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## CASE REPORT

### A CASE OF DIABETES MELLITUS MANAGED BY HOMOEOPATHY: A CASE REPORT

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#### Abstract

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**Key Word-** Diabetes mellitus, Individualized homoeopathic medicine, Causticum, Repertorization,

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Diabetes is a serious public health problem and increasing globally, that leads to serious complications like macrovascular (cardiovascular (CV), cerebrovascular, and peripheral artery disease) and microvascular (diabetic retinopathy, nephropathy, and neuropathy). In developing economies like India, due to unhealthy lifestyles there is increasing prevalence of overweight/obesity. The present case is evidence based and is managed by homoeopathic prescription with minimum dose of potentised drug selected on the basis of repertorisation.

#### INTRODUCTION

Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose (or blood sugar), which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves. The most common is type 2 diabetes, usually in

adults, which occurs when the body becomes resistant to insulin or doesn't make enough insulin. The estimates in 2019 showed that 77 million individuals had diabetes in India, which is expected to rise to over 134 million by 2045. Approximately 57% of these individuals

remain undiagnosed. For type2 diabetes the four major determinants are increasing age, obesity, ethnicity, and family history.

## CASE STUDY

### 1.1 Complaint and brief history

1.1.1 **The Patient** - A patient aged 45 female about 5 feet 4 inches weighing around 76 kg. By occupation she was a housewife who visited opd for treatment on 12/10/2022.

### 1.1.2 Physical examination and past and personal history

Patient was apparently healthy 2 month back the she started complaining of numbness in right hand fingers, weakness and trembling, loss of sleep increased frequency of urination and cramps in lower limb. When she came she has already done blood sugar level:

fasting level: 365 mg/dl and

PP: 446 mg /dl.

She was already taken allopathic medicines. But she wanted to start homoeopathic medicines.

### Mental and Disposition:

She told that her younger sister died before 1 year back after that she had

started these complaints. Angry, anger makes her weep. She was very sympathetic in nature.

### Past history

Hystrectomy 10 years back

### 1.1.3 Prescription and follow ups:

Showing the change in the symptoms and selection of the homoeopathic medicines and follow ups.

In terms of reportorial analysis, causticum covered maximum symptoms and rubrics. Therefore the treatment was started with causticum 30. Homoeopathic treatment is given as per the principles of homoeopathy.

The screenshot shows a software interface with a list of rubrics on the left and a grid of numerical values on the right. The rubrics are:

1. MIND - AILMENTS FROM - death of loved ones
2. MIND - WEEPING - anger - after
3. MIND - SYMPATHETIC
4. GENERALS - DIABETES MELLITUS
5. GENERALS - FAINTNESS - trembling, with
6. EXTREMITIES - NUMBNESS - Fingers
7. SLEEP - SLEEPLESSNESS - complaints - causing sleeplessness

The grid below shows numerical values for various remedies (columns) across the rubrics (rows). The columns are labeled: caust., nu-v., ach., nat-m., calc., coff., lyc., spina, graph., ambig., nit-ac, phos, ars, alon., op., Plat.

	caust.	nu-v.	ach.	nat-m.	calc.	coff.	lyc.	spina	graph.	ambig.	nit-ac	phos	ars	alon.	op.	Plat.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
7	7	6	6	5	5	5	5	5	5	5	4	4	4	4	4	4
9	9	9	8	9	8	8	7	7	6	6	10	9	7	7	7	7
1.	1	1	3	1	1	-	3	2	-	-	3	3	3	1	-	-
2.	1	2	-	1	-	2	-	1	1	1	-	-	-	-	2	-
3.	2	2	1	2	1	1	1	3	1	1	2	3	-	1	-	-
4.	1	1	1	1	1	1	1	1	-	-	1	1	1	-	2	-
5.	1	1	2	-	-	-	-	-	-	-	-	-	-	-	-	-
6.	2	1	1	1	3	1	3	1	1	1	3	2	2	1	3	3
7.	1	1	1	2	3	3	2	1	1	1	3	3	1	1	1	1

Dates	Symptom	Prescription and advice
visit 1 12/10/2022	BSL Fasting: 365 mg/dl BSL. PP: 446 mg/dl Profound weakness, sleeplessness, Numbness in right hand fingers	Causticum 30, 4 pills, one dose stat was given along with the diet and regimen for diabetes mellitus. Sac lac 4 pills three times a day

	Weakness and trembling Increased frequency of urination	Advice: to Test BSL fasting and PP 15 days
Follow up 1 11/11/2022	BSL Fasting: 310 mg/dl BSL PP: 409 mg/dl Weakness reduced 30%, sleep improved, Numbness in right hand fingers reduced 20% Weakness and trembling reduced 30% frequency of urination reduced 50 %	Sac lac 4 pills three times a day for 1month  Advice: To test BSL fasting and PP 15 days  Follow diet and regimen for diabetes.
Follow up 2 13/12/2022	BSL Fasting: 140 mg/dl BSL PP: 161 mg/dl Weakness reduced 55%, sleep improved, Numbness in right hand fingers reduced 50% Weakness and trembling reduced 60% frequency of urination reduced 70 %	Sac lac 4 pills three times a day for 1month  Advice: to Test BSL fasting and PP after 1month  Advice: Follow diet and regimen for diabetes.
Follow up 3 09/01/2023	BSL Fasting: 121 mg/dl BSL PP: 130 mg/dl Weakness reduced 85%, sleep improved, Numbness in right hand fingers reduced 80% Weakness and trembling reduced 80% No urinary complaints	Sac lac 4 pills three times a day for 1month  Advice:  Follow diet and regimen for diabetes.

**Investigation**



Barcode No	H2549504	Lab No	00022005030037
Patient Name	[REDACTED]	Reg Date	7/oct/2022 12:53PM
Age/Sex	45YRS/female	Sample Coll. Date	7/oct/2022 06:25 AM
Referred By	DR.Ruby Choudhary	Sample Rec.Date	7/oct/2022 02:10 PM
Client Code/Name	AP000006 HEALTHIANS NET		
Ref. Lab/Hosp		Report Date	7/oct/2022 03:03PM
Panel Address			

Test Name With Methodology	Result	Unit	Biological R
<b>.IMMUNO BIOCHEMISTRY-1</b>			
<b>Glucose Fasting (Blood Glucose Fasting)</b>			
Blood Sugar Fasting	365	mg/dl	70-100
postprandial Blood sugar	446	mg/dl	<140
<b>COMMENTS:</b>			
Fasting Blood Sugar/Glucose test. A blood sample will be taken after an overnight fast. A fasting blood sugar level less than 100 mg/dL is considered normal. A fasting blood sugar level from 100 to 125 mg/dL is considered prediabetes. If it's 126 mg/dL or higher on two occasions you have diabetes. (American Diabetes Association)			
The tests marked with an * are not accredited by NABL.			

\*\*\* End Of Report \*\*\*



Barcode No	H2549504	Lab No	00022005030037
Patient Name	[REDACTED]	Reg Date	20/oct/2022 12:53PM
Age/Sex	46 YRS/female	Sample Coll. Date	20/oct/2022 06:25 AM
Referred By	DR.Ruby Choudhary	Sample Rec.Date	20/oct/2022 02:10 PM
Client Code/Name	AP000006 HEALTHIANS NET		
Ref. Lab/Hosp		Report Date	20/oct/2022 03:03PM
Panel Address			

Test Name With Methodology	Result	Unit	Biological I
<b>.IMMUNO BIOCHEMISTRY-1</b>			
<b>Glucose Fasting (Blood Glucose Fasting)</b>			
Blood Sugar Fasting	310	mg/dl	70-100
postprandial Blood sugar	409	mg/dl	<140
<b>COMMENTS:</b>			
Fasting Blood Sugar/Glucose test. A blood sample will be taken after an overnight fast. A fasting blood sugar level less than 100 mg/dL is considered normal. A fasting blood sugar level from 100 to 125 mg/dL is considered prediabetes. If it's 126 mg/dL or higher on two occasions you have diabetes. (American Diabetes Association)			
The tests marked with an * are not accredited by NABL.			

\*\*\* End Of Report \*\*\*



Barcode No	H2549504	Lab No	00022005030037
Patient Name	[REDACTED]	Reg Date	2/nov/2022 12:53PM
Age/Sex	46 YRS/female	Sample Coll. Date	2/nov/2022 06:25 AM
Referred By	DR.Ruby Choudhary	Sample Rec.Date	2/nov/2022 02:10 PM
Client Code/Name	AP000006 HEALTHIANS NET		
Ref. Lab/Hosp		Report Date	2/nov/2022 03:03PM
Panel Address			

Test Name With Methodology	Result	Unit	Biological Ref.I
<b>.IMMUNO BIOCHEMISTRY-1</b>			
<b>Glucose Fasting (Blood Glucose Fasting)</b>			
Blood Sugar Fasting	140	mg/dl	70-100
postprandial Blood sugar	161	mg/dl	<140
<b>COMMENTS:</b>			
Fasting Blood Sugar/Glucose test. A blood sample will be taken after an overnight fast. A fasting blood sugar level less than 100 mg/dL is considered normal. A fasting blood sugar level from 100 to 125 mg/dL is considered prediabetes. If it's 126 mg/dL or higher on two occasions you have diabetes. (American Diabetes Association)			
The tests marked with an * are not accredited by NABL.			

\*\*\* End Of Report \*\*\*



Barcode No	H2549504	Lab No	00022005030037
Patient Name	[REDACTED]	Reg Date	3/dec/2022 12:53PM
Age/Sex	46 YRS/female	Sample Coll. Date	3/dec/2022 07:25 AM
Referred By	DR.Ruby Choudhary	Sample Rec.Date	3/dec/2022 02:10 PM
Client Code/Name	AP000006 HEALTHIANS NET		
Ref. Lab/Hosp		Report Date	3/dec/2022 04:30PM
Panel Address			

Test Name With Methodology	Result	Unit	Biological
<b>.IMMUNO BIOCHEMISTRY-1</b>			
<b>Glucose Fasting (Blood Glucose Fasting)</b>			
Blood Sugar Fasting	121	mg/dl	70-100
post prandial Blood sugar	130	mg/dl	<140
<b>COMMENTS:</b>			
Fasting Blood Sugar/Glucose test. A blood sample will be taken after an overnight fast. A fasting blood sugar level less than 100 mg/dL is considered normal. A fasting blood sugar level from 100 to 125 mg/dL is considered prediabetes. If it's 126 mg/dL or higher on two occasions you have diabetes. (American Diabetes Association)			
The tests marked with an * are not accredited by NABL.			

\*\*\* End Of Report \*\*\*

**RESULTS AND DISCUSSION**

After prescription of causticum patient condition was improved and her laboratory reports are convincing the results. In this case study homoeopathic treatment had shown homoeopathic result

in diabetes mellitus and Causticum in different potencies were found to be very effective. So this study shown that homoeopathic treatment based on holistic basis rather than particular pathological diagnosis.

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