

## Homeopathic medicines and diabetes

Our intention here is to show the value of Homeopathy in the treatment of Diabetes Mellitus, the treatment which is often complex and difficult. Diabetes is characterised by the presence of sugar in the urine. Also we can say diabetes is a condition of impaired carbohydrate utilization caused by an absolute or relative deficiency of Insulin.

The causes of diabetes are many and varied:- Hereditary; obesity; over-eating; mechanical injuries, especially concussions of the whole body or of the brain and spinal cord in particular; disease of the nerve-center such as inflammations, degenerations, softening and tremors of the brain; violent mental emotions such as fright, anxiety, anger, grief, solitude, doing too much of brain work and too little of physical exercise; exposure to cold and moisture; errors in diet; drinking too much alcohol; eating sweets too much; severe bodily exertions, may give rise to sugar in urine, but these are not the only causes of diabetes, there are many more.

### Main types of diets

Primary Diabetes:

\*Insulin Dependent Diabetes Mellitus IDDM :- in which the patient has to depend on Insulin for the control of diabetes and survival. The effectiveness of oral drugs is limited because of a complete absence of islets (cells found in the pancreas). Treatment by Insulin is only palliative, not curative. We must not forget that the use of Insulin has also its danger, specially hypoglycemia (deficiency of sugar in the blood). So the use of Insulin should be done very carefully and in a limited quantity.

\* Non-Insulin Dependent Diabetes Mellitus NIDDM usually occurs in the old age. The secretion of Insulin usually remains almost normal but it is not so effective. The patient has to take diabetic restrictions along with oral drugs. There is yet a small group of patients who fall under the group of MODY :- or maturity onset diabetes of the younger people. Which normally can be controlled by oral drugs.

### Secondary Diabetes

This type usually results from destruction of Islet cells by any cause, such as:

- Pancreatic Disease: Acute or chronic inflammation of Pancreas, cancer of pancreas, pancreatectomy or when pancreas is removed surgically due to any cause.
- Liver Disease: Chronic hepatitis, cirrhosis of liver may cause diabetes.
- Hormones Influence: abnormal concentration of hormones in circulation can also cause diabetes. For example, Glucagon, Catecholamines, Adrenocortical hormone (patients of Cushing's syndrome), Growth hormones- most Acromegalics are diabetics.
- Drugs: Many drugs like Corticosteroids, Phenytoin, Thiazide diuretics, Glucocorticoids etc may cause diabetes.

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- Other Factors: Onset of diabetes during pregnancy or a woman who has given birth to a child weighing 4 kilograms or more.

### Symptoms

The most common symptoms of diabetes include excessive thirst (polydipsia); excessive urination (polyuria); excessive hunger (polyphagia); fatigue; loss of weight; itching mostly in genitals; sexual weakness; slow healing of wounds; gangrene, boils and infections of the skin; drowsiness; forgetfulness; digestive problems; Vision problems; bleeding gums; dryness of mouth; early loss of teeth; breath smelly; aches and pains in body; sleep at night becomes more and more distressing. Diabetic children frequent bed-wet while other

symptoms mentioned above can be present.

### Complications

If not properly controlled Diabetes can develop many complications such as:-

- Diabetic Coma: Unconsciousness due to diabetes may develop because of ketoacidosis or over treatment with insulin which is extremely dangerous.
  - Eyes: The eyes are the most commonly affected in long standing diabetes. It can cause blurred vision, cataract, glaucoma, blindness.
  - Cardio vascular: Narrowing of the blood vessel lumen because of deposition of cholesterol in the walls of vessels, depending upon the vessel involved, it may cause heart attack, stroke (paralysis) etc.
  - Kidneys: Loss of albumin in the urine, urinary tract infections, kidney failure.
  - Nervous system: Impotence, diarrhea, tingling sensation (numbness), dizziness on sudden change of posture.
- We must not forget that the cause of diabetes is much deeper than we think. In Homeopathy every case is individualised basing on the each patient's symptoms. Totality of symptoms of the whole body leads to the selection of the remedy. This is the classical method of homeopathy. The diet of the patient plays an important part to control the disease. He must do some exercise. The patient must realize that good health lies mostly in his own hands. He must try to understand the nature of his disease and pursue the treatment with care and persistence. By following the doctor's advice even hopeless cases can get good results. In conclusion we may say that there are numerous remedies in homeopathy to fight diabetic debility; to maintain him in equilibrium; to check nervous, digestive and urinary symptoms ♦

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