

Case Study

Efficacy of Indian Homoeopathic Medicines in the Management of Type II Diabetes Mellitus

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ABSTRACT

Background: The word ‘diabetes’ is derived from the Greek word meaning “a siphon”. The patient of diabetes had polyuria (passing excessive urine) and “pass it like a siphon”. Diabetes can be caused by too little insulin, resistance to insulin, or both. Diabetes is a chronic disease marked by high level of sugar in the blood. Diabetes mellitus is a metabolic disorder characterized by chronic hyperglycemia with disturbances of carbohydrates, fats and protein metabolism resulting from the defect in insulin secretion, insulin action or both.

There are two major types of diabetes that is Type 1 DM, Type 2 DM. other types are Gestational Diabetes; Pre-diabetes condition and other diabetes.

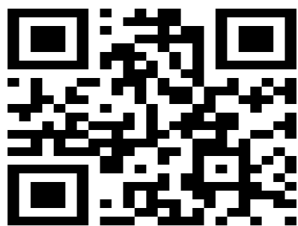
Objectives: To evaluate the causation and nature of Type II Diabetes Mellitus, To study the clinical presentation of type 2 diabetes mellitus. To study the indicated remedies in the management and treatment of type 2 diabetes mellitus. To analyze the efficacy of Indian Homoeopathic medicines in the management and treatment of type II Diabetes Mellitus and evaluate the cases before treatment and after treatment of type II Diabetes Mellitus and analyze them by Assessment criteria of Type II Diabetes Mellitus.

Design: This was an experimental study (non control). 30 patients beginning Indian Homoeopathic medicines in OPD and IPD of college were evaluated using standardized case taking format for management of type II Diabetes Mellitus. The data recorded included and current complaints, including their severity , medical history, consultations, homeopathic medicinal and conventional treatments, after completion of study compare the before treatment and after treatment assessment score of type II Diabetes Mellitus to know the efficacy of Indian Homoeopathic medicines in the management of type II Diabetes Mellitus..

Results: The result obtained from the study of type II Diabetes Mellitus was found that 13.33% cases are not improved and 86.66% are improved.

Conclusions: In this experimental study (non control), patients taking Indian homeopathic medicine for type II Diabetes Mellitus showed relevant improvements that persisted for the observed 12 month period during study. Therefore it shows that Efficacy of Indian Homoeopathic medicines in the management of type II Diabetes Mellitus.

Keywords: Diabetes Mellitus, Homoeopathy, Management



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INTRODUCTION

Diabetes is the body's failure to metabolize blood sugar properly. Type 2 diabetes mellitus is the commonest form of diabetes.

Diabetes mellitus affects at least 16 million US residents, ranks 7th as the cause of death in United States, and costs the national economy over \$100 billion yearly.

India has the maximum increase during the last few years. The prevalence of type 2 diabetes mellitus is 2.4% in rural population and 11.6% in urban population.

World health organization predicts that by 2025 India will have the largest number of diabetics in the world. In India there are more than 19.4 million diabetics currently. The number is expected to increase to 57.2 million by 2025 and 80.9 million by 2030. About 32 million people in India are suffering from diabetes and only one-third of them have been diagnosed. Of those diagnosed, only 5-7 million people receive treatments.

It is becoming a great threat to the developing nations like India, as they switch on to the unfavorable modification of life style and dietary habits that are associated with urbanization are believed to be the most important factors for the development of diabetes.

Diabetic patients if undiagnosed or inadequately treated, develop multiple chronic complications leading to irreversible disability and death.

In developed world diabetes is the

- Most significant cause of adult blindness in the non-elderly.
- Leading cause of non-traumatic amputation in adults.
- Diabetic nephropathy is the main illness requiring dialysis.

Modern medicines contribute immensely and saved millions of people but as majority of the patients are mainly from geriatric group and most of the drugs are metabolized in the liver. And as the age advances the ability of the liver to degrade the toxins is diminished which leads to more toxicity. Thus the side effects of oral hypoglycemic agents and the development of insulin hypersensitivity and resistance must be taken into consideration.

The most common side effects of insulin

therapy is low blood sugar, and others like swelling or itching at the site of injection, worsening of diabetic retinopathy lipodystrophy, allergic reactions, sodium retention and general body swelling, a type of chest discomfort, cough and dyspnea.

The side effects of oral hypoglycemic agents are Hypoglycemia, allergic reactions, hyponatremia, cholestasis, lactic acidosis, anorexia, nausea, vomiting, diarrhea, abdominal fullness, and bloating, transient visual disturbance. Occasional transits elevation of liver enzymes, sinusitis, urinary tract infections, hepatic injury, headache, anemia, and edema, malabsorption of vitamin B12 and folic acid, muscle pain, weakness and weight gain.

Homoeopathy has been said to be having much efficacy in treating type 2 diabetes mellitus because of its systemic analysis and holistic approach of considering body, mind and disease and with the concept of individualization and dynamization. One endeavor's to treat all the symptoms at one time and with one drug. The selection of potency, the repetition time of releasing the remedial force depend upon an accurate assessment of the pathogenesis as well as the pathology and the qualitative assessment of the susceptibility and sensitivity. Thus, all this criteria is considered for an efficient outcome in the management of the case.

Hence, to study the homoeopathic treatment in the management of type 2 diabetes mellitus, this study has been under taken.

Aims and Objectives

Aim:

- Efficacy of Indian Homoeopathic medicines in the management of type II Diabetes Mellitus.

Objectives:

- To study the clinical presentation of type 2 diabetes mellitus
- To study the results of homoeopathic management and treatment of type 2 diabetes mellitus.
- To study the indicated remedies in the management and treatment of type 2 diabetes mellitus.

Research question:

- Whether Indian homeopathic medicines are useful in the management of type II Diabetes Mellitus?

Null hypothesis

- There will be no significant effect of Indian Homeopathic medicines in the management of type II Diabetes Mellitus. (Ho)

Alternate hypothesis

- There will be significant effect of Indian Homeopathic medicines in the management of type II Diabetes Mellitus. (Ha1)

Result and conclusion

The Indian Homeopathic medicines for managing of type II Diabetes Mellitus have to be specific to every individual person. Due to that reason a detailed history of patient is required to manage for type II Diabetes Mellitus.

Homeopathy believes that type II Diabetes Mellitus is a personality and life style disorder and hence the treatment should be determined according to personality and complete details of patient. With continued treatment patient notices the reduction in type II Diabetes Mellitus.

In these study cases of type II Diabetes Mellitus treated with Indian Homeopathic Medicines is considered. This study was conducted on 30 patients of type II Diabetes Mellitus. The findings of the study revealed that predominant associated factors like lifestyle and diet among patient of type II Diabetes Mellitus.

In cases treated and managed with Indian Homeopathic Medicines in type II Diabetes Mellitus was found result obtained from the study of type II Diabetes Mellitus was found that 13.33% cases are not improved and 86.66% are improved. So the efficacy of Indian Homeopathic Medicines was proved in the management of type II Diabetes Mellitus.

Thus after the complete study I came to a conclusion that the Indian Homeopathic Medicines is efficacious in managing cases of type II Diabetes Mellitus.

In our experimental study, patients with type II Diabetes Mellitus showed marked and long-standing improvements and controls of type II Diabetes Mellitus under Indian

homeopathic medicine. These studies, however, included only a very select group of patients of type II Diabetes Mellitus and study have a low validity. Future research under everyday conditions should help resolve these unanswered questions of these study.

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