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Medical science faces ever increasing problems day to day; every new disease known to science is more complicated than the previous one. The diabetes mellitus though very old one, now increasing its victims in a large number; with the help of development in the medical science we are able to know more and more about its causes, effects and controlling methods, but not up to the mark of satisfaction; no one can claim effective cure as we term. Thus along with suffers the medical science also find itself helpless, or in a great difficulty to succeed over it.

Since the evolution of medical science every one is trying to solve the problem of diabetes by their approach. Now, there are various system of treatment, all are exerting with their own way to serve the diabetic mankind. In allopathic treatment includes: giving exogenous insulin; oral hypoglycaemic agents which stimulate the remaining  $\beta$ -cells of pancreas to produce more insulin and hold up glycogenolysis (formation of glucose from the glycogen) this of course temporarily reduces the blood sugar level but leads to disuse atrophy of the  $\beta$ -cells of islets of Langerhan's of pancreas in former and overstress on the remaining  $\beta$ -cells of islets of Langerhan's of pancreas in the later; no one bring a standstill in the degeneration process and the other actual pathogenesis, ultimately disturbing the natural glucose controlling mechanism of our body; which leads to a lot of additional complications and decreasing the years of the patient.

In Ayurvedic system there are various herbs; in Yoga there are various yogic practices; in Magnetotherapy, Acupuncture and Acupressure there are various methods to reduce the blood sugar, of course temporarily.

Nothing improves the health of "The Sick", the natural healthy mechanism, establishment of natural glucose controlling mechanism, production of natural insulin from the  $\beta$ -cells of islets of Langerhan's of pancreas. Diabetes is spreading, making its victims in greater number than ever before; people are in search of "some how the cure for diabetes". In this situation, they also look toward us i.e. "Homoeopaths", because we are successful in the treatment of various diseases where contemporary medicine fails.

In homoeopathic system of treating diseases, there are plentiful medicines pointed out in the therapeutics, materia medica and repertory for the treatment of diabetes mellitus. Intend of present article is to illustrate the efficacy of homoeopathic medicines in treatment of diabetes mellitus. Homoeopathy is a wonderful science only when it is practiced

## Diabetes is Curable

according to its principles. The founder of Homoeopathy **Dr. S.C.F. Hahnemann** has written an instruction manual i.e. **Organon of Medicine**, we are fortunate to have it with us to guide us at every step; to understand the sick, the cause of sickness and the strategy of curing a particular sickness. Diabetes Mellitus is a chronic disease, special instructions are being provided for the management of chronic disease in **Hahnemann's The Chronic Diseases Their Peculiar Nature and Their Homoeopathic Cure**.

**Holistic approach**-The mind cannot exist without body and the body cannot exist without the mind. The body and mind both come from the same genes and the genetic code expression of both remain the same. So we use to take into consideration the basic traits along with the mental, general, thermal, thirst, physicals, physical constitution, hypersensitivity, strange, rare, peculiar, characteristic symptoms and miasm etc. only then we can arrive at the correct similimum. Therefore a homoeopath has to be a holistic prescriber and will result a rapid gentle and permanent cure.

As per Dr. Hahnemann's classification of diseases diabetes falls under the true natural chronic disease group. Because its onset is very slow and gradual mostly unknown to even the patient himself, life is not endangered all of sudden, it progresses gradually, takes years to create its complications and death this arises from a chronic miasm (§ 78, of **Sixth edition of Organon of Medicine by Dr Samuel Hahnemann**).

**Miasm**-The diabetes mellitus is a tri-miasmatic disease, i.e. all three miasms Psora, Sycois and Syphilis are to be found as its responsible fundamental cause. Understanding of miasm helps us to understand the significance of pathological manifestation in this disease which as we know is because of some deep seated dyscrasia with the body itself. Miasm has to reflect equally not only upon mind, body and disease but also patient's behavior, tendencies, likings, and even in his dreams. In order to achieve permanent cure the remedy that is selected for a particular case must cover the miasm of patient as well as disease other wise the disease will reoccur again and again.

'Miasm' means 'taint or pollution'. Certain constitutions are tainted in such a way that gives rise to certain disease, mostly despite of healthy and robust constitutions. If genetic code is tainted or polluted with or have traces of 'certain behavior' it is bound to lay an impact on every part of the cell and individual. Every individual inherits from parent or acquires the qualities to defend it self mentally and physically. These qualities are already imprinted or get imprinted on his genetic code as traits or miasms.

To treat diabetes mellitus, we

have to find out that taint i.e. 'Miasm' that is the start point either in itch, venereal wart or chancre, because they have deep seated origin in and are cause of destruction of man. § 205, **Sixth edition of Organon of Medicine by Dr. Samuel Hahnemann** states "Homoeopathic physician never treats one of these primary symptoms of chronic miasms, nor yet one of...by local remedies... but he cures in cases where the one or the other appears, only the great miasm on which they depend..."

Dr. Hahnemann observed that the treatment of many chronic diseases even when carried out strictly in accordance with theory of homoeopathic science, as hitherto practiced, was encouraging in the beginning, less favorable in the continuation and hopeless in the end. It is said that the failure in application of Similia-Similibus Curantur principle in higher and more complicated or grave diseases is because of we are not trying to apply the miasm picture as a whole in their treatment.

In **Psoric Diabetes** there is no or limited pathological changes in the pancreas, and it is mostly due to activation of the insulin antagonistic hormones, it is seen that initially the efficacy of pancreas increases as in stress Diabetes.

In **Sycotic Diabetes** there is hyperlipidaemia or obesity leads to insulin resistance, after over stress now capacity of pancreas decreases for insulin production, but the cells of islets of Langerhan's are not yet damaged as seen in most of NIDDM cases.

In the **Syphilitic Stage of Diabetes Mellitus** there is destruction of the cells of islets of Langerhan's by ulceration, degeneration, haemorrhage, necrosis etc. leading to permanent and irreversible changes. Now capacity to produce insulin totally effected as in IDDM cases.

Regarding potency, it is essential to point out that the low potency especially crude forms, or mother tinctures (which is a common practice among few of us) work on physical plain, only palliates and relieves temporarily; for permanent relief or cure medium or higher potency medicine are required. In diabetes mellitus most of the cases have no need of palliation.

A through examination of the patient, for us it is the most important step for the prescription, a detailed case taking must be done to detect the essentials for the prescription. We prescribe medicine on the basis of individualization, for this merely gathering of symptoms is insufficient, it is sharing the grievances, his complaints, his painful experiences from his life, by a deeper process of interaction, of human relation. It is also interchange of thoughts, to inform, to tell, express or show in order to get a response, we listen, understand, weigh, evaluate, the his gesture posture, emotions, speech, modulations and

physiognomic symbols. Patient is unearthed, unfolded and his feelings are brought on to surface. This all is not a momentary event; it casts from even from taking his appointment to follow-up and until cure. Patient's sitting posture, gesture while taking, facial expression, built; physiognomy of face and body, his hair, skin, nails, dressing, speech, gait are being observed to know the physical constitution of patient, his Will, morals and intellect, the natural traits, including emotion, sensitivity attachments, his moral and intellectual character, his occupation, mode of living and habits, social and domestic relations be noted to treat it homoeopathically with success.

A Patient, **Smt Susheela . 52/1, Married.** Housewife was a known case of **diabetes mellitus** approximately for two years+, was under Allopathic hypoglycaemic drugs, pain extremities < by exertion, excess of heat and cold, backache, general weakness and weariness. She had heaviness and sensation of weight in epigastria after eating. On probing her history she told that for twenty years had burning while urination. Itching and infection in and around vulva, took antibiotics; used to apply steroids and also given systemic steroids for this problem. Gradually there is light swelling all over body, pain extremities and backache and hypertension for five years. There was h/o stress also; in the separation of family they did not get their share in house and other property.

**Appetite..Normal, Thirst.. 5-7 IL/ per day, Feels both Heat and Cold more, Craving for Sweets, spices, Aversions Sour food, Bowels Normal, Urine 7 times in a day and 3 times in night, Menstrual history, H/O Normal menses, Menopause for 4 Years Tubectomy 20 Yr before, Obstetric History Mother of 3 female and One male child, normal deliveries, Leucorrhoea Present Whitish, Swelling of Vulva, use to wash with Detol, Sweat Increased, excoriating; more at axilla, neck, Sleep Normal, Dreams Various, not specific, Tongue Clean Taste Slimy, Bitter or sweetish Addiction /Drug dependency Tab Glyprizide-m 1/2 BD**

**Past History:** Patient had chronic vulvo-vaginitis for 15-20 years and took systemic as well local steroids, Pain Extremities and Back ache; Hypertension for 5 Years, Eye Sight weak, H/O Head ache better after using spectacles.

**Family History:** Strong History of Diabetes in the family, Diabetes to Mother, Maternal Grand Mother, and Maternal Aunts

**Fasting Blood Sugar - 211.5 and PP Blood Sugar - 235.2 mg/dl (before Allopathic Hypoglycaemic Drugs)**

**Face...** Vital, light eyebrows, Lipid marks (exanthema) rt. Upper eyelid. **Gesture, Posture and Body language ...** Pt. sat with elbows resting on the table, Hair Brownish, thin, golden and delicate **Built** Obese, puffy look, **Moral ...** Good (keeps anxiety about



Family.

**MENTAL STATE/INNET NATURE:** Over all patient is expressive, telling her story without hesitation, says I can not restrain my self to share my problem with others; Though family members says that she an angry person gets angry on trifles, yet cools down soon (**CAPRICIOUSNESS**), but it is not so, she says I do not want to hurt any one, from her look and gestures she also looks mild; can not bear damage and loses at home, this make her angry; she also gets angry from excessive noise, contradicting her and when family members do not work in proper time; she says that she do not shout in anger rather keeps quiet, if she is capable she does regular activities of house hold work, A hard working person in her youth, wanted to finish he works early, but her speed was not so fast; now too when she has a daughter in law at home to share her work, she use to do work at home not less than three - four hours. Pt says I tends to talk little, keeps her a part to prevent bad reactions of others (**WEAK WILL**). Regarding her life situation she says that childhood was normal, I got married in a big family, I was the youngest daughter in law of family, my husband use to live in Assam for business, at home there were no facilities of modern time at that time, there was no at all ease. The in-law's house was just a jail for her, the mother in law was not kind and friendly for her but she keeps her daughter in law with much love and affection (**MILD**). She had and also desire for collecting the ornaments, money and doing make up, now desires are gradually decreasing. In division of parental property she says they did not get proper share, neither good house nor business, they just thrown on the road (in her words), she worried but did but quarreled much, she wants peace and harmony. After asking how you feel after diabetes she says if I have done some erroneous "karma" I have to bear with those, but now there are no desires (**HOPELESSNESS**). I can not remain alone, I want company all the time (**COMPANY DESIRES**), want to talk with some one and share my problems, I feel better after sharing with others, and their kind words (**CONSOLATION AMELIORATES**). When asked to what you give most important in

your life; she replied that I give most importance to my health next to family.

**Comments:** Patient is a diagnosed case of **NON- INSULIN DEPENDENT DIABETED MELLITUS**, factors contributed to make her victim of diabetes are - hereditary, abuse of steroids, stress (**CARES AND WORRIES**) all. Miasm- Sycosis

From the above history following rubrics selected for repertorisation-

- ...1. Company Desires
- ...2. Consolation ameliorates
- ...3. Capriciousness
- ...4. Complexion Fair, Blond, Light
- ...5. Diabetes

...Phosphorus 12/5, Pulsatilla 11/5, Arsenic-alb 8/5, Kali-carb 8/4, Calcaria-carb 7/4, Lycopodium 7/4, Bryonia-alb 6/4 Comes up after repertorisation from Complete Repertory of **Homopath Classic MD**, Considering the thermal (Pt is sensitive to both heat and cold) and physical constitution **PULSATILLA** was selected as a constitutional medicine of the patient. Patient was given Pulsatilla 30 One Dose Followed by Placebo Tho Times a Day, there was gradual improvement, the allopathic hypoglycemic was tapered down and stopped, for more than six months

**Prognosis:** The response was "Positive Response" all her complaints were better gradually, her pain extremities, sleep, appetite, sense of well being, frequency of urination, blood sugar levels, all improved after every visit and with in three months I gradually taper down her allopathic medicine, fasting 80 and PP blood sugar 110 (came down with in normal limit). There after the placebo also discontinued and observed up to three years. Patient is perfectly normal, and can be declared cured of Diabetes Mellitus.

Now the question arises can damaged pancreas be repaired? Can the endocrine portion re-grow? This was a case of **NIDDM**, where the effectiveness of insulin is reduced not the production, and it can be done by application of correct constitutional homoeopathic medicine. Second can insulin producing cells reproduce insulin after their damage? My assumption is yes; because after thyroidectomy, if TSH is raised mostly thyroid gland re-grows; due to feed back mechanism of endocrines the

stimulating hormone is capable to do this. In case of pancreas there is no such hormone but direct hypothalamus and other controlling factors play the role. The reduced tissue of endocrine gland increases their functioning, as we have seen in persons having one testis or one ovary, they mostly do not face any problem in re-production. There is very effective role of homoeopathic medicine in degenerative diseases like Leucoderma, all of us know and have seen in Leucoderma cases, regeneration of melanocytes and melanin pigment. So diabetes is a curable disease and a homoeopathic medicine has very extensive scope. If we can make the sick in order and harmonious, regeneration is possible even in case of **IDDM**. Of course we have to remove the under lying cause whether it is over exceeded lipidaemia or any miasm etc. In over stressed patients the homoeopathic medicine can improve their sensitivity and tolerance and make them think positively. The need is to understand the sick, need is to apply the tools, "The Medicines" on the true principles of homoeopathy as advised by the master Dr. S.C. F. Hahnemann. We have to bring to a halt the process of degeneration, the process of atrophy, the process of syphilitic miasm, to give proper environment to re-grow the pancreatic damaged tissue; by reducing the fats, stress and inflammations than the healing and relief is inevitable. The man is sick because he thinks in that way, because he feels anxiety conscience of, guilty, self contempt or he is contented, he does not care what is happening with him. We have to change him our medicine can change it. Change the miasm from destruction (Syphilis) to Sycosis to Psora.

**NIDDM** can be controlled by dietary management only in fifty percent cases; remaining requires medicinal management along with dietary, it is mentioned in the literature repeatedly. The diabetes which is due to causes other than pancreas especially due to disorder of other endocrine glands is easy to manage (psoric). The diabetes due to hyper lipidaemia (obesity) also easy to manage by lowering lipids (sycotic); most difficult is syphilitic where pancreas, beta cells of pancreas are destroyed by the degeneration. Though there are histories in our literature also where

gangrene and syphilis were cured, then why we cannot hope to make the diabetes well? And also if we can treat at psoric, sycotic stage of diabetes, we can prevent the patient to go in to the syphilitic form where it is most difficult to bring the patient out.

In recent years diabetes mellitus has created a serious threat to mankind because of its magnitude and prevalence. Incidences of diabetes mellitus are increasing by every day of the week, from the literature it is evident that faulty living habits (rich diet, stress and strains, sedentary life habits, over ambitiousness, over expectations, increased life facilities, nuclear families, excessive desire for wealth and glitter etc.), injudicious use of medicines, and suppression of local maladies etc., are responsible for its mounting. The greatest advantage of giving homoeopathic treatment in a Diabetes Mellitus is that it improves without hazards of damaging the pancreas, exclusive of disturbing natural hormonal harmony, with no drug dependency which is very often happens in conventional medicine.

On the other hand homoeopathic treatment by removing fundamental cause, makes the person healthy as a whole that is it enhances natural insulin production, improves the effectiveness of insulin, decreases the insulin antagonistic activity of opposite hormones.

The diabetes mellitus is a constitutional disorder and can only be treated by the constitutionally similimum medicine, so there is no scope of giving more than one medicine, as well as frequent repetition (until the action is exhausted), if such medicines once prescribed that alone is adequately sufficient to bring every thing in order.

The diabetes in an incurable disease; it can not be treated; one have to live with it; these myths must removed from the mass, by giving appropriate pathological evidence of recovery to them. This will not only increase the faith on us but also positive hope in the patients for their rapid recovery. I am sure the day will come when we homoeopath as well as mass will understand our system's importance, and superiority. It is also expected that the disease will be handled better in future than is possible now, of course with the help of right homoeopathy only.