

A Study to Evaluate the Role of Homoeopathic Treatment in Type 2 Diabetes Mellitus in Obese

Shweta Goyal

Abstract: *Diabetes is a major disease burden in India, and India is home to the second largest number of diabetes cases in the world with currently over 72 million cases of diabetes. The reported prevalence of obesity in type 2 diabetes mellitus was 60%–90%. Obesity and overweight pose a major risk for chronic diseases and are considered to be a strong risk factor for the development of Type 2 diabetes mellitus.⁽¹⁾ Homoeopathy has been said to be having much efficacy in treating type 2 diabetes mellitus because of its holistic approach of considering body, mind and disease. This study was focused on determining the role of homoeopathic treatment in obese suffering from type 2 diabetes mellitus. This Exploratory study was carried on for period of 18 months on a sample size of 50. It was observed that 64% (32 cases) individuals showed remarkable improvement, 26% (13 cases) individuals showed good improvement and 10% (5 cases) showed no improvement. This study shows that homoeopathy when given after careful history taking is successful in treating type 2 diabetes mellitus in obese.*

Keywords: Diabetes mellitus, Obese, Overweight, Homoeopathy, insulin, Lycopodium, Nuxvomica

1. Introduction

Diabetes is chronic clinical syndrome characterized by defective response of insulin. There is an inadequate beta-cell response to the progressive insulin resistance that typically accompanies old age, lack of physical activity, and weight gain. The disease is known to have substantial morbidity and mortality rate from adverse effects on heart and disease-specific complications such as neuropathy and nephropathy. Type 2 diabetes can lead to long-term diabetes-related complications such as heart and kidney disease.⁽²⁾ The increasing global prevalence of type 2 diabetes is directly proportional to rising rates of obesity. DM type 2 and obesity have a complex relationship with one another with obesity being one of the risk factors of T2DM.⁽³⁾ This is a result of changing social trends toward higher energy intake and reduced energy expenditure. Lack of proper understanding of the patho-physiology of diseases such as type 2 diabetes and obesity frustrates efforts to develop improved therapeutic and preventive strategies.

The homoeopathic medicines for diabetes mellitus are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution. In aphorism 1 of Organon of Medicine, Hahnemann states, "The physician's high and only mission is to restore the sick to health, to cure, as it is termed".⁽⁴⁾ This states that it is the patient which needs to be cured and not his diseased part.

Dr. H.A. Robert writes in Homoeopathic therapeutics in Endocrinology that, "The diabetic patient usually presents subjective symptoms that clearly indicate the similimum, or he may be able to give a history of emotional shock preceding his present affliction that will point the way to the remedy."⁽⁵⁾

2. Materials and Methods

Study setting

The study has been conducted on the patients of OPD/IPD and Peripheral Dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital.

Study Design

An exploratory study was conducted to evaluate the role of Homoeopathic treatment in Type 2 Diabetes Mellitus in obese individuals. This study was carried out at Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, peripheral OPD, various rural and urban camp series, OPD, IPD. The cases were selected which fulfils the case definition and inclusion and exclusion criteria those who participated willingly in the research.

Intervention

Patients fulfilling the eligibility criteria were enrolled for clinical assessment and the homoeopathic intervention. Medicine was given in 30ch, 200ch, or 1M potency as per the susceptibility of the subjects. The medicines were repeated depending on the potency and complaints of the patient in accordance with the principles of homoeopathy.

Selection tool

Drug was acquired from standard pharmacy (SBL Utrakhand) & was stored as per rules of Homoeopathic Pharmacopoeia. Medicines were stored in Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana, Punjab. Freshly prepared powder dose was used for dispensing purpose. Log no. & Batch no. was maintained.

Brief of procedures

Medicines- Medicines were prescribed on the basis of symptom similarity and after confirmation with the Materia Medica.

Volume 11 Issue 10, October 2022

www.ijsr.net

Licensed Under Creative Commons Attribution CC BY

Placebo- it was given in the form of sugar of milk & globules which were given along with the remedy.

Declaration- was given that the drug used was not harmful to human beings. The said remedy is already available in the Homoeopathic literature, well proved on healthy human beings and is harmless, having no side effects.

Inclusion Criteria:

- Obese patients with BMI equal to or more than 30 kg/m²
- Patients with type 2 diabetes mellitus (diagnosed according to American Diabetes Association criteria)
- Patients who will strictly follow the guidelines

Exclusion Criteria:

- Patients with BMI less than 30kg/m² with Type 2 Diabetes Mellitus are excluded.
- Cases of Type 1 Diabetes mellitus
- Diabetes mellitus with complications like retinal damage, renal failure and gangrene etc. are excluded
- Diabetes associated with other systemic diseases which are on active treatment.
- Pregnant.

3. Results

As per the inclusion criteria, total of 50 cases were included and were subjected to statistical analysis.

Paired t-test was conducted to access the role of homoeopathic treatment in type 2 diabetes mellitus in obese. The result showed that the value of critical t (8.001) is greater than the tabulated value in t-table at df=49 confidence level 95% at 0.05 i.e. 2.0096, which is statistically significant. Thus, the null hypothesis (H₀) is being rejected and the alternate hypothesis (H₁) that is 'homoeopathic treatment is effective in treating type 2 diabetes mellitus in obese.' is being accepted.

Case history of each subject was carefully taken and medicine was prescribed on the basis of symptom similarity. On analyzing the medicines given in each case, it was observed that Lycopodium, nuxvomica, calcarea carbonicum both were prescribed in 5 cases, , phosphorus, sulphur and arsenic album were prescribed in 4 cases each, acid phosphoricum, carnosin, pulsatilla, ignatia, natrummuriaticum were prescribed in 3 cases each, thuja, lachesis, mercurius solubilis were prescribed in 2 cases each, and platinum, rhustoxicodendron, causticum, gelsemium, china, ruta were prescribed only in 1 case each.

After comparison of HbA1c levels before and after the homoeopathic treatment, it was observed that 64% (32 cases) individuals showed remarkable improvement, 26% (13 cases) individuals showed good improvement and 10% (5 cases) showed no improvement.

4. Discussion

Type 2 Diabetes mellitus is majorly a life style disorder. Obesity predisposes the risk of development of type 2 diabetes mellitus. Stress also stands out as a risk factor in development of type 2 diabetes mellitus. Individualized homoeopathic treatment takes into consideration both mental and physical aspects of the subject which helps in treating diabetes mellitus. Therefore, homoeopathic treatment is effective in treating type 2 diabetes mellitus in obese.

5. Conclusion

Constitutional treatment is effective in treating type 2 diabetes mellitus in obese. This study shows that homoeopathy when given after careful history taking is successful in treating type 2 diabetes mellitus in obese. Both obesity and type 2 diabetes mellitus are lifestyle disorders. Life style modifications along with homoeopathic treatment can help in treating diabetes mellitus successfully.

References

- [1] Vasanthakumar J, Kamar S. Prevalence of obesity among type 2 diabetes mellitus patients in urban areas of Belagavi. Indian J Health Sci Biomed Res2020;13:21-7. Available from: <https://www.ijournalhs.org/article.asp?issn=25426214;year=200;volume=13;issue=1;spage=21;epage=27;aulast=Vasanthakumar>
- [2] Holt R., Cockram C., Goldstein B., Flyvbjerg A., et al Textbook of Diabetes. Fourth edition; A John Wiley & Sons, Ltd., Publication
- [3] Hussain A., Hydrie M.Z.I., Claussen B., Asghar S. (June 2010). Type 2 diabetes and obesity: A review. Journal of Diabetology, 1(2), 1. Available from: <https://www.journalofdiabetology.org/article.asp?issn=2078-7685;year=2010;volume=1;issue=2;spage=4;epage=4;aulast=Hussain;type=0>
- [4] Hahnemann S. 2010. Organon of Medicine. Sixth edition. Noida. U.P. B. Jain Publishers (P) Ltd.
- [5] Roberts H.A. The Principles and Art of Cure by Homoeopathy. Reprint Edition: July 2014. Indian Books & Periodical Publishers.

Author Profile



Dr. Shweta Goyal, B.H.M.S (Gold Medalist) from Homoeopathic Medical College and Hospital, Chandigarh and PG Scholar in Homoeopathic Subject-Homoeopathic Materia Medica at Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana.