



INTEGRATED APPROACH OF HOMOEOPATHIC MEDICINE IN THE MANAGEMENT OF TYPE II DM.

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ABSTRACT

Aim: To Observe the Effectiveness of Homoeopathic Medicine in Type II DM. **Methodology:** it is Prospective Single Arm Observational Study. The approach while treating the DM II cases is Patient Oriented, Practice Oriented and Principle Oriented approach with the help of case taking, symptomatology, susceptibility along with acute, chronic and inter-current prescriptions. **Conclusion:** From the above observations, it can be concluded that Homeopathy plays very good role in treating systemic disease like DM II. The nature of disease itself has multiple aspect like endocrinology, individual effect on vital organs and also the diabetic complication, emotional set up of patients plays important role in diabetes patient this is very good observation in 32 cases that's why we tried to correlate the numerology i.e no 1 to 9 it has certain basic qualities that we kept in mind while selecting the homoeopathic remedy. We observe the Kent's constitutional sequence of remedy has very good impact on improving the glycaemic index of patient along with that patients general condition is also improving.

KEYWORDS : Kent Constitutional Cycle, DM II, Integrated Approach

INTRODUCTION:

"The life work of the homoeopathic physician is one of constant comparison and differentiation. He must compare the pathogenesis of a remedy with the recorded anamnesis of the patient. Homoeopathic Treatment is Best for Each case of DM as Curative, Preventative and Preservative Aspect in Integration of AYUSH FACULTY. We have treated 32 cases on the basis of Totality of Symptoms as per Organon considering Kents Constitutional Cycle on Numerology Basis and the Selected medicines from key note symptoms

There are three types of prescriptions in these patients;

1. Acute prescribing as acute totality
2. Chronic or constitutional prescribing
3. Intercurrent prescriptions to remove the obstacles in the way of recovery.

KENTS CONCEPT OF HOMOEOPATHIC CONSTITUTIONAL CYCLES are of great help in Type II DM e.g.-

1. Nux vomica – Lycopodium-kali-carb
2. Pulsatilla- Silicea-Fluoric acid
3. Sulphur- Calc carb- Lycopodium
4. Staphysagria-Colocynth-Cuasticum
5. Sulphur-sarsaparilla-Sepia
6. Kali carb – Carbo-veg- causticum
7. Ignatia- Natrum mur-Sepia
8. Ars alb- phosphorus- Tuberculinum
9. Bryonia- Kali carb- Nux vom

ABOUT DM II-

Definition:

Diabetes mellitus is a metabolic syndrome originated from chronic miasmatic state resulting in absolute or relative deficiency of insulin (the hormone of the beta cells of pancreas) and is characterised clinically by hyperglycaemia with or without glycosuria. Polyuria especially nocturia. Increased appetite and thirst. Muscular wasting, progressive weakness and various systemic complication.¹

Types:

A. 1. Primary and 2. Secondary Idiopathic Diabetes Mellitus, The primary or idiopathic diabetes mellitus the latent miasmatic state (syphilis or syco syphilis) reflects its initial lesion in the islet cells of pancreas resulting in absolute insulin deficiency and consequent secondary manifestation but in

secondary diabetes mellitus the latent miasmatic state (psora, syco-psora or psora-syco-syphilis) reflects its initial lesion elsewhere in the system resulting in relative deficiency of insulin and other secondary manifestations of the basic miasmatic state followed by possible degeneration of the islet cells of pancreas in its terminal stage.¹ Individualization is at the heart of a sound practice of Homoeopathy. Man as a whole is ill and not any of his parts has been the central tenet of the science. An individual is rendered susceptible to the deleterious actions of the environmental forces due to a progressive failure of the processes of adaptation.²

The prevalence of diabetes is growing globally. It was estimated that 415 million people were suffering from the disease in 2015. (10% of the global adult population), the number will increase to 642 million in 2040. This global pandemic is primarily caused by type 2 diabetes. Its prevalence is varied globally and is associated with genetic causes and environmental factors like increased life expectancy, weight gain, poor diet, sedentary lifestyles, growing urbanization, and economic growth. Diabetes is a huge problem for health institutions across all nations.³

Diabetes is a very common lifestyle disorder affecting population of many developing countries now-a days. We have a large number of patients of diabetes, visiting our O.P.Ds. Daily. Treatment of diabetes is very challenging in all streams of medicine due to various maintaining factors such as stress, dietary junks, lack of exercise etc. Conventional medicines like metformin & sulphonylureas have been the mainstay of treatment for many years and have the evidence of preventing complications of diabetes, but these claims is found to be false in clinical practice. Homoeopathic medicines also have scope in complementing main-stream medicines in controlling blood sugar and preventing complications of diabetes Prediction of personality by handwriting analysis, Zodiac sign and Numerology of somebody is exceptionally inquisitive thing. Each individual have distinctive style of composing, as his/her cerebrum have various approaches to show what's happening in his/her psyche, so we went over with a plan to make this examination theme⁵

AIM:

To Observe the Effectiveness of Homoeopathic Medicine in Type II DM.

OBJECTIVE:

Primary objective-

To see the Change in HbA1C before and after treatment

Secondary objective-

To Search the Effectiveness of Selected Kent's Constitutional Cycle

MATERIAL AND METHODOLOGY

INCLUSION CRITERIA –

1. Both sexes between 35 to 65 yrs of age with newly diagnosed DM cases
2. without any allopathic medicines and co-morbidities

Exclusion Criteria –

1. Systemic illness and complications
2. Patients were taking allopathic treatment
3. Insulin Dependent
4. Patient who are not completing study.

Study Design: Prospective Single Arm Observational Study.

Site of Study: Mahajan Homoeopathic Clinic, Pune-43 Maharashtra

Sample Size: 32 Patients

Age Criteria: 35-65 yrs

Selection of Medicine:

Medicine was selected with the help of key note symptoms and Organon considering Kents Constitutional Cycle with correlation of Numerology in the aspect of mental and emotional make up of person & Selected medicines also taking reference from Allens Key note.

Selection of Potency: 10 M

Repetition Of Remedy: Single dose after 15 days.

Medicine Of Store: Dispensary of Mahajan Homoeopathic Clinic.

Certification: All the medicines were GMP approved from Dr.Von.Wilmer.Schwabe Pharmaceutical Company, SBL & Medicynth.

Observations:

1. Our observation after selecting remedy that the emotional and mental makeup of numerology number 1 to 9 is collectively covers the symptomatology and pathology of the patients totality of symptoms and this shows result in reduction in HbA1c level.

Kent's Constitutional Cycle

Life number	Kents constitutional cycle sequence			Intercurrent medicine	Total number of patient	Male	Female
1	Nux Vomica	Lycopodium	Kali carb	Medorrhinum	03	00	03
2	Pulsatilla	Silicea	Fluoric acid	Syphilitinum	01	01	00
3	Sulphur	Calc carb	Lycopodium	Tuberculinum	02	02	00
4	Causticum	Colocythis	Staphysagria	Medorrhinum	06	03	03
5	Sulphur	Sepia	Natrum mur	Tuberculinum	04	03	01

6	Kali carb	Carbo veg	Causticum	Sulphur	03	02	01
7	Ignatia	Natrum Mur	Silicea	Medorrhinum	02	02	00
8	Arsenic Album	Phosphorus	Tuberculinum	Carcinocin	03	01	02
9	Nux Vomica	Bryonia	Natrum Mur	Medorrhinum	03	01	02
Unknon	Cinchona Officinalis	Phosphoric Acid	Fluoric Acid	Syphilitinum	05	03	02
Total					32	18	14

2. Homoeopathic prescribing on numerology basis may help us in a palliative, curative, preventive, preservative as well as prophylactic treatment in all DM cases.

Other Treatment given according to symptoms (Seasonal, Situational, Acute Exacerbation).

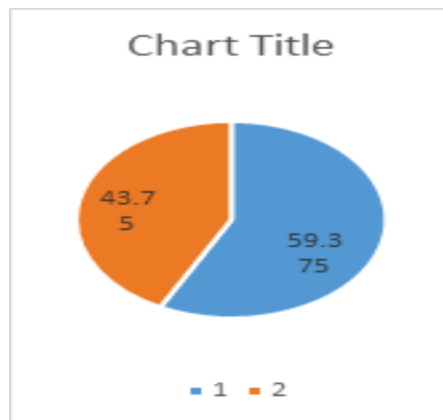


Fig no1- Gender wise distribution

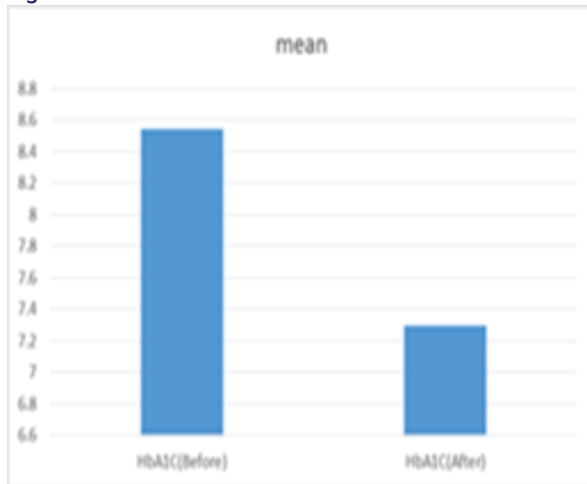


Fig no2-mean of HbA1c before & after.

RESULT:

Out of (n=32) patients gender wise distribution total males are (n=19) percentage is 59.3% and females (n=14) percentage is (43.7%). The mean(x) before treatment HbA1c is 8.543 and after treatment HbA1c is 7.298 the difference observed after the study. P value calculated by using student t test and is very significant (p=0.0133) so because of this we conclude that the homoeopathic remedies has effect in treating type II DM.

CONCLUSION:

From the above observations, it can be concluded that homeopathy has a role in the management of patients with DM II and it is very easy to select remedy if we know basic

characteristics of numerology. It is very different type of science but common thing if we able to correlate some of basic traits with our remedy this is new thing we tried. Also nosodes play very important role to remove the obstacles in the path of recover.

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