

Role of Homoeopathy in Management of Diabetes Mellitus

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Abstract

Pancreas has a great role in metabolism by secreting the necessary juices, enzymes & hormones. Considering the endocrine gland it play major role in maintenance of blood sugar level in every part of body by secreting insulin through Beta cells of pancreas. If either insulin secretion gets hampered by any way from the pancreas or the cellular receptor at the end organ fail to receive the insulin and ultimately poor uptake of sugar at the cellular level then problems starts. Initially, cells tries to adapt by finding out other resources in and surrounding of the cells and cellular places and get the sugar, and does not produce symptoms. Many a times homoeostasis and adaptive mechanism at long run does not allow the organism to express any signs and symptoms and that is how we are getting many cases of silent suffering of Diabetes Mellitus without any direct symptoms of disturbance in metabolism. Symptoms started to appear at the end organ cellular level where the disturbance seen in insulin uptake for sugar metabolism and cells does not get enough sugar. Eventually particular part of that cellular organ throws out few expressions and as a physician, we have to identify these expressions and diagnose the disturbance of sugar metabolism or we can say diabetes mellitus.

Keywords: Diabetes mellitus • Hormones • Metabolism • Sugar metabolism

Introduction

As an illustration of this we see a case and understand how we get the cases of some different complain and then we make them diagnosed with diabetes mellitus. We will also see the role of homoeopathic medication in management of it and understand the effectiveness of it through scientific evidences.

Case Study

A 50 year old male having primary complain of itching with pinkish macular eruptive lesion at glans penis on and off since last 17 years and he is advised to use local application of acyclovir. He was better with it for a while and need to use it frequently whenever it reappears. But, he had never get it cured permanently. He had history of four time severe episodes of itching and mild burning on this lesion and dermatologist diagnosed it as herpes zoster and advice to continue topical acyclovir. At present he has mild itching and recently increases burning & feels uneasy. He has noticed that his complaints aggravate after taking alcohol. 2 years ago, once he found high blood sugar level (RBS =300) when he was hospitalised with complain of malaria, but after that he had borderline sugar level on check-up at home with glucometer and never done report in laboratory. 2 year ago, once he found high blood pressure too because of stress and he was hospitalised with complain of malaria. After that he had never checked it and he had no any complaints related to it [1].

He had history of recurrent renal colic usually in winter (November or December) since the time of his college days 1985, it was like every year he get the episode of pain and need to take injection zobid and Lasix, and that sequence lasted for 4 years. Twice he had removed the stone with urethroscopy in 2012 & 2016. Pain usually start from lumbar back and radiate forward in abdomen. He had complain of vomiting only if the pain was severe and he had some food. Urinary symptoms like interrupted flow of urine, unsatisfactory

urination and feeling of not evacuated completely & urine with blood for 2 days after stone pass out. At present he has no complaints related to it and flow is normal since after urethroscopy.

He had past history of malaria almost every year from 1982 to 2012. And, In his family, his father had prostate cancer & mother had epidermoid tumour. He is qualified as B.Sc. Chemistry in 1988. Initially he took a job for few months and left it because he wanted to do his own business. From 1989 to 2003 he had trading business and he had few agencies with him. The days were good and there were no competition in market so he earned a lot. From 2003 to 2013 he had a business of manufacturing electrical panel. He took over that company from others when it was running in loss & he had lead them to reach a certain level that he had earned well enough and closed that company in 2015. Then he had started textile mill and that to he gave on rent in March 2017 and took retirement from work. He had a aim to take retirement from work before 50 year of age and that he did. He has secured enough money to live a life and kept in a way to get the regular income and live from it [2].

He had two stressful periods in his life. One in 2003 when he father died within a month after he bought a new company and other is in 2007 when his brother got separated. He was much attached with his father. Father was suffering with prostate cancer and it metastasises to bone and died. He took lot of care for his father when he was ill. Since the beginning, he had joint business with his elder brother but he got a part in 2007 because of problems between the females in house. Brother did not understood that both of them are getting almost 2 crore at that time with an opportunity in business. He felt that brother had loss the capacity to tolerate with stress after reaching to certain age. Patient did not take it emotionally and he went ahead in his life. He is enthusiastic & speedy while his brother is slow & insecure [3].

By nature, he is dominating in a way the family members become quiet when he enter the house. No one dare to take the matter to him. He just gives order and that is the final for everyone to follow. While separation with brother he just said that he has to pay so and so amount to him for the property that he is keeping with him and that he has pay within 2 years and matter is close. He paid it in a time and that stress remained only for that period of time. He is self-willed person. He is aggressive, emotional and sentimental too. By heart he is soft and cannot see others suffering. He help others if he found someone in problem and that to he does with wealth, wish and heart. He has good managing skill. He takes the others problem in his hand & fulfils it, like he set the matter when cousin sister eloped and later when she had a problem with in-laws he took her and set with another marwadi man. He helped while marriage of niece. He has good relation with brother. He helps to every family member if they are in trouble. Since he is aggressive he takes instant step to

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solve the problem. He does calculated decision and see to it that others get freedom & financial backup. He gets angry when he found some deviation in a system which has set with his wife. Like, if wife disturbed him when he is doing something related to his business. He had habit of throwing things during anger but now he just speaks loudly and verbally abuse. He has made his personality in a way that others become quiet once he enters anywhere. At factory, he has set a hierarchy in a way the small problems and workers doesn't reach to him [4].

He has another side of his divine nature which is very spiritual in kind. The story behind it began 7 year ago when he had a dream that he should have a farm house at bank of river so he purchased 1&1/2 acre land at the bank of narmada river. There are many Ashrams near that place, so while visiting to farmhouse he came in contact with one saint. Dialog occurred between them and he was impressed with him and his aura. Then he learnt a lot from him and he gone through many meditation techniques like vipassana mediation, art of living, swaminarayan etc. He felt energetic while doing this meditation, so he continued the process and practice of meditation, and met many people of those different paths. Finally he landed on three things which he liked in these different path of meditations. He felt that, this is the age and need of time to do these things, and it can be done if we have enough money. To pass a stress free life he had purchased this farm house and it we his dream to live happy retired life after 50 years of age [5].

His mother died in 2009, she was paralysed and bed ridden, he took her out from ventilator in hospital and he had made almost a ICU like separate room in his home for caring his mother. By giving her authentic naturopathic treatment he made her to live good life for 6 months after that and then she went for heavenly. He was just see her mother on death bed for that 6 months and that was the stressful time, but outwardly he is not able to admit that he had and bad effect / emotional impact of it. He said that he had come out from effects of death of parents but his subconscious mind may have any effect of it but he is not able to recognise it.

His childhood was very good and he had not seen the struggle of parents because it was over by the time he was born. Since he was youngest son, he was very mischievous and troubling everyone. He did not had any fear and he was not obstinate too. He just enjoyed his childhood with silver spoon and enjoyed mischief. He was average in study but he was good in playing cricket and played for school in tournament. He had good inter personal relationship with everyone since beginning. He started drinking alcohol at the age of 20 years and he has developed his own private bar at his factory, so he drinks and make others drink too. He had enjoyed every moment of his life. He had 6-7 premarital affair and 7-8 times extra marital relationship even after marriage and never had any professionally paid visit. He has one son who is studying MBBS from Poland [6].

Physically, he has stocky built up but having single body with good height and long hair. He looks younger to his age. He has craving for egg and salad. Thermally, he is ambithermal to chilly. Constipation only when he eats non-veg. He has phobia on getting into any rides and marigold. On examination his weight was 80kg, Pulse – 76/min. BP – 146/110 mm of Hg. Local examination of penis have evidence of only small pinkish macular spot on glans penis, no any elevated eruption. He was advised to do HIV & VDRL and it came out to non-reactive. His case was define on 11-09-2018 & he had already done & lipid profile before that on 06-09-2018 which suggested high cholesterol and triglyceride level. (Cholesterol – 241, LDL – 141.6, HDL – 55, VLDL – 44.4, Triglyceride – 222, chol:HDL ratio – 1:2.57). His last random blood sugar was 220 so he was advice to do HbA1C and it came out to 10.30% and mean blood glucose level was 249.(04-10-18).

Method and Analysis

On analysing the whole data of patient we are able to understand him in a better way. He is dominating / dictatorial, confident, haughty, strong decisive, aggressive, mischievous as well as sympathetic and spiritual. He is so clever that he can manipulate and deceit others easily using is power of domination. He does not show his own weakness and defend himself by

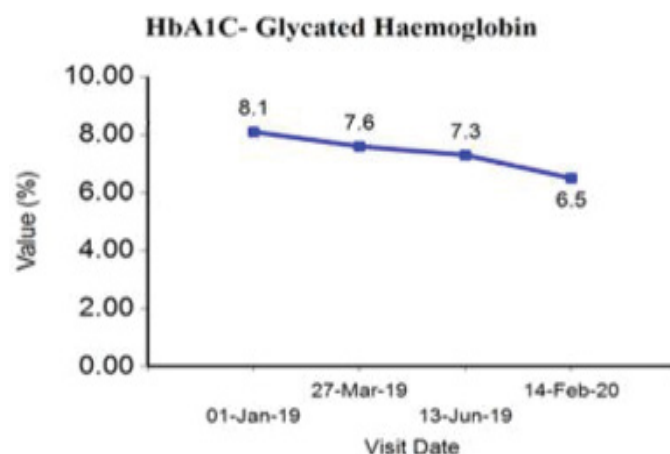


Figure 1. Result trend (for selected tests used for followup).

either rationalization or the way of denial. From this data with few physical characteristic we are able to see him in to (Figure 1).

Result and Discussion

Lycopodium was finalized and given him in 1M potency infrequently, like once in a week dose. Tuberculinum as an antimiasmatic / intercurrent was used in between when ever found a need of it. He was improved drastically with these medication and he had only once skin complain episode in these 20 months time and that was better with phasic remedy nitric acid 200 three times in a day for only 3 days. He is at present asymptomatic and within normal range of HbA1C. Below is the evidence of his blood report.

Conclusion

Here, through this illustrative case we are able to understand how silently diabetes was running through whole system and it reflect on the skin in form of erythematous pinkish lesion. Now the question is that how can we say that this skin complain is because of high blood sugar level since it is since 17 years and high blood sugar was found 3 years ago. To understand this we have to understand that blood sugar level was measured 3 years ago and they have found it in higher range. It is not like something that we have found on specific time that existed there on that day only. System might have complained of it since many years but it was not measured and to prove scientifically we have measured HbA1C which is the indicator of sugar level maintain in our body since long time. Usually HbA1c should be below 6% and it increases very gradually when the sugar level remains continuously on higher range. It takes lot of time to reach to the level of 10% from 6%. Here we have to presume that high blood sugar level in the system must be running since long.

Conflict of Interest

None

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