

Type - II Diabetes: A Homoeopathic Approach

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ABSTRACT

The most prevalent form of diabetes, type 2, affects almost 200 million individuals globally. Although type 2 diabetes can be treated with insulin, most people are treated with diet, either on its own or in combination with oral hypoglycemic medications. With regard to the current concepts and management tactics used by healthcare professionals in the treatment of people with diabetes, the present article focuses on providing practical information on the management of Diabetes Mellitus. Patients with this chronic condition have found homoeopathic treatments to be a safe and effective option.

Keywords: Type 2 diabetes, Causes, Scope, Diet, Homoeopathy, Sugar

INTRODUCTION

The most prevalent form of diabetes, type 2, affects almost 200 million individuals globally. This essay will look at the causes of type 2 diabetes and why it is rising so quickly. Although type 2 diabetes can be treated with insulin, most people are treated with diet, either on its own or in combination with oral hypoglycemic medications. Insulin resistance and insulin deficiency are the two main manifestations of type 2 diabetes, which is a diverse condition caused by the interaction of genetic predisposition and environmental variables.

EPIDEMIOLOGY

According to research by the WHO, the number of diabetics in India is expected to climb from 19 to 57 million between 1995 and 2025, a 95% increase, showing a global

burden of diabetes. In emerging nations, 76% of the population will have diabetes by 2025, up from 62% in 1995. A global increase of 122% from 135 to 300 million is anticipated. Because of population expansion, obesity, poor diets, and sedentary lifestyles, there will be a more than twofold global increase. These latter elements are directly linked to industrialization and urbanisation.

By 2025, there will be 57 million people living with diabetes in India, 38 million in China, and 22 million in the United States. There are around 4 crore diabetics in India. The majority of Indians are at risk for developing diabetes because of the disease's increased prevalence in both urban and rural areas of our nation.

CAUSES

Combining insulin resistance (lower sensitivity of the body's tissues, particularly the liver and muscles, to the action of insulin) and insufficient insulin levels results in type 2 diabetes. Your pancreas must produce more insulin if you have insulin resistance because your body needs more insulin to transport glucose into your cells. For instance, a healthy person's pancreas may produce 30 units of insulin every day. If that person becomes insulin resistant, additional insulin will be needed since the same 30 units won't be enough to remove glucose from the bloodstream. Eventually, the pancreas is unable to meet the rising need for additional insulin, and blood glucose levels rise. The individual now has type 2 diabetes.

The main cause of insulin resistance and type 2 diabetes is obesity. Because of this, doctors advise obese patients who are showing early indicators of type 2 diabetes to adjust their diets, shed pounds, and engage in physical activity. Oral diabetes drugs are the next line of defence if these lifestyle changes are insufficient to regulate their blood glucose. About 40% of type 2 diabetics eventually require insulin injections to maintain a stable blood glucose level.

RISK FACTORS

- Family diabetes history.
- Gestational diabetes (pregnancy-related diabetes).
- overweight (especially if abdominal fat is present).
- High triglycerides, cholesterol, or blood pressure.
- Lifestyle of inactivity (lack of exercise).
- Metabolic syndrome is a group of ailments.
- Asian Americans, Pacific Islanders, African Americans, Native Americans, and Hispanic Americans.

PATHOGENESIS

Type 2 diabetes affects 80% of persons with diabetes mellitus. The clinical manifestations of this illness vary widely. The main underlying lesion in insulin resistance is brought on by an unidentified "postreceptor defect" that likely affects intracellular glucose transport, insulin signal transduction, etc. Patients with type 2 diabetes exhibit peripheral insulin resistance as well as a decreased or nonexistent first phase of insulin production, which can frequently be identified years before diabetes manifests clinically.

CLINICAL FEATURES

Families frequently have multiple cases of type 2 diabetes. Ageing, gaining weight, and a sedentary lifestyle all tend to worsen insulin resistance and hasten the onset of

disease in those who are vulnerable to it. Additional symptoms may include weariness, recurrent skin infections, vulvar pruritus, balanitis, furunculosis, etc. in addition to polyuria and polydipsia.

However, because more than 50% of patients are asymptomatic at the time of diagnosis, the clinical symptoms are unreliable indicators. Diabetes-related complications like neuropathy, nephropathy, and coronary heart disease are frequently used to diagnose the illness.

Obesity in the central region, arterial hypertension, and dyslipidemia (high triglyceride levels and low HDL cholesterol) are the most common risk factors for type 2 diabetes. Type 2 diabetes is an insulin resistance syndrome (metabolic syndrome) that increases the risk of cardiovascular disease.

DIAGNOSIS

Elevated blood glucose levels during fasting or two hours after a meal are the main indicator of DM. Adults in the fasted state should have plasma glucose levels between 80 and 120 milligrammes per deciliter (mg/dl). For the manifestation of the traditional symptoms of diabetes, a fasting blood sugar level greater than 126 mg/dl or a plasma glucose level equal to or greater than 200 mg/dl at two hours after eating are required for the definition of unambiguous DM. All kinds of DM share these symptoms, which also include increased urination, sugary urine, hunger, thirst, exhaustion, and weight loss.

PREVENTION

1. Eat nutritious foods. Pick foods with more fibre and fewer calories and fat. Put an emphasis on whole grains, veggies, and fruits. Eat a variety of foods to avoid getting bored.
2. Get moving more often. On most days of the week, try to get in around 30 minutes of moderate aerobic exercise. Or try to complete 150 minutes or more of moderate aerobic exercise each week. Take a brisk daily stroll as an example.

Break up a lengthy workout into shorter periods throughout the day if you are unable to fit it in.

3. Lose any extra weight. If you are overweight, even a 7% weight loss can reduce your risk of developing diabetes. If you weigh 200 pounds (90.7 kilogrammes), for instance, decreasing 14 pounds (6.4 kilogrammes) can reduce your risk of developing diabetes.

However, avoid attempting to lose weight when pregnant. Find out from your doctor how much weight you can safely acquire while expecting.

Work on long-term improvements to your food and exercise routines to maintain a healthy weight. Keep in mind the advantages of decreasing weight, like a healthier heart, increased energy, and improved self-esteem.

HOMOEOPATHIC MANAGEMENT

One of the most well-known holistic medical approaches is homoeopathy. By employing a holistic approach, the principle of individualization and similarity of symptoms is used to determine the best treatment. The patient can only regain full health in this way by getting rid of all of the signs and symptoms that are causing them. Homoeopathy seeks to treat the fundamental cause of type 2 diabetes as well as the individual predisposition to it.

PHOSPHORIC ACID

For extreme physical or mental weakness in a diabetic patient, it is a great natural homoeopathic treatment. These patients are always worn out. They are forgetful and have poor memories. Patients in need of this homoeopathic remedy may have some form of grieving background. For diabetes-related foot numbness

URANIUM NITRICUM

This treatment is recommended for diabetes that develops from dyspepsia. It manifests as polyuria, polydipsia, mouth and skin dryness. It makes urine include sugar.

No other treatment produces so widely favourable outcomes; it lowers the sugar and urine production.

Uranium is the treatment of choice when the condition is brought on by assimilative derangements and the patient exhibits signs like poor digestion, languor, debility, excessive thirst, and appetite while also remaining emaciated.

LACTIC ACID

An extremely effective treatment for the gastro-hepatic form of diabetes, and positive outcomes frequently follow its use. It has a stellar clinical history. The signs include frequent, free urination, urine that is light yellow and sweet-tasting, thirst, nausea, weakness, anorexia, and constipation. Gastralgia, dry skin, and a dry tongue.

ABROMA AUGUSTA

Its use is strongly advised for patients with diabetes mellitus who are wasting away and are extremely feeble. Patients with excessive thirst and tongue dryness can benefit considerably from this homoeopathic medication. Additionally, they have an increased appetite, and they urinate frequently during the day and night. A lot of weakness follows urinating. Abroma Augusta, a homoeopathic remedy, is also very effective in treating diabetes-related insomnia. Boils and carbuncles on a diabetic patient's skin are another area where this homoeopathic therapy works well. Burning sensations throughout the body are a common general symptom among people who use Abroma Augusta.

SYZYGIVM JAMBOLANUM

It immediately and effectively lowers the sugar levels. The patient always has an excessive amount of thirst and urination. It provides excellent outcomes when treating diabetes patients' chronic ulcers.

GYMNEMA

Gaining weight while feeling tired and worn out. This homoeopathic treatment functions as a tonic in such patients, improving

general health. When using *Gymnema Sylvestre* homeopathically, the patient gains weight and feels energised.

PHOSPHORUS

Useful for treating diabetic and pancreatic conditions, especially those caused by gout or TB. The involvement of the pancreas will draw attention to phosphorus. Additionally, this medication should be used if you experience sudden, acute mouth dryness and noticeable physical restlessness, especially if you have a dark, watery stool. Dr. P. Jousset reports good results in cases of dry mouth, frequent, excessive urination, and a propensity for skin eruption.

NATRUM SULPH

It has polyuria, which is marked by acute skin itching, particularly on the upper area of the thighs. It is the diabetes tissue treatment.

CONCLUSION

The homoeopathic medications target the disease's underlying cause right away. They make it possible for cells in the body to absorb insulin, which lowers blood glucose levels. The benefits produced by homoeopathic medicines are long-lasting due to their capacity to directly assist the pancreas in using insulin by the cells. Homoeopathy also addresses the signs and symptoms of diabetes, or offers symptomatic care. Thus, it controls type 2 diabetes by offering both functional and symptomatic treatment.

Declaration by Authors

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