



# EFFECTIVENESS OF HOMOEOPATHY IN STRESS OF PATIENTS SUFFERING FROM DIABETES MELLITUS

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**Abstract:** Diabetes mellitus has many bad effect on a person's life. It has been seen that most of the diabetes patients seem to lead a stressful life due to their condition. In this study it has been seen how Homoeopathy in patients can help a lot in stress. An open label, observational, prospective study design was adopted for the study at Government Homoeopathic Medical College & Hospital, Bhopal (MP). Patients fulfilling inclusion and exclusion criteria, reporting in regular OPD's and attached units of the institute by consecutive sampling were included. Routine follow up's were done at two weeks, 1 month or 2 month or more than 2 month intervals. A total number of 12 cases of different age group, both sexes and religions presented with signs and symptoms of hyperglycemia and stress were included in the study. All the 12 cases were followed- up for the minimum period of three months or more for the analysis of result. Assessment of mental stress related to the DM was done by modified PSS (Perceived stress scale). Positive outcome resulting from this study could provide an evidence for the use of non- toxic, harmless, cost-effective means of improving the patients having Stress in diabetes mellitus.

**Index Terms - Homoeopathy, Diabetes Mellitus, Metal Stress, PSS ( Perceived stress scale ).**

## I. INTRODUCTION

Homoeopathy is a system of medicine that utilizes dynamic and potentized medicines in an individualized manner to treat the disease from its root cause. Homoeopathic medicines in cases of Diabetes mellitus act on the body at the dynamic level of vital force and restore the deviated functions. They also help to control the symptoms of stress in patients suffering from diabetes mellitus. Homoeopathic medicines are prescribed on the basis of individual constitution, temperament, Miasmatic analysis and have to be specific for every individual person that is the reason a detailed history is required to customize the individualized treatment and its management.

Hypertension, daily smoking, physical inactivity and being overweight or obese were shared risk factors for major depressive episode, stress and diabetes mellitus. Being female, family stress, traumatic events, having any chronic disease or heart disease were uniquely associated with depression while increasing age and ethnicity (non-white) were unique risk factors for diabetes mellitus. Also, underweight, family stress, chronic disease, and heart disease were risk factors for major depressive disorder in both sexes. Six risk factors, age, ethnicity (non-white), high blood pressure, daily smoking, physical inactivity, and body mass index were associated with incident diabetes mellitus in both sexes.

As per Dr. Hahnemann- —When a person falls ill, it is only this spiritual, self-acting (automatic) vital force, everywhere present in the organism, that is primarily deranged by the dynamic influence upon it of a morbid agent inimical to life; it is only the vital force, deranged to such an abnormal state, that can furnish the organism with its disagreeable sensations, and predispose it to the irregular processes which we call disease.

## II. METHOD OF TEST/ PROCEDURE

In the present study, 30 cases were screened, 15 were enrolled, 3 dropped out, 12 completed the study (n= 12), these patients were picked up from the out patients department, inpatient department and attached units of Government Homoeopathic Medical College & Hospital, Bhopal. Before enrolling in the study population, every patient was evaluated and diagnosed on the basis of clinical history and clinical and laboratory examination. Follow-ups were done on the basis of symptoms and repeated symptom analysis and laboratory investigation.

After the diagnosis, the patients were enrolled in the study as per inclusion and exclusion criteria.

### III Assessment Of Stress

The Perceived Stress Scale (PSS) is the most widely used psychological instrument for measuring the perception of stress. It is a measure of the degree to which situations in one's life are appraised as stressful.

We modified this perceived stress scale (PSS) according to our study. A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the Perceived Stress Scale. The Perceived Stress Scale (PSS) is a classic stress assessment instrument. This tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress.

How frequently do you find yourself experiencing such problems as headaches, problems like insomnia, restlessness, fear of future, weak memory and frustration?

Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.

-13 would be considered low stress.

-26 would be considered moderate stress.

-40 would be considered high perceived stress.

#### Distribution of cases based on PSS Score :-

S.n	Initials	Stress score (Before)	Stress Score (After)	OUTCOME (DIFFERENCE)
1	A_S_	23	07	16
2	A_K_	25	14	11
3	A_P_	21	10	11
4	G_S_	19	08	11
5	H_R_	21	09	12
6	J_T_	18	07	11
7	K_	21	10	11
8	K_M_	20	08	12
9	K_D_	22	09	13
10	S_	27	13	14
11	S_D_	28	12	16
12	V_K_	23	11	12

Out of total (n =30 ) patients, 12 patients were suffering from stress in their life out of which 08 patient from the student group ( total n = 10 ) and 4 patient from the business worker (total n = 6 ) were suffering from stressed situation. And rest all had no symptoms related to the stress.

#### Statistical Analysis :-

S. no.	X	Y	Z = X-Y	Z'	(Z-Z') <sup>2</sup>
1	23	07	16	1	1
2	25	14	11	4	16
3	21	10	11	4	16
4	19	08	11	4	16
5	21	09	12	3	9
6	18	07	11	4	16
7	21	10	11	4	16
8	20	08	12	3	9
9	22	09	13	2	4
10	27	13	14	1	1
11	28	12	16	1	1
12	23	11	12	3	9

TOTAL  $\Sigma Z = 150$

t = 22.9967

df = 11

Standard error of difference = 0.544

Extremely statistically significant.

**Difference between two groups / difference between first and final visit based on PSS Score.**

Group	Group One	Group Two
Mean	22.33	9.83
SD	3.06	2.29
SEM	0.88	0.66
n	12	12

**IV. RESULTS AND DISCUSSION**

Paired T Test Results :-

P value and statistical significance:

The two-tailed P value is less than 0.0001 By conventional criteria, this difference is considered to be extremely statistically significant.

Confidence interval: The mean of Group One minus Group Two equals 12.50 95% confidence interval of this difference: From 11.30 to 13.70

Intermediate values used in calculations:  $t = 22.9967$   $df = 11$  Standard error of difference = 0.544

Out of total (n=30 ) patients, 12 patients were suffering from the mental stress regarding their future after the diagnosis of diabetes mellitus. Out of which 8 patient were student. Their stress level were assessed by perceived stress scale (PSS). They also get mark improvement in stress related complaints. On the basis of PSS scale the persons were considered into mild stress, moderate stress or high perceived stress. Most of them were suffering from moderate stress level. The study was based on individualization, remedy selection, all patients got the **most similitum** remedy after a proper case taking. **The most frequent remedy which is come after selection is Natrum sulph, Sulphur, and Phosphorus.**

**Homoeopathy medicines gave significant improvement in stress level of patients suffering from diabetes mellitus.**

On therapeutic bases there are many homoeopathic drugs like *Gymnema sylvestre*, *Cephalandra indica*, *Syzygium jambolanum* etc. having tremendous effect on diabetes patients.

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