



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2024; 8(2): 324-327

Received: 12-04-2024

Accepted: 16-05-2024

Dr. PV Sai Santosh Kiran

Assistant Professor,
Department of Homeopathic
Materia Medica, Hamsa
Homeopathy Medical College,
Hospital and Research Centre,
Ksheerasagar, Telangana,
India

Dr. Kapavarapu Venkatesh

Associate Professor,
Department of Homeopathic
Materia Medica, Hamsa
Homeopathy Medical College,
Hospital and Research Centre,
Ksheerasagar, Telangana,
India

Dr. M Sowjanya Kumari

Hamsa Homeopathy Medical
College, Hospital and Research
Centre, Ksheerasagar,
Telangana, India

Dr. K Sravya

Hamsa Homeopathy Medical
College, Hospital and Research
Centre, Ksheerasagar,
Telangana, India

Dr. B Bhavana

Hamsa Homeopathy Medical
College, Hospital and Research
Centre, Ksheerasagar,
Telangana, India

Corresponding Author:

Dr. PV Sai Santosh Kiran

Assistant Professor,
Department of Homeopathic
Materia Medica, Hamsa
Homeopathy Medical College,
Hospital and Research Centre,
Ksheerasagar, Telangana,
India

Homoeopathic approach and management of chronic diarrhoea in diabetes mellitus: A case report

Dr. PV Sai Santosh Kiran, Dr. Kapavarapu Venkatesh, Dr. M Sowjanya Kumari, Dr. K Sravya and Dr. B Bhavana

DOI: <https://doi.org/10.33545/26164485.2024.v8.i2e.1152>

Abstract

Introduction: Idiopathic chronic diarrhoea is common - non vascular complication of diabetes mellitus type 2. Nocturnal Diarrhoea with Constipation is a characteristic feature of diabetes mellitus related autonomic neuropathy. Conventional treatment includes the use of anti Diarrhoeal and antibiotic drugs which gives the temporary relief.

Case Summary: The Case of A 53 years old female patient suffering from chronic diarrhoea with diabetes mellitus since 6 months not responding to conventional treatment is reported here. Homoeopathic *Natrium Phosphoricum* 200 °C Prescribed on the basis of totality of symptom, chronic diarrhoea reduced with decreased blood glucose levels within 3 months with no recurrence for next 3 months. this case report with laboratory reports shows the effectiveness of *Natrium Phosphoricum* 200 °C in chronic diarrhoea with diabetes.

Keywords: *Natrium Phosphoricum*, chronic Diarrhoea, diabetes mellitus type 2, non-vascular complications, autonomic neuropathy, homoeopathy

Introduction

Definition: Diarrhoea is defined as passage of unusually loose or watery stools usually at least three times in a 24-hour period ^[1]. Stool weight > 200 grams can be generally considered as diarrhoeal ^[2].

Types

Acute - Diarrhoea Lasting for 1-2 Weeks ^[2].

Chronic - Diarrhoea Lasting More Than 4 Weeks, Mainly Non-Infectious ^[2].

Chronic Diarrhoea Causes Includes

1. **Secretory Causes:** Due to medications, bowel resection, congenital defects in faecal absorption ^[3].
2. **Osmotic Causes:** Due to laxatives, lactase deficiency ^[3].
3. **Steatorrheal Causes:** Pancreatitis, Pancreatic Duct Obstruction, Celiac Disease, Tropical Sprue, Whipples Disease, Post Mucosal Lymphatic Obstruction ^[3].
4. **Inflammatory Causes:** Irritable Bowel Syndrome, Eosinophilic Gastritis ^[3].
5. **Factitial Causes:** Eating Disorders, Munchausen Syndrome ^[3].
6. **Dysmotility Causes:** Hyper Motility, Diabetic Diarrhoea - Peripheral and Generalised Autonomic Neuropathy ^[3].

Diabetic Diarrhoea

Idiopathic diarrhoea is the common non vascular complication of diabetes mellitus ^[4]. It is mostly intermittent and it alternates with periods of constipation or with normal bowel movements ^[4]. It is usually painless, may occur at day as well as night ^[4]. The Common Causes of diabetic diarrhoea are medications (Metformin), ingested sugar free foods containing sorbitol, bacterial overgrowth, autonomic neuropathy, pancreatic exocrine Insufficiency ^[4]. Nocturnal diarrhoea with constipation is a feature of diabetes mellitus related gastrointestinal autonomic neuropathy ^[4]. Diagnosis is based on clinical assessment and laboratory evaluation. conventional treatment for chronic diarrhoea with diabetes is inadequate and non-specific which includes use of antibiotics or antidiarrheal medicines ^[4]. The Aim is to improve the Glycaemic Control ^[4].

Homoeopathic literature has mentioned different medicines for chronic diarrhoea with diabetes and these are as follows:-

1. **Clinical:** Diabetes Mellitus-Diarrhoea, Chronic with Insulinum [5].
2. **Rectum:** Diarrhoea-General-Night-Sulph, Phos, Merc, China, Podo, Argn Nit, Graph, Natrium Phos, Chin, Psorinum, Bry, Kali Bich, Nat Mur [5].
3. **Generals:** Diabetes Mellitus-Accompanied by Diarrhoea: Ars, Calc Acid, Kali Act, Pancreatinum [5].
4. **Stool:** Diarrhoea-Chronic-Sulph, Phos, Calc [5].

Case Report

Patient History

- **Preliminaries - Date:** 17/02/2023
- **Name:** LB, **Age:** 53years,
- **Gender:** Female,
- **Religion:** Hindu,
- **Education -** Uneducated,
- **Occupation -** Housewife,
- **Marital status -** Married,
- **Husband -** Farmer,
- **Diet -** Non vegetarian,
- **Children -** No issues,
- **Address -** Thumkunta, Hyderabad

Table 1: Show location, sensation, modalities and concomitants

Location	Sensation	Modalities	Concomitants
Stomach - Mouth - Eructation's Onset - since 6months Fr: Daily	Sour taste	< After Food,	-
Abdomen - Rectum - Stool, Loose stools Onset: since 6 months.	Sour smelling, burnt smelling	< Night	-
No of episodes - 4-5 times. Fr: Daily			

- **Past history:** Underwent mastectomy 4 years ago due to breast cancer on both sides, Known Hypertension and Diabetes mellitus type 2 case on medications
- **Family history:** Father-died due to cardiac arrest, Mother - died due to asthma, Spouse -Apparently healthy, 2daughters-apparently healthy.

- **Physical generals:** Appearance: Stocky, Perspiration - normal, appetite - normal, craving - sweets, aversion - not specific, thirst - increased thirst, sleep - normal, dreams - unremembered, stool - normal, urine - normal, sexual function - normal, thermal state - Ambithermal.
- **Life Space Investigations:** Patient Hails from middle class family. born and brought up locally, married at early age. Her husband is a farmer. She is health conscious and gets worried about it even for minor ailments. She is mild, emotional with anxiety about her health.

Clinical Examination

- **General examination:** General appearance: moderately built, well dressed in a typical south Indian attire. Afebrile, Pulse-74/min, Blood pressure-130/80mmhg, Weight - 68 kgs.
- **Systemic Examination:** Cardiovascular system, respiratory and musculoskeletal system was reported normal. On per abdominal examination-inspection-shape of abdomen flat, no scars, no sinuses or dilated veins. palpation-soft, non-tender, no organomegaly, no free fluid. auscultation - Bowel Sounds (+).
- Per Rectal Examination - No skin tags, ulcers, fissures.

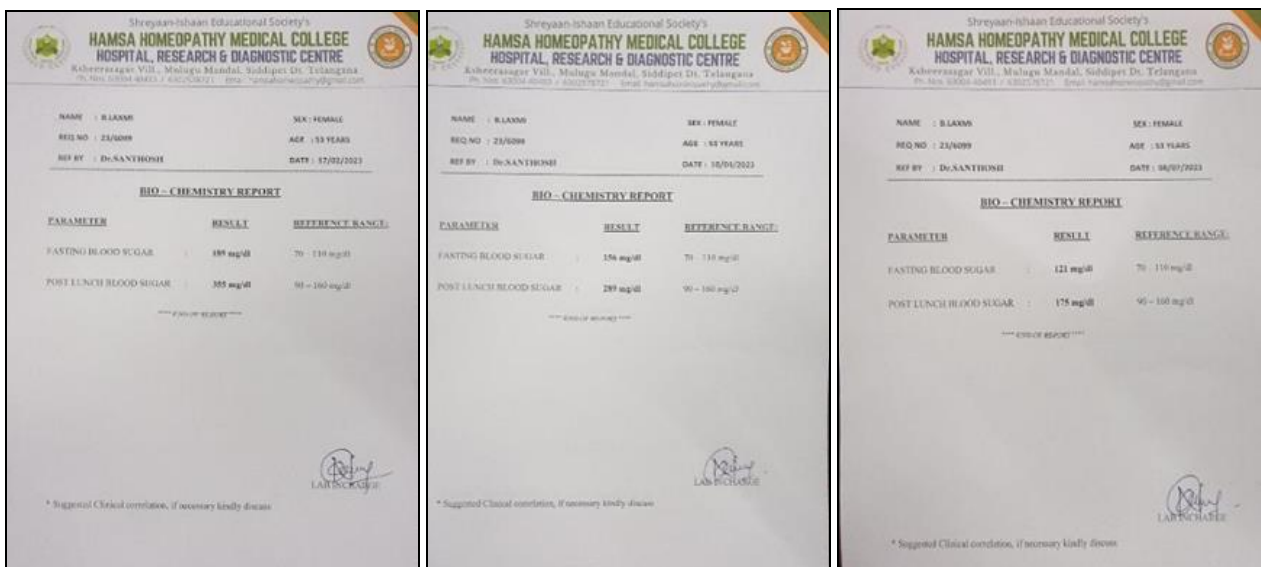
Case processing

- **Clinical Diagnosis:** Chronic Diarrhoea with Diabetes Mellitus Type 2.
- **Hahnemannian classification of disease:** Dynamic true chronic mixed miasmatic disease.

Miasmatic considerations

- **Acute:** Psora: functional pathology and at mind level anxiety about her health.
- **Chronic:** Sycosis: Anxiety, hypertension, and diabetes mellitus, sour discharges.
- **Susceptibility:** Moderate
- **Sensitivity:** Moderate
- **Correspondence:** Total: Simillimum
- **Potency:** 200 °C (Functional pathology and moderate susceptibility).
- **Repetition:** Infrequently.

Investigation Reports



Case Analysis

- In this case the signs and symptoms were considered for Repertorization such as loose stool especially at night with sour or burnt smell, sour eructation with sour taste in the mouth. Based on the totality of symptoms remedy selection was done.
 - Most commonly indicated medicines for chronic diarrhoea with Diabetes are.
 - China: Periodicity is most marked. stool yellow, frothy, painless, worse at night.
 - Phosphorus: Painless copious debilitating Diarrhoea, great weakness after stool. Long narrow hard like dog's stool.
 - Sulphur: Morning Diarrhoea, painless, drives out of bed with prolapse of rectum. Burning and itching of Anus.
 - Mercurius Solubilis: Greenish stool with blood which is aggravated at night with tenesmus and pain.
 - Podophyllum: Early morning diarrhoea, painless, profuse with prolapse of rectum, polychromatic stool.
 - *Natrium Phosphoricum* - It is indicated in cases of ailments from too much sugar, sour eructation, sour vomiting, greenish diarrhoea, one day constive (Constipation) Next Diarrhoea.
 - Intervention: Homoeopathic Natrum Phosphoricum 200 °C medicated globules of size no. 30 were dispensed with a dose of six pills to be taken weekly once for 1 month on the basis of totality of symptoms along with reportorial totality. the patient was not advised any alteration in their diet and regimen.
- **Follow-Up and Outcome**
- **On 29th March, 2023** There Was Decreased Frequency of loose stools, mild reduction of sour eructation's, reduced weakness with improved generals.
 - **Action - *Natrium Phosphoricum* 200 °C** weekly one dose for 1 month, along with sac lac was continued.
 - **On 10th April, 2023** There Was Further reduction of frequent loose stools, sour eructation's, weakness with improved generals. blood glucose levels FBS (156

mg/dl).

- **Action: *Natrium Phosphoricum* 200 °C** one dose with sac lac was continued in od for 1 month.
- **On 15th May, 2023** There Was complete reduction of loose stools, sour eructation, weakness with improved generals.
- **Action: Sac lac** for 1 month was prescribed.
- **On 8th June 2023** She Came for check up with no recurrence of loose stools, sour eructation, weakness since 1 month.
- **Action: Hence Sac lac** for 1 month was prescribed.
- **On 8th July 2023** She came for check up with no recurrence of loose stools, sour eructation, weakness since 1 month. The timeline of the patient including first and follow-up visits is mentioned in table 1.

Discussion

- In The case presented here, there were no major complaints related to systemic diseases, however the patient was a known case of diabetes and Diarrhoea is the most common non vascular complication of diabetes mellitus type 2. Materia medica books mentioned the use of Natrum Phosphoricum for gastrointestinal disturbances like diarrhoea, sour eructation with ailments from sugar, leading to reduction of diarrhoea in this case with decreased blood glucose levels.
- *Natrium Phosphoricum* was used in medium potency because the patient was of old age and on allopathic treatment for diabetes and hypertension.
- Chronic Diarrhoea with diabetes type 2 has resolved within 3 months without recurrence and adverse reactions. this justifies the correct selection of remedy, its potency and repetition.
- Chronic Diarrhoea with diabetes mellitus type 2 was treated successfully within 3 months with single systemic homeopathic medicine, so this case was considered for presentation.

Table 2: Show Timeline of the patient including first and follow-up visits

Date	Response	Treatment With Dosage
29/03/2023	Decreased Frequency of loose stools Mild Reduction of sour eructation Weakness better than before Generals - Improved	Rx Natrum Phos 200c, Weekly Dose for 2 weeks Sac lac for 15 days -Bd
10/04/2023	Further reduction in the frequency of loose stools, sour eructation, and weakness. Generals -Good FBS - 156mg/dl	Rx Natrum Phos. 200c, One dose sac lac for 1 month -Bd
15/05/2023	Complete reduction of loose stools, sour eructation and weakness. Generals - Good	Rx Sac Lac for 1 Month -Bd
08/06/2023	Came for checkup with no recurrence of loose stools, sour eructation, weakness. Generals - Good	Rx Sac Lac for 1 Month -Bd
08/07/2023	No Recurrence of Symptoms FBS - 121mg/dl	-

Conclusion

This case presentation with laboratory investigations of blood glucose levels before and after treatment shows the effectiveness of homeopathic *Natrium Phosphoricum* 200 °C in case of chronic diarrhoea with diabetes mellitus type 2, however, a case series or controlled clinical trials with

detailed investigations are required to validate the results.

Conflict of Interest: Not available

Financial Support: Not available

References

1. Davidson SL. Davidson's Principles and Practice of Medicine. 23rd Ed. London: Elsevier Health Sciences; c2018. p. 783.
2. Jameson JL, Kasper DL, Lingo DL, Fauci AS, Hauser SL, Loscalzo J. Harrison's Principles of Internal Medicine. Volume 1. 20th Ed. New York: McGraw Hill Education; c2018. p. 264-265.
3. Jameson JL, Kasper DL, Lingo DL, Fauci AS, Hauser SL, Loscalzo J. Harrison's principles of internal medicine. Volume 2. 20th Ed. New York: McGraw Hill Education; c2018. p. 2875-2880.
4. Zomeo LAN 3.0 Mind Technologies Pvt Ltd.; Mumbai, India: c2016.
5. Ghodke M, Patil PD. Homoeopathic Medicines in Management of Constipation-A Case Report. Journal of Medical and Pharmaceutical Innovation. 2022 Sep 12;9(48).

How to Cite This Article

Kiran PVSS, Venkatesh K, Kumari MS, Sravya K, Bhavana B. Homoeopathic approach and management of chronic Diarrhoea in diabetes mellitus: A case report. International Journal of Homoeopathic Sciences. 2024;8(2):324-327.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution Non Commercial-Share Alike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.