BSL, Fasting level: 374mg/dl and BSL, PP level: 459mg/dl. She was advised to start allopathic medicines. But she denied and wanted to start homoeopathic medicines. Hence, she visited the Homeopathic OPD.

Mind and disposition:

Patient has anxiety about her reports and was thinking that why she only had suffered from increased levels of blood glucose levels. She was mild by nature.

2.1.3 Prescriptions and follow-ups: **Table-1**

showing the change in the symptoms and selection of the homeopathic drugs and follow-ups

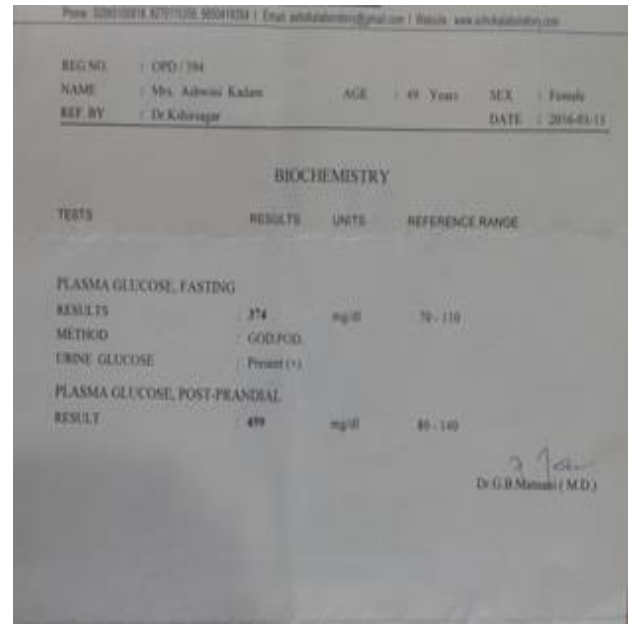
2.1.4 Homoeopathic intervention

Patient's characteristic symptoms and the data related to homoeopathic treatment have been stated in table no. 1. Homoeopathic treatment is given as per the principles of homoeopathy and following all the steps of repertorization and considering the pathology of the case stated as in **Table-2**

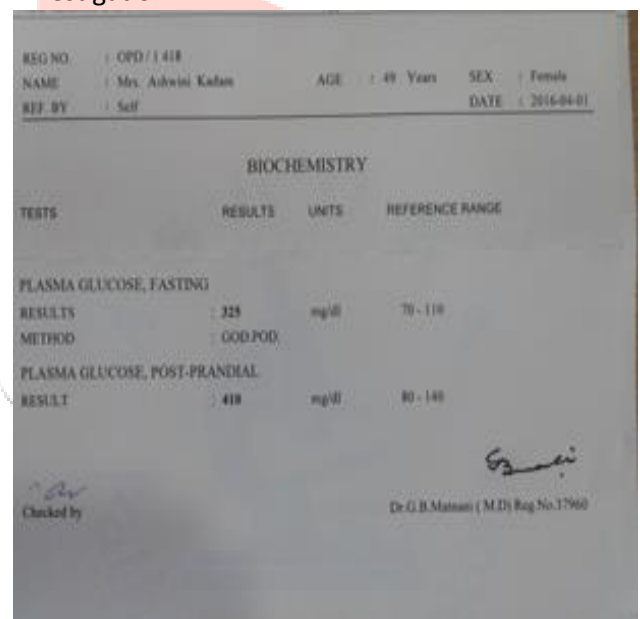
Investigation 1

Table: 1

Dates of visits	Symptom status	Prescription and advice
Visit 1 16/3/2016	BSL Fasting: 374 mg/dl BSL PP: 469 mg/dl Profound weakness, overpowering sleep, hot flushes, incontinence of urination, increased frequency of urination, frequent urging for urination, cramps in lower limbs	Sulphur 30, 4 pills, one dose stat was given along with the diet and regimen for diabetes mellitus followed by sac lac 4 pills three times a day. Advice: To test BSL Fasting and PP after 15 days
Follow up 1 03/04/2016	BSL Fasting: 325mg/dl BSL PP: 410 mg/dl Weakness reduced 20% Frequency of urination reduced 50% No urgency for urination No cramps in legs Sleep improved	Sac lac 4 pills three times a day for 15 days Advice: To test BSL Fasting and PP after 15 days Follow diet and regimen for diabetes
Follow up 2 07/05/2016	BSL Fasting: 130mg/dl BSL PP: 151 mg/dl Weakness reduced 50% Overpowering of sleep reduced 50% Frequency of urination reduced 80% Occasional Incontinence of urine No new symptoms	Sac lac 4 pills three times a day for 1 month Advice: To test BSL Fasting and PP after 1 month Follow diet and regimen for diabetes
Follow up 3 27/06/2016	BSL Fasting: 123mg/dl BSL PP: 130 mg/dl Weakness reduced 80% Overpowering of sleep reduced 90% No urinary complaints	Sac lac 4 pills three times a day for 1 month Advice: Follow diet and regimen for diabetes



Investigation:2



Investigation 3

TESTS	RESULTS	UNITS	REFERENCE RANGE
PLASMA GLUCOSE, FASTING	130	mg/dl	70 - 110
METHOD	GOD.POD		
PLASMA GLUCOSE, POST-PRANDIAL	151	mg/dl	80 - 140

Verified by: [Signature]
Dr. G. B. Mathani (M.D.)
Reg. No. 37960

Investigation 4

TESTS	RESULTS	UNITS	REFERENCE RANGE
PLASMA GLUCOSE, FASTING	113	mg/dl	70 - 110
METHOD	GOD.POD		
PLASMA GLUCOSE, POST-PRANDIAL	130	mg/dl	80 - 140

Verified by: [Signature]
Dr. G. B. Mathani (M.D.)
Reg. No. 37960

Repertorization Table - 2

Repertorisation: Normal

Symptoms: 7
Remedies: 797

3. Results and discussion

Rational treatment of homoeopathic remedies helped the patient to get rid of the complaints and also her laboratory reports are convincing the homoeopathic results. Also, patient recovered smoothly with this mode of treatment. This was an evidence-based case working and result was confirmed with

repeated laboratory reports. (supplementary Materials figure 2).

Table -3 Modified Naranjo Criteria

As proposed by the HPUS the clinical data working group (status December 2014, van Haselen 2016)

	Yes	No	Not sure or N/A
1. Was there an improvement in the main symptom or condition for which the homoeopathic medicine was prescribed?	+2	-1	0
2. Did the clinical improvement occur within a plausible timeframe relative to the drug intake?	+1	-2	0
3. Was there an initial aggravation of symptoms? (Need to define in glossary)	+1	0	0
4. Did the effect encompass more than the main symptom or condition, i.e. were other symptoms ultimately improved or changed?	+1	0	0
5. Did overall wellbeing improve? (suggest using validated scale)	+1	0	0
6 (A) Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?	+1	0	0
6 (B) Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms: - from organs of more importance to those of less importance - from deeper to more superficial aspects of the individual - from the top downwards	+1	0	0
7. Did "old symptoms" (defined as non-seasonal and noncyclical symptoms that were previously thought to have resolved) reappear tempo rarely during the course of improvement?	+3	0	0
8. Are there alternate causes (other than the medicine) that - with a high probability- could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)	-3	+1	0
9. Was the health improvement confirmed by any objective evidence? (e.g. lab test, clinical observation, etc.)	+2	0	0
10. Did repeat dosing, if conducted, create similar clinical improvement?	+1	0	0

Maximum Score = 12 Minimum Score = -3
Total= 09

Informed consent:

Informed consent was signed by patient on her first visit. She agreed to undergo treatment for her complaints exclusively through Homoeopathy under care of the doctor.

Source of funding:

None

Conflict of interest:

None

References:

1. "Deep vein thrombosis cured by homoeopathy: A case report", *Journal of Ayurveda and Integrative Medicine* 11(2020), 181-184
<https://www.sciencedirect.com/science/article/abs/pii/S0012369215607863>
2. *Homopath classic (8.0) software*
3. *Clinical Medicine (eighth edition) by Dr Parveen Kumar and Michael Clarke*
4. *HPUS the clinical data working group (status December 2014, van Haselen 2016)*
5. <https://www.sciencedirect.com/science/article/pii/S0965229915300406>

