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Diabetes mellitus type ii & its repertorial view

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Abstract

Diabetes mellitus is a hyperglycaemic metabolic syndrome which occurs due to defect in insulin action, its secretion, or both. Basically, it disturbs the metabolism of fats, carbohydrates and protein. In recent years, associated factors in increasing diabetes prevalence are sedentary lifestyle, obesity, ageing, unhealthy diet and urbanization. Patients with type II diabetes are at greater risk for various health problems like cardiovascular disease, nephropathy, retinopathy, premature death and amputation. According to World Health Organization (WHO), there are about 143 million sufferers worldwide and this number is expected to rise almost 300 million by 2025. Person suffering from Diabetes often opt for Allopathic medicines and treatment for the condition is limited, so adding Homoeopathy could help to mitigate some long term effects associated with diabetes by providing constitutional medicines. Every art and science has its own jargon and the art of Repertorising is no exception after analysing the symptom with the help of Repertory. This article emphasis on incidence, etiology, pathogenesis, clinical features, management and Repertorial approach of Diabetes Mellitus Type II with homoeopathic medicines.

Keywords: Type II diabetes mellitus, homoeopathy, repertory

Introduction

Diabetes is a Greek word used to denote ‘run through or siphon’ in the description of incessant urination^[1]. Diabetes mellitus is a hyperglycaemic metabolic syndrome which occurs due to defect in insulin action, its secretion, or both^[1]. Basically it disturbs the metabolism of fats, carbohydrates and protein^[2, 3]. Type II diabetes, previously referred to as “noninsulin-dependent diabetes” or “adult-onset diabetes,” accounts for 90– 95% of all diabetes. This form encompasses individuals who have relative (rather than absolute) insulin deficiency and have peripheral insulin resistance. At least initially, and often throughout their lifetime, these individuals may not need insulin treatment to survive^[2].

Major Risk Factors For Type Ii Diabetes Mellitus (ADA Recommendations, 2007)

- Family history of Type II DM.
- Obesity.
- Habitual physical inactivity.
- Race and ethnicity (Blacks, Asians, Pacific Islanders).
- Previous identification of impaired fasting glucose or impaired glucose tolerance.
- History of gestational DM or delivery of baby heavier than 4 kg.
- Dyslipidaemia (HDL level < 35 mg/dl or triglycerides > 250 mg/dl).
- History of vascular disease^[4].

Pathogenesis of Diabetes Mellitus

Depending upon etiology of DM, hyperglycaemia may result from the following:

- Reduced insulin secretion
- Decreased glucose use by the body
- Increased glucose production^[4].

Clinical Features of Diabetes Mellitus

The clinical feature depends upon on extent of pathology, age of patient, treatment given / not given, etc. Commonest clinical features are due to osmotic changes.

1. Polyuria
2. Polydipsia
3. Polyphagia

Weight loss: Due to muscle wasting because of gluconeogenesis [wasting due to lipolysis, fluid depletion & electrolyte loss.]^[5].

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4. Easy fasting, giddiness, blurring of vision, muscle pains, cramps & aches all due to fluid depletion & electrolyte loss.
5. Opportunistic Infection: Furuncles, Carbuncles, Upper respiratory tract infection, Vulvo-vaginitis, Balano-prostitis, Banalities ^[6].

Diagnostics criteria

Recently the American Diabetes Association has lowered the limits for definition of diabetes. It has placed more emphasis on the measurement of fasting plasma glucose. A level of 126 mg/dl or more (on more than one occasion in asymptomatic persons) is diagnostic of diabetes mellitus.

Table 1: Diagnostic Values for the Oral Glucose Tolerance Test ^[7]

Glucose Concentration (mg/dl)	Whole Blood		Plasma	
	Venous	Capillary	Venous	Capillary
A. Diabetes mellitus				
• Fasting value	> 120	> 120	> 140	> 140
• 2 hours after glucose load	> 180	> 200	> 200	> 220
B. Impaired glucose tolerance				
• Fasting value	< 120	< 120	< 140	< 140
• 2 hours after glucose load	< 120-	< 140	< 140	< 160-
	< 180	< 200	< 200	< 220

Glycated haemoglobin

Glycated haemoglobin provides an accurate and objective measure of glycaemic control over a period of weeks to months. This can be utilised as an assessment of glycaemic control in a patient with known diabetes, but is not sufficiently sensitive to make a diagnosis of diabetes and is usually within the normal range in patients with impaired glucose tolerance ^[7-8].

Table 2: Values of HbA1c As per American Diabetes Association (ADA)

Reference Group	HbA1c in %
Non diabetic adults >=18 years	4.0 - 5.6
At risk (Prediabetes)	5.7 - 6.4
Diagnosing Diabetes	>= 6.5

Investigations

A. Urine Testing ^[5-6]

- I. Glucose:** Testing the urine for glucose is a common procedure for detecting diabetes, using sensitive glucose-specific dipsticks
- II. Ketones:** Ketone bodies can be identified by the nitroprusside reaction, which is primarily specific for acetoacetate. The test is conveniently carried out using tablets or dipsticks for ketones
- III. Protein:** Dipstick testing for albumin is a standard procedure to identify the presence of renal disease (or urinary infection) in people with diabetes.

B. Blood Testing ^[7-8]

I. Glucose

Laboratory glucose testing in blood relies upon enzymatic reaction (glucose oxidase) and is cheap, usually automated and highly reliable.

II. Glycated haemoglobin

Complications of type ii diabetes mellitus

I. Acute Complications ^[5, 7, 8]

- a. Hypoglycaemia
- b. Diabetic Ketoacidosis
- c. Non- Ketotic Hyperosmolar diabetic coma
- d. Lactic acidosis
- e. Acute circulatory failure.

II. Long term complications of Diabetes

- a. Diabetic Retinopathy

- b. Diabetic neuropathy
- c. The diabetic Foot
- d. Diabetic Nephropathy

Management

Supportive dietary, light exercises, yoga & meditation.

Homoeopathic Management

Homoeopathic treatment is based on "similia similibus curantur" Where Homoeopathic medicines selected on the basis of totality of symptoms. In the case of Type II Diabetes Mellitus our objective should be to treat the patient not the organ. Constitutional treatment is the only way to treat diabetes, along with proper management, like healthy and reduced stress life style, calorie intake-output balance, and regular exercise. Those patients with a family history of syphilitic and syphilitic background along with psora in their base are more prone to develop diabetes. The family history, past history, and history of present complaints of the patient should be taken into consideration while treating the case of Type II Diabetes Mellitus.

Some important medicines are ^[9-11].

Abroma Augusta, Aceticum Acidum, Argentum Metallicum, Argentum Nitricum, Arnica Montana, Arsenicum Bromatum, Bovista Lycoperdon, Bryonia Alba, Cantharis Vesicatoria, Causticum, Ceanothus Americanus, Cephalandra Indica, Coca, Cuprum Arsenicosum, Helleborus Niger, Iris Versicolor, Glycerinum, Gymnema Sylvestre, Helonias Dioica, Insulinum, Iodium, Kalium Muriaticum, Lacticum Acidum, Lecithinum, Lithium Carbonicum, Lycopodium Clavatum, Lycopus Virginicus, Natrium Sulphuricum, Nitricum Acidum, Phosphoricum Acidum, Phosphorus, Syzygium Jambolanum, Terebinthinae, Uranium Nitricum.

Repertorial View of Diabetes Mellitus Type II ^[12-16]

Table 3: Repertorial symptoms related to type ii diabetes mellitus

Common manifestations of Diabetes Mellitus	
Symptoms	Chapter with rubrics and sub-rubrics
Polydypsia	Stomach, thirst, small quantities, often
Polyphagia	Stomach, appetite, ravenous, canine
Polyuria	Bladder, urination, frequent
Loss of Weight	Generalities, emaciation

Rubrics of Diabetes

Polyuria - Acon, Alumina, Apis, Berb. vulg, Canth, chimaph, Equis, Helon, Kreosote, Lili. tig, Lyco, Nux.v., Phos acid, Sarsa., Scilla, Sepia, Sul., Uva.u. b. Nocturia - Aur. mur, Caust., Con., Ferr. Pic., Kali c., Kreo, Phos. Acid, Puls.

Thirst (Polydipsia) - Acetic acid, Acon., Bry., Lact. Acid, Op., Phos., Sul. d.

Appetite increased (Polyphagia) - Abrot., Alfa., Anac., Iod., Lyco., Nat. m., Nux v., Phos., Sulph., Thy., U. nit.

Yet loses flesh - Abort, - Acetic acid, Iod., Nat. Mur., Sul. e.

Desire (Craving) for sweets - Arg. Nit., Cina, Coca, Kali. C., Lyco., Sul. f.

Constipation - Bryonia, Cheli, Hydrastis, Nux vomica, Silicea, Calc, Carb., Sulphur.

Emaciation with increased appetite- Abrot, Iod., Nat. mur., Plumb.

Paraesthesia (Numbness)- Gels., Sang. Can. (in hands and feet) g.

Diabetic nephropathy- Syzyg., Silicea.

Sugar in urine (Dr. kent)- BOV, HELO N, LYCO, PHOS AC, PHOS, PLB, TARENT C, TERE B, URAN N. Acet ac, Arg m, Ars a, Benz ac, Cal c, Cal p, Carb ac, Carb v, Chel, Chin, Chin ars, Colch, Cup ars, Curare, Elaps, Ferr m, Hep s, Iris v, Kali chlor, Kali phos, Kreos, Lac def, Lach Lac ac, Lesithin, Lycopus v, Lyss, Med, Nat s, Nit ac. Op, Petrol, Pic ac, Podo, Rat, Secal cor, Sil, Sulphur, Thuja, Zinc.

Note: Diabetes is being a essentially a nosological diagnosis, is not always directly represented in the most repertories except in latest repertories.

Some other Rubrics of Diabetes mellitus⁷²⁻⁷⁵**Mind**

- Alcoholism - diabetes; with - med. nux-v.
- Anxiety - Diabetes in: Nat s. phos.
- Anxiety - Diabetes in - makes diabetes worse: Cod.
- Dullness - diabetes, in - Helon. Op. ph-ac. sul-ac.
- Dullness, sluggishness, difficulty in thinking and comprehending - in
- Grief - diabetes; with - aur. aur-m-n. ign. mag-m. nat-s. ph-ac. tarent.
- Irritability - diabetes, in - Helon. Lycps-v. nux-v.
- Melancholy - diabetes in: Helon.
- Memory - weakness of memory - diabetes; in - kali-br. lyc. nux-m. nux-v. ph-ac.
- Memory - impaired with - dryness of mouth - diabetes in: Kali br.
- Prostration of mind, mental exhaustion, brain fog - diabetes in: Nat s.
- Restlessness - diabetic - helon.
- Restlessness - night at - Diabetes in: Lac ac.

Eyes

- Inflammation - Retina - diabetic - sec.
- Retinitis - diabetes in: Crot h. phos. sec.

Vision

- Sight - dim - diabetes in: Tarent.
- Sight - dim - dull - diabetes in: Sul ac.
- Sunken - eyes - diabetes in: Uran n.

Face

- Emaciation - cheek bones prominent - diabetes in: Uran n.
- Pale - face - diabetes in: Arg m. Uran n.

- Red - deep - diabetes in: Uran n.
- Sunken - Collapsed, Hippocratic, hollow - diabetes in: Nat s.
- Dry - lips - diabetes in: Ars

Mouth

- Bleeding -gums - diabetes in: Kali br.
- Dry-parched and sticky-tongue-diabetes in: Lac-ac
- Dryness - mouth of - thirst with - in diabetes: Uran nit.
- Dryness - tongue - diabetes in: Helon. lac ac.
- White - tongue - diabetes in: Helon. uran n.

Teeth & Gums

- Caries, decayed, hollow - diabetes in: Sulph ac.

Stomach

- Acidity - diabetes in: Uran nit.
- Appetite - ravenous, canine, excessive - with emaciation - diabetes during: Am c. coloc.
- Aversion - meat - diabetes in: Tarent.
- Burning - epigastrium - diabetes in: Uran nit.
- Cramp like pain - epigastrium- diabetes in: Uran nit.
- Derangement of stomach - diabetes in: Nux v.
- Desire - effervescing for, liquids - diabetes in: Ph ac.
- Desire - tea - diabetes in: Uran nit.
- Distension - epigastrium - diabetes in: Nat s.
- Drinking - uneasiness - stomach in - diabetes: Lac ac.
- Dyspepsia - acid - diabetes in: Uran nit.
- Emptiness - feeling of in stomach, sinking - diabetes in: Lac ac.
- Faintness - epigastrium - diabetes in: Uran nit.
- Hunger - diabetes, with canine hunger: Iod. Kali br. ac ac. rat.
- Nausea - diabetes in: Lac ac.
- Oppression - epigastrium - diabetes in: Arg m.
- Retching - eating after - diabetes in: Lac ac.
- Thirst - constant - diabetes in: Uran nit.
- Thirst - unquenchable - in diabetes: Sec.

Abdomen

- Liver - enlarged - diabetes in: Nat s.
- Liver - sensitiveness - tender - diabetes in: Kali br.
- Liver - sharp pain - diabetes in: Sulph ac.

Rectum

- Constipation - diabetes in: Uran nit.
- Hemorrhoids - diabetes in: Uran nit.

Stool

- Stool - chalky - diabetes in: Podo.
- Stool - dry - diabetes in: Cupr. uran nit.
- Stool - gray - diabetes in: Nat s.

Bladder

- Desire - frequent to urinate - turbid, sweetish, profuse urine at night:
- Dull, pressing - sensation - bladder in - diabetes in: Phos ac.
- Shooting - bladder - diabetes in: Op.
- Urination - frequent - diabetes in: Cop. podo.
- Urination - night - diabetes in: Cupr. nat s.

Kidney

- Kidney - weak - diabetes with: Phos.
- Urine: Urine - acid - diabetes in: Nat s.

- Urine – increased – copious, polyuria – diabetes in: Acet ac, op.LAC AC. nat m. nat s. phos. podo. sec. tarax.
- Urine - sugar Acet-ac. Adren. alf. all-s. alumn. am-a.am-c. aml-ns. ant-c. ant-t. anthraco. arg-met.arg-n.arist-m.arn. ars. Arsbr. ars-i. aur. aur-m.bar-c. bell.benz-ac. berb. Bor-ac.bov. bry. calc. calc-p. calc-sil. camph.caps.Carb-ac. Carb-v. carc. cean. Cham. Chel. Chim. Chin. chinin-ar. Chion. chir-fl. chlol. Coca1 Cod. coff. coff-t. Colch. Coloc. con. conv. cop.crat.Crot-h. cupr. cupr-ar. Cur. Laps.eup-pur. fel.ferr. ferr-i. Ferr-m. ferr-p. fl-ac. glon. glyc. grin. Hell.helo. HELON. Hep. Hydr. ign. ins. iod. Iris.kali-act. kali-bi. kali-br. kali-c. Kali-chl. kali-m. kali-n. Kali-p. Kreos. Lac-ac. Lac-d. Lach. lat-m. Lec.led. lith-c. LYC. lycpr. Lycps-v. lyss. mag-c. mag-s. Med. meph. merc.morg-p. morph. mosch. mur-ac. murx. nat-m.Nat-S. Nit-ac. Nux-v. op. ourl. Pancr. Petr. PH-AC. phase. Phlor.PHOS. Pic-ac. PLB. plb-i. Podo. ran-b. Rat. Rhus-a. sal-ac. sec. sep. Sil. squil. stry-ar. Sul-ac. Sulph. SYZYG. tarax. TARENT. TER. Thuj.uran-met.URAN-N. urea.vanad. vinc-r. vince.zinc. zinc-p.
- Urine – turbid – diabetes in: Arg m.

Genitalia: Male

- Erection – troublesome– incomplete - diabetes in: Coca. mosch. Ph ac.
- Erection – wanting - impotency - diabetes in: Coca. cupr. Helon. mosch. Ph ac.
- Sexual desire – diminished - diabetes in: Coca. cupr.
- Sexual power – loss of – cold after a – preceding diabetes: Mosch.

Genitalia: Female

- Amenorrhoea – diabetes in: Uran n.
- Eruption – severe itching of vulva, labia swollen, with humid eruption with diabetes: Sep.
- Menses - suppressed menses - diabetes; in - uran-n.

Back

- Pain – lame, feeling with – diabetes in: Helon.
- Pain – lumbar region – polyuria, with violent – diabetes in: Tarent.

Extremities

- Gangrene – diabetic - carb-ac. con. lach. lyc. Sec. Solid.
- Gangrene - Feet – diabetic - lyc.
- Heaviness – legs – diabetes in: Sec.
- Heaviness – feet – diabetes in: Nat s.
- Numbness – legs – diabetes in: Nux v.
- Swelling – ankle - diabetes in: Arg m
- Swelling – feet – diabetes in: Arg m
- Swelling – legs – diabetes in: Uran nit.

Sleep

- Sleeplessness – diabetes in: Carc. Coca. uran nit.

Perspiration

- Diabetes – Peculiar sweet smell about the patient as if in diabetes: Pyrog.

Skin

- Blackness of external parts – diabetes in: Ars. con. kreos. lach. Sec. Solid.
- Dry skin–diabetes in:kali br.lac ac. sulph ac.uran nit.
- Eruption – Petechiae – diabetes in: Sec.
- Itching – diabetes in: Mang. sulph ac. Ceph-d-i.

- Ulcers – diabetes in: Asaf. syzyg.

Generals

- Diabetes mellitus - accompanied by – hypertension - sec.
- Diabetes mellitus - accompanied by – hyperthyroidism - kali-i.
- Diabetes mellitus - accompanied by - Vagina; coldness of - bor-ac.
- Diabetes mellitus - accompanied by - Vulva; itching of the - pic-ac. sep.
- Anaemia – diabetes in: Podo.
- Nervous origin – diabetes: Ars. aur m. calc. ign. ph ac. phos.
- Neurological complaints - accompanied by – diabetes - helon.

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