

Review Article

Homeopathic Medicinal Products and Importance in Diabetes

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Abstract

Background: Diabetes is a condition that happens when your blood sugar (glucose) is too high. It develops when your pancreas doesn't make enough insulin or any at all, or when your body isn't responding to the effects of insulin properly. Diabetes affects people of all ages. Most forms of diabetes are chronic (lifelong), and all forms are manageable with medications and/or lifestyle changes. So many health problems can develop in diabetic people, like heart diseases, kidney diseases, eye problems, etc. Diabetes mellitus is a chronic disease. A qualified homeopathic doctor needs to be consulted for the selection of the right medicine and its potency. **Objective:** There are many allopathic medicines available for the treatment of diabetes, but they have lots of side effects. The main objective of this study is to find out the appropriate homeopathic medicines for the treatment of diabetes. **Methods:** A literature search was conducted on the databases, namely Science Direct and PubMed, with the help of different keywords such as "homeopathic medicine treatment of diabetes." The search was customized by applying the appropriate filters so as to get the most relevant articles to meet the objective of this review article. **Result:** There are different research and review papers based on the homeopathic medicine treatment of diabetes and the activity of new drug molecules. **Conclusion:** On the basis of our study, we found that some treatments approach homeopathic medicines for the treatment of diabetes and suggested that if we used homeopathic medicine to reduce the side effects of allopathic medicines.

Keywords

Homoeopathy, Diabetes, Heart Diseases, Kidney Diseases, Eye Problem

1. Introduction

Incredible changes to people's way of life have occurred as a result of India's recent rapid urbanisation and industrialization. People living in cities often don't move around much, smoke, and eat a lot of junk food. A high-calorie diet, insufficient physical exercise, and excessive stress are the main causes of the ever-increasing incidence of diabetes mellitus, despite the remarkable progress in medical technology. Multiple factors contribute to hyperglycemia, which in turn causes

diabetes mellitus, a metabolic disorder. When insulin production or action is impaired, or both, it leads to elevated blood glucose and metabolic disruptions involving carbohydrates, proteins, and lipids. The majority of the glucose (sugar) in your diet originates from carbs. It's the primary fuel that your body uses. Glucose is transported to every cell in your body via your blood. A "key" is necessary for glucose, once in your bloodstream, to reach its ultimate destination. Insulin, a

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hormone, is crucial. Hyperglycemia, or high blood sugar, occurs when either the pancreas does not produce enough insulin or the body does not use it well. Heart disease, neurological damage, and visual difficulties are among the long-term complications that can result from persistently high blood glucose levels. Type 2 diabetes is medically known as diabetes mellitus. Diabetes insipidus is a separate but related medical disease. Because they both cause you to drink more water and urinate more often, they are both referred to as "diabetes." Less common than diabetes mellitus is diabetes insipidus. Insulin-dependent diabetes mellitus type I and non-insulin-dependent diabetes mellitus type II are the two main forms of diabetes mellitus. There are now over 280 million individuals living with type 2 diabetes and its complications, and that number might quadruple by 2030 [1–10].

2. Pathogenesis

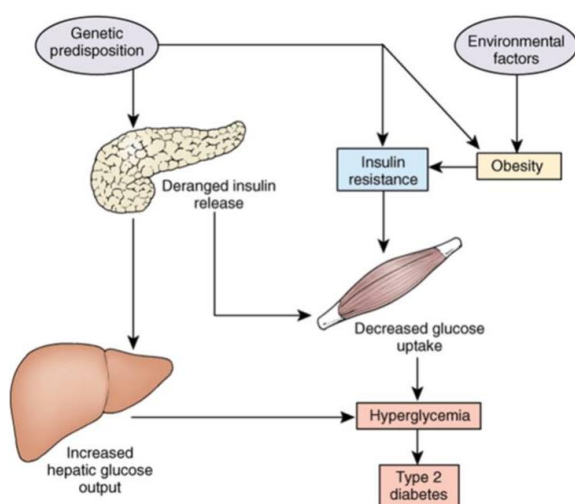


Figure 1. Pathogenesis of diabetes mellitus.

Inadequate insulin release from beta cells of the pancreas is the hallmark of diabetes mellitus, an endocrine condition. Hereditary factors, chromosomal abnormalities, obesity, inactivity, and high glucose consumption are the main causes of diabetes mellitus. Micro- and macrovascular problems might develop as an atypical outcome of hyperglycemia. Diabetic retinopathy, diabetic nephropathy, and diabetic neuropathy are microvascular consequences. Cardiomyopathy, a kind of macrovascular complication, encompasses congenital heart disease and cerebral vascular disease, which cause mental confusion, infarction, and haemorrhage, among other symptoms. Hypoglycemia is a major complication of diabetes mellitus. The pathophysiology of diabetes causes hyperglycemia and hypoglycemia [11–15].

Diagnosis: Experts from the World Health Organisation and the National Diabetes Data Group have recently amended the criteria for the diagnosis of diabetes mellitus. The new criteria highlight fasting plasma glucose as the most accurate and easy test for detecting diabetes mellitus in asymptomatic individuals. The fasting plasma glucose (FPG) is used to categorise glucose tolerance into three groups.

1. _ FPG < 110 mg/dl is considered as normal
2. _ FPG ≥ 110 mg/dl but < 126 mg/dl is defined as IFG (Impaired Fasting Glucose)
3. _ FPG ≥ 126 confirm the diagnosis of diabetes mellitus

Plasma glucose levels between 140 and 200 mg/dl, measured two hours after an oral glucose load of 75 g, constitute a new diagnostic category known as fasting plasma glucose, which is similar to IGT. A diagnosis of diabetes mellitus is adequate when there are characteristic symptoms such as increased thirst (polydipsia), increased micturition (polyuria), increased hunger (polyphagia), and weight loss, in addition to a random plasma glucose concentration of 200 or above. Although not advised for regular screening, the two-hour plasma glucose, often known as postprandial, is still a reliable method for detecting diabetes mellitus [16–20].

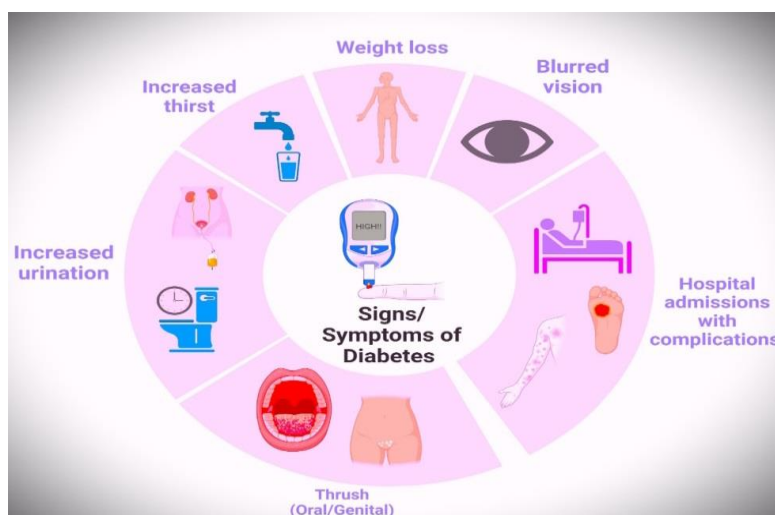


Figure 2. Signs and Symptoms.

3. Diet and Nutritional Plan

As long as it's balanced and doesn't exceed the allowed calorie restrictions, a diabetic may eat nearly everything the general public eats. Improved glucose control is impossible without a well-managed dietary programme. The likelihood of diabetes complications is diminished. There are a lot of variables, like the type of diabetes, the therapy, the patient's age, their level of physical activity, and so on, that determine how many things a diabetic may eat. Treatment plans and lifestyle factors will determine meal times and portion sizes. These are matters that your doctor and nutritionist would recommend to you. In order to normalise blood glucose levels, it is helpful to be consistent with the meal types, nutritional information, and timing of consumption on a daily basis [21–25].

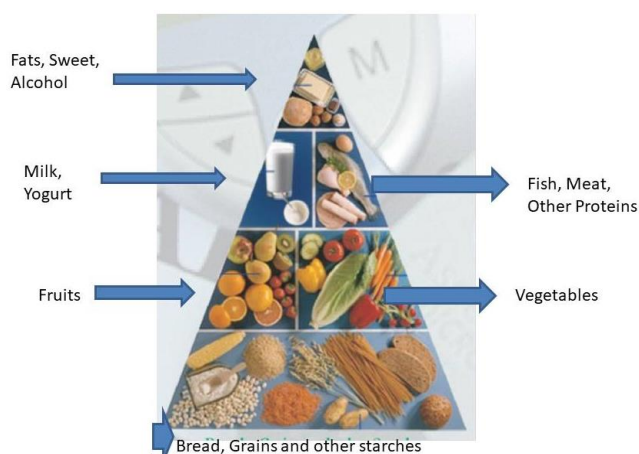


Figure 3. Diet and nutritional plan of DM.

4. Homeopathic Treatment Approaches

Totality of symptoms, or uniqueness, is what homeopathy is all about. In order for homeopathic medicine to heal diabetes mellitus, the patient must undergo comprehensive miasmatic and constitutional therapy as soon as possible. When problems develop in advanced type 2 diabetes mellitus, therapeutic therapy is more effective than constitutional treatment. Psoric miasm and diabetes mellitus comprised it. Tubercular miasm is another name for the pseudo-psyche maze. This miasm combines psora with syphilitic symptoms. Tubercular miasm is often associated with a "problem child" who is described as being unsociable, depressed, slow to understand, dull, and unable to maintain a train of thought. The patient is experiencing relief from unpleasant perspiration, such as that which occurs in the feet or under the arms, which, when left untreated, can lead to serious health problems. An ulcer's healing process alleviates the patient's mental issues. Even a little contusion has the potential to suppurate, and there is a considerable predisposition for pustule production.

The typical patient is highly bright, perceptive, and methodical in his approach to life; he desires a constantly active yet sedentary existence [25–30].

General Instructions to use Homeopathic Medications:

1. Medicine should be taken after cleaning the mouth and preferably in empty stomach.
2. Strong smelling substances like onion, garlic etc. should not be taken within half an hour before and after taking the medicine.
3. The medicine should not be taken if the white globules turn yellow, or if the sediments appear in the liquid form of medicine.
4. Homoeopathic medicines act better in patients who are not addicted to tobacco products. It is, therefore, advisable to restrict the use of cigarette, bidi, paan masala, alcohol, narcotics, etc. when one is under homoeopathic medication.
5. If patient doesn't improve within or becomes worse at any time, then a qualified homoeopathic doctor should be consulted.
6. During homoeopathic treatment, no other medicines should be taken, unless suggested by a qualified homoeopathic doctor.
7. Keep the medicines:
 - 1) Away from strong smelling substances like camphor, menthol etc.
 - 2) In a cool, dry place away from direct exposure to sunlight.
 - 3) Away from the reach of children.

Here Are Some Homoeopathic Treatments for Sugar:

Some homoeopathic medications require special packaging before dispensing. Following a lip lick, the patient must perform this homoeopathic therapy by placing their index finger inside an envelope. Simply place the pellets on your finger, insert them into your mouth, and suckle slowly [31].

Dietary guidelines: If you are using homoeopathic treatments for diabetes, wait at least 30 to 60 minutes before and after taking each dose before eating anything. Avoid putting anything that can cause bad breath, such as mints, food, beverages, or mouthwash, into your mouth. While you undertake diabetes reversal, you can keep taking your homoeopathic medications as prescribed. Certain precautions, such as fasting before and after taking your medication, are part of your individualized exercise and nutrition plan [32].

Avoid medications during the menstrual period: Menstruation is not the time to take medication, especially homoeopathic remedies, which might irritate a woman's internal organs. As a result, before beginning any homoeopathic treatment for diabetes, it is important to inquire with your doctor about the safety of the drug when taking it during your period [33].

Never consume cannabis: People with diabetes who are undergoing homoeopathic treatments should not consume cannabis in any form. It has the potential to interfere with

homoeopathic remedies used to alleviate diabetic symptoms [34].

Avoid taking herbal supplements: Herbal supplements for diabetes have the potential to amplify diabetic symptoms; therefore, it's best to avoid using them. Consequently, it becomes challenging to provide homoeopathic medicines. Stay away from anything that has a strong aroma, such as eucalyptus or camphor. Nowadays, many individuals want to heal themselves using safe and natural methods. It allows individuals to maintain their fitness levels organically and helps them avoid prescription side effects. Natural remedies exist for many diseases and conditions, including diabetes. Homoeopathy provides a variety of medications for the treatment of excessive blood sugar levels, in addition to herbal treatments for diabetes. Although homoeopathic drugs help treat the symptoms of diabetes, the condition is still considered incurable. As a result, homoeopathy is a safe and effective way to control excessive blood sugar levels organically.

With the help of the Diabetes Reversal Method, you can quickly and easily control your blood sugar levels without leaving your house. Everyone in the patient population has a strong desire to be better, but few know what steps to take. As Dan Singer so astutely put it, "It's hard to police yourself without help." Certified coaches can keep you motivated and on track with regular check-ins, progress reports, and challenges [35].

The many forms of homoeopathic treatment for diabetes that Abroma Augusta offers are as follows:

Abroma Augusta: Among homoeopathic diabetic medicines, it is by far the most widely used. Doctors prescribe the drug Abroma Augusta to diabetic patients who experience severe weakness as a result of muscular atrophy. Reversing diabetes requires a combination of walking and workouts that develop muscle. Gain muscle mass with the support of a personal fitness coach and a nutritionist who can design a programme that fits your needs and your schedule so that you can eat the right foods and exercise the right way. Patients whose symptoms include excessive thirst, dry mouth, frequent urination, and an increased appetite. Many diabetes patients suffer from sleeplessness also due to high blood sugar levels [36].



Figure 4. Abroma Augusta.

Jambolanum Or S. Cumini (Black Plum): As far as homoeopathic remedies for diabetes go, this one is tops. Diabetes symptoms such as thirst, weakness, and frequent urination can be alleviated with this medication. Maintain regular blood sugar levels by taking this medication at the prescribed intervals. Reducing sugar in urine and healing old skin sores caused by diabetes are two of its benefits. Ten minutes before each meal, mix fifteen drops of Syzygium jambolanum mother tincture with half a glass of water [37].



Figure 5. Syzygium Jambolanum.

Uranium Nitricum: It is a primary homoeopathic treatment for diabetes that promotes diuresis. Urinary incontinence, enuresis, and urethral burning caused by elevated blood sugar levels can be alleviated with its treatment. Conditions including fatty liver, high blood pressure, and diabetes can be helped with the homoeopathic remedy Uranium Nitricum. Follow your doctor's instructions before taking uranium nitrate. If you're having trouble controlling your blood sugar, try changing the way you eat and sleep. Lifestyle coaches can speed up the process of reaching your objective if they follow up with you often [38].



Figure 6. Uranium Nitricum.

5. Conium

High blood sugar-related nerve damage and numbness in the hands and feet can be alleviated with conium. Additionally, it helps with weak lower-body muscles. Poisonous hemlock is another name for conium. An extremely poisonous substance. The nervous system is unaffected by conium, while the spinal cord is weakly affected. For that reason, it is useful in alleviating neuromuscular issues brought on by elevated blood sugar. It aids in alleviating neuropathic pain and provides better sleep [39].



Figure 7. Conium.

Phosphoric Acid: Among the many natural homeopathic remedies for diabetes, phosphoric acid stands out. In most cases, it can alleviate nerve-related diabetes. When patients with diabetes experience excessive urine production, the homeopathic physician may recommend phosphoric acid. Additionally, a milky urine colour signifies an elevated sugar level. When diabetes is in its early stages, phosphoric acid can help [40].



Figure 8. Phosphoric Acid.

6. Phosphorus

Those individuals who suffer from pancreatic illnesses and high blood sugar levels, particularly TB, are good candidates for the substance known as phosphorus. Patients who suffer from diabetes and experience symptoms such as dry mouth, restlessness, and dry and watery stool can reap the benefits of phosphorus just like they would from diabetic drugs [41].



Figure 9. Phosphorus.

Argentum Metallicum: Patients with diabetes who are experiencing excessive and frequent urination may be prescribed Argentum metallicum by their doctor. Those with sugar issues who experience unconscious urine passing also find relief with Argentum metallicum. Each day, dilute five drops with half a cup of water and take three doses. The granules can be taken three times daily, or as prescribed by a doctor, to treat the body [42].



Figure 10. Argentum Metallicum.

Natrum Phos 3x: Another homoeopathic medicine that might help diabetics is Natrum Phos 3x. It lowers blood sugar levels while aiding in the treatment of gastrointestinal ailments. Whether used alone or in conjunction with other homoeopathic medicines, Natrum Phos 3x is beneficial for those with diabetes. A biological pill containing it is on the market. Consuming nutritious food that is readily available in the kitchen and adhering to appropriate eating habits might help overcome digestive issues. A personal diet coach may assist you in creating a meal plan that incorporates essential foods while also providing ongoing support and encouragement [43].

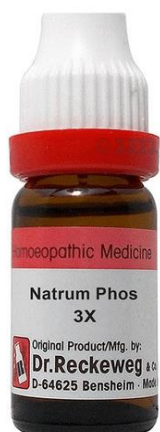


Figure 11. Natrum Phos 3x.

Cephalandra Indica: Patients with diabetes can also benefit from the homoeopathic medicine Cephalandra Indica. In addition to controlling blood sugar levels, it addresses blood urea. This drug can alleviate the negative consequences of diabetic symptoms for people with diabetes. Nevertheless, the alleviating symptoms of diabetes could not manifest for a while. It helps with renal problems and also functions as a detoxifier. Smoothies are a great way to cleanse your body of toxins and aid in the reversal of diabetes [44].



Figure 12. Cephalandra Indica.

Natrum Mur: An excess or deficiency of any one bodily fluid can also lead to hyperglycemia. In order to promote and maintain a healthy balance in your body, Natrum Mur might be helpful. Consequently, your blood sugar levels are well-regulated because your kidneys efficiently remove any extra glucose from your body. You may get it in the form of a pill or tincture. Mother tinctures should be taken three times daily with a dilution of three to five drops in half a cup of water. In any case, follow your doctor's instructions for how to swallow or chew the pill [45].



Figure 13. Natrum Mur.

Natrum sulphuricum (Sulphate of Sodium): This is a treatment that works well for those with what is known as a hydrogenoid constitution, who often have symptoms like these as a result of living in wet environments. Anxiety, mental overwork, and sexual excess can cause diabetes of nervous origin [46].



Figure 14. Natrum Sulphuricum.

Gymnesa sylvestre: The "Sugar Killer," which is a substance that almost exclusively causes diabetes mellitus,

causes reduced levels of sugar in urine, frequent micturition that is sugar-laden, and extreme fatigue after passing large volumes of urine. Polyuria happens both during the day and at night.



Figure 15. *Gymnema sylvestre*.

It is increasing secretion of insulin

- 1) It promotes regeneration of islet cells.
- 2) It increases utilization of glucose.
- 3) It causes inhibition of glucose absorption from intestine.

Helonias Chamailirium: A patient may have the following symptoms: diabetes mellitus, insipidus, phosphatic and albuminous urine, excessive thirst, restlessness, severe depression, irritability, and dull, constant ache in the lower back.



Figure 16. *Helonias Chamailirium*.

Boric Acidum: Diabetics who have redness, dryness, cracked tongue, and urinary tract infections may respond

well to this. Hot flashes, hot salivation, extreme coldness, and a propensity for facial edoema, particularly around the eyes, are all symptoms of menopause [47].



Figure 17. *Boric Acidum*.

Lactic Acidum: Polyuria is accompanied by diabetes. The mechanism of action of the cure is intriguing to investigate since, when muscles tire from exercising, they make sarcolactic acid, which is chemically identical to actual lactic acid but differs in its polarimetric rotation. Therefore, the game being pursued causes the muscles to become very rigid due to the creation of sarco-lactic acid. In homoeopathy, this indicates a significant weakening of the muscles. In a few instances, lactic acid can help with dyspepsia symptoms like excessive salivation, nausea, and worsening symptoms after eating, acid eructation, or rheumatoid arthritis symptoms like weakness and shaking with light exertion [48].



Figure 18. *Lactic Acidum*.

Iodium: It is suitable for diabetics who are deficient in nutrients, have an insatiable desire, a great thirst, a considerable weakness, and sweat with the least amount of exertion. Additionally, it is suitable for a diabetic who will develop tuberculosis and quick emaciation. As a result of the patients' extreme hunger, they experience anxiety while they are waiting for their meals [49, 50].



Figure 19. Iodium.

7. Conclusion

The principle of homeopathy, "likes cure likes," is the foundation of homeopathic medicine. The whole set of symptoms is the foundation for homeopathic medicine prescriptions. Allergies, money, and people don't have to worry about using homeopathic remedies. If you're trying to control your diabetes with homeopathic medication, it's important to take the prescriptions exactly as prescribed. Additionally, leading a healthy lifestyle will help you achieve your objective even faster. In addition to taking their regular diabetic medication, some people with diabetes choose to use homeopathic remedies. But, before starting any new diabetic medication, it is important to discuss this with your doctor. There are several forms that homeopathic therapies for diabetes might take. Hence, before giving the dosage of treatments, read the directions thoroughly. To get the most out of the cures, make sure your hands are clean and smell-free. Our research shows that some diabetic therapies include homeopathic medications, and we hypothesised that this may help lessen the negative effects of conventional allopathic therapy.

Conflicts of Interest

The authors declare no conflicts of interest.

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