

# Sai Homoeo Gen

November 2017 - Issue 3



world diabetes day  
14 November

Control your  
**Diabetes**  
with Homoeopathy



*Sri*

**SAI RAM HOMOEOPATHY MEDICAL COLLEGE  
& RESEARCH CENTRE**

*(An ISO 9001 : 2008 Certified Institution)*

Sai Leo Nagar, West Tambaram, Chennai - 44. [www.sairamhomoeo.edu.in](http://www.sairamhomoeo.edu.in)

# PATHOLOGICAL PRESCRIPTION IN DIABETIC ULCER



- Dr. K. Mahadevan, Professor, Dept. of Surgery

**INTRODUCTION :** Diabetic foot ulcers, as shown in the images below, occur as a result of various factors, such as mechanical changes in conformation of the bony architecture of the foot, peripheral neuropathy, and atherosclerotic peripheral arterial disease, all of which occur with higher frequency and intensity in the diabetic population.

## CASE

Name : Mrs. Geetha  
Age/sex : 50/female,  
Occupation : House Wife  
Religion : Hindu  
Marital Status : Married  
Socio Economic Status : Mig  
Address : Kanadapalayam,  
West Tambaram,  
Chennai.

## PAST HISTORY & TREATMENT HISTORY :

Had typhoid before 6 months. Took allopathic treatment and got relief.

## PHYSICAL GENERALS :

Appetite : 3 Times/day  
Thirst : 2 ½ L/day  
Stool : Once In A Day, regular  
Desires : Nothing Specific  
Urine : 5-6/1-2:day/night

## PRESENTING COMPLAINTS :

Pain in both knee joint since 2years.  
Ulcer in left big toe since 1 year  
K/C/ Of DM

## LOCAL EXAMINATION :

On Examination of Big toe Ulcer:

**INSPECTION:** Medial Side swelling, Soft consistency, Tenderness Present. No redness, No Punctum

## COMPLETE SYMPTOMS :

LOCATION	SENSATION	MODALITY	CONCOMIT
Ulcer Big Toe	Pricking type of pain is present.	< raising, walking	Associated with knee pain

**PROVISIONAL DIAGNOSIS:** Diabetic Ulcer

**DISEASE DIAGNOSIS:**Diabetes Mellitus with Ulcer

**PRESCRIPTION :** PAEONIA

## FOLLOW UP :

**23/8/17 :** Previous Complaints reduced.  
The boil resented in lateral side of toe burst after taking medicine.  
The Ulcer becomes flat  
Surrounded area looks black Beneath the wound.



**06/09/17 :** The ulcer beneath the sole feels better  
**Discharge:** Absent  
**Size and Shape :** Oval Shape, But Granulations developed on sides  
**Edges :** Pale in color but Regular  
**Surrounding Area:** Edematous reduced  
Bleeding and Blackish Discoloration reduced.

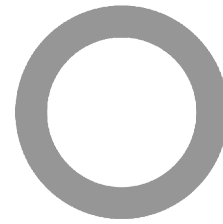


**29/08/17 :** The patient feels better at medial side of toe.  
Granulation tissues formed.  
Blackish Discolouration around the wound reduced



**13/09/17 :** The patient complaints reduced.  
The Ulcer in toe medial side, getting better,  
**Discharge:** Absent. **Size and Shape:** Oval.  
**Edges:** Good (not refined like before)  
**Surrounding Area :** Odema reduced,  
Blackish Discolouration reduced





## world diabetes day

14 November

### FROM THE CHIEF EDITOR :

It gives me immense pleasure to share that our college is happy and proud to release the third volume of our magazine "SAI HOMOEEO GEN" in this month of November on the title of "Diabetes and Homoeopathy". We are proud that we have conducted a Free Diabetic Screening Test and Treatment for patients in and around our college between 14 and 17 November 2017. A total no of 167 patients were benefitted by this.

A magazine carries the contributions reflecting ethos and aspirations of the students, faculty and other team members of the institution and I am happy to note that "Sai Homoeo Gen" magazine, brought out in our college will fulfill the need of the hour, quality and taste. Hearty congratulations to the editorial team, staffs and students for bringing out this magazine a grand success.

### Chief Patron

Shri. Sai Prakash LeoMuthu  
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The World Diabetes Day 2017 campaign will promote the importance of affordable and equitable access for all women at risk for or living with diabetes to the essential diabetes medicines and technologies, self-management education and information they require to achieve optimal diabetes outcomes and strengthen their capacity to prevent type 2 diabetes.

There are currently over 199 million women living with diabetes and this total is projected to increase to 313 million by 2040. Gender roles and power dynamics influence vulnerability to diabetes, affect access to health services and health seeking behavior for women, and amplify the impact of diabetes on women.

Diabetes is the ninth leading cause of death in women globally, causing 2.1 million deaths each year. As a result of socioeconomic conditions, girls and women with diabetes experience barriers in accessing cost-effective diabetes prevention, early detection, diagnosis, treatment and care, particularly in developing countries. Socioeconomic inequalities expose women to the main risk factors of diabetes, including poor diet and nutrition, physical inactivity, tobacco consumption and harmful use of alcohol.

Two out of every five women with diabetes are of reproductive age, accounting for over 60 million women worldwide. Women with diabetes have more difficulty conceiving and may have poor pregnancy outcomes. Without pre-conception planning, type 1 and type 2 diabetes can result in a significantly higher risk of maternal and child mortality and morbidity.

Approximately one in seven births is affected by gestational diabetes (GDM), a severe and neglected threat to maternal and child health. Many women with GDM experience pregnancy related complications including high blood pressure, large birth weight babies and obstructed labour. A significant number of women with GDM also go on to develop type 2 diabetes resulting in further healthcare complications and costs.

Stigmatisation and discrimination faced by people with diabetes are particularly pronounced for girls and women, who carry a double burden of discrimination because of their health status and the inequalities perpetrated in male dominated societies. These inequalities can discourage girls and women from seeking diagnosis and treatment, preventing them from achieving positive health outcomes.

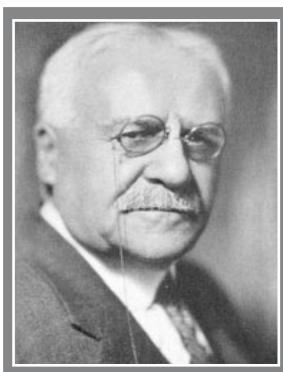
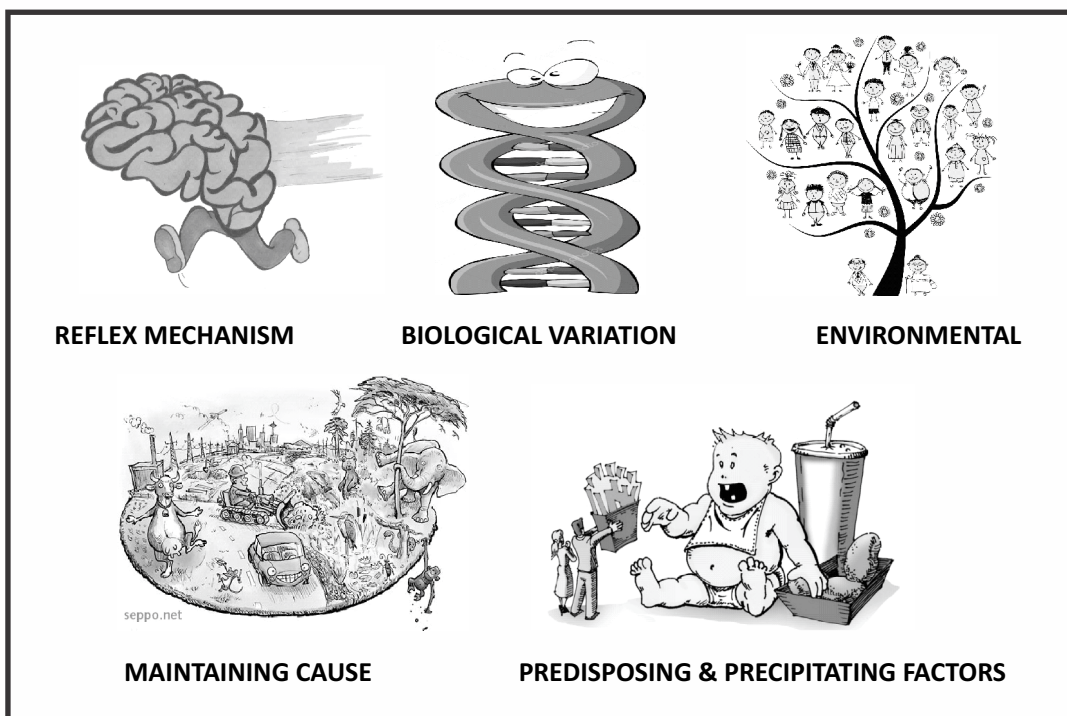


# 'ORMATORY' – A SOLUTION FOR DIABETES

*'Let me know what you mean by cure. Do you mean to alter the diseased state of the parts, or do you mean by your medicine to remove the parts diseased?' 'I mean to destroy them, he replied. 'Well, then, that is nothing more than I or any other surgeon can do with less pain to the patient!'*

- Compton Burnett

When a patient comes to you, and you find the lenses opaque, the skin dry, the quantity of urine excreted large, the thirst great, and the specific gravity of the urine much increase – then you test the urine, and find it is full of sugar, you say your patient has diabetic character. Organon teaches us to cure this individual who has the diagnostic symptoms of diabetes. The potency and dose solely depends on what the physician observes in the patient and his measure of susceptibility.



*H.A. Roberts in his endocrinology chapter says that Diabetes is a fast evolving endocrinology disorder. This can be dealt if the above factors be thoroughly asked about and considered in selection of remedy. The symptoms of the disease include the diagnostic symptoms which are generally found in the group of persons suffering from same disease and the other subjective, or striking individualistic symptoms are to be of utmost importance for selection of remedy. He suggests to look into 'Sugar in Urine' Rubric in repertory.*



# REPERTORY

## Boenninghausen's therapeutic pocket book

CHAPTER	Rubric	Subrubric	Page number
URINE	Glycosuria		95
URINE	Profuse		96
MICTURATION	Too frequent		99
SENSATION	Weakness		195
HUNGER AND THIRST	Hunger		65
HUNGER AND THIRST	Thirst		66

## Repertory of the homeopathic material medica- J.T. Kent

Chapter	Rubric	Sub-rubric	Page number
URINE	Sugar		691
VISION	Blurred vision		271
SKIN	Painless		1337
SKIN	Indolent		1336
STOMACH	Appetite	Increased	477

## Boger boenninghausen's characteristics & repertory

CHAPTER	Rubric	Subrubric	Page number
URINE	Saccharine		622
APPETITE	Increased		472
THIRST	Thirst		480

## A concise repertory of homeopathic medicines – Dr. S. R. Phatak

CHAPTER	Rubric	Subrubric	Page number
	Diabetes	Mellitus	93

## A Clinical REPERTORY to the Dictionary of MATERIA MEDICA – John Henry Clarke

CHAPTER	Rubric	Subrubric	Page number
CLINICAL REPERTORY	Albuminuria		08
CLINICAL REPERTORY	Diabetes		32
CLINICAL REPERTORY	Diabetes	Mellitus	33
CLINICAL REPERTORY	Diabetes	Pancreatic	33

## Pocket manual of homoeopathic material medica and repertory- William Boericke:

CHAPTER	Rubric	Subrubric	Page number
URINARY SYSTEM	Diabetes-sugar	(it contains ORIGIN, SYMPTOMS)	819

## HOMOEOPATHIC MEDICAL REPERTORY – ROBIN MURPHY

CHAPTER	Rubric	Subrubric	Page number
CLINICAL	Diabetes mellitus		408
URINE	Sugar,in urine		2255
VISION	Dim vision	Diabetes in	2286
WEAKNESS	Diabetes mellitus in		2307

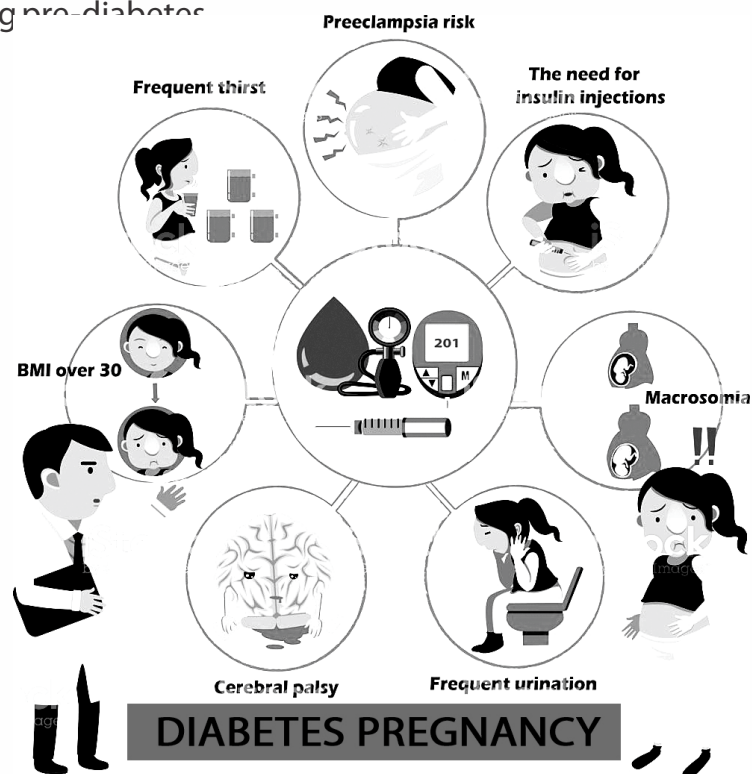
## Repertorium homoeopathicum syntheticum – Synthesis 9.1 – Dr. Frederik schroyens

CHAPTER	Rubric	Subrubric	Page number
URINE	Sugar		1075
URINE	Scanty	Frequent and	1072
GENERALS	Diabetes mellitus	(it contains accompanied symptoms)	1924
GENERALS	Laboratory findings	Glucose	1979
GENERALS	Kimmecstiel syndrome		1978
STOMACH	Appetite	Increased	781
STOMACH	Appetite	Insatiable	782
STOMACH	Appetite	Ravenous	783

-O.Barkha Vyas & S.Keerthana  
IV yr., BHMS

# GESTATIONAL DIABETES

1. Gestational diabetes is a condition in which a woman without diabetes develops high blood sugar levels during pregnancy. It is usually diagnosed in the later stages of pregnancy and often occurs in women who have no prior history of diabetes.
2. Risk factors for gestational diabetes include obesity
  - a history of gestational diabetes in a previous pregnancy,
  - a family history of type 2 diabetes, and
  - Having pre-diabetes



3. If diabetes is present in an early pregnancy, there is an increased risk of birth defects and miscarriage compared to that of mothers without diabetes.
4. High blood glucose can cause the fetus to be larger than normal. The baby is also at risk for having low blood glucose (hypoglycemia) immediately after birth. Other serious complications can include a greater risk of jaundice, respiratory distress syndrome, and a higher chance of dying before or following birth and the baby is also at a greater risk of becoming overweight and developing type 2 diabetes later in life.
5. Gestational diabetes typically does not cause any noticeable signs or symptoms. Rarely, an increased thirst or increased urinary frequency may be noticed.
6. Gestational diabetes is diagnosed with blood tests. Most pregnant women are tested between the 24th and 28th weeks of pregnancy.



- Dr. V. Jenifer  
Medical Officer

## நீரிழிவு மற்றும் ஹோமியோபதி

நீரிழிவு என்பது இரத்தச் சர்க்கரை அதிகரிப்பை கொடுக்கக்கூடிய வளர்ச்சிதை மற்ற சீர்குலைவுகளின் தொகுப்பு ஆகும்.

**மரபார்ந்த அறிகுறிகள் :**

- ◆ சிறுநீர் அடிக்கடி கழித்தல் (Polyuria )
- ◆ அதிகமாக தாகமெடுத்தல் (Polydipsia )
- ◆ அளப்பரிய பசி (Polyphagia)

**சிகிச்சை வகைகள் :**

- ◆ கணைய மாற்று சிகிச்சை
- ◆ இரையக மாற்றுவழி அறுவை சிகிச்சை
- ◆ கர்ப்பகால நீரிழிவு

**பாதிக்கப்பட்டோர் விவர அறிக்கை :**

வருடம்	எண்ணிக்கை
2016	422 மில்லியன்
2013	382 மில்லியன்
1980	108 மில்லியன்

**Type – I Diabetes – IDDM (Insulin Dependent Diabetes Mellitus)**

**எண்ணிக்கை:**

10 % நீரிழிவு நோயாளிகள் வகை I - ஆல் பாதிக்கப்பட்டவர்களாவார்கள் .

**Type –II NIDDM (Non Insulin Dependent Diabetes Mellitus)**

**எண்ணிக்கை :**

90 விதமான நோயாளிகளில் இந்நோய் காணப்படுகிறது .

**Type – III - கர்ப்பகால நீரிழிவு**

**எண்ணிக்கை :**

2 % - 4 % கர்ப்பிணி பெண்கள் பாதிக்கப்படுகின்றனர்  
நீரிழிவு நோயினை உறுதி செய்யும் சோதனை முறைகள்

**உண்ணா நிலையில்:**

குருதி சர்க்கரை அளவு - 7.0 மில்லி மோல் / லிட்டர்

**எதேச்சையாக:**

குருதி சர்க்கரை அளவு - 11 . 1 மில்லி மோல் / லிட்டர்

**ஹோமியோபதி மருத்துவ முறை:**

ஹோமியோபதி சிகிச்சையானது மிகவும் விதைக்கப்பட்ட பொருட்களின் உபயோகத்தை அடிப்படையாகக் கொண்டது.

**அணுகுமுறையில் பயன்படும் ஹோமியோபதி மருந்துகள் :**

யுரேனியம் நைட்ரிக்	Gymnema Sylvestra
பாஸ்போரி ஆசிட்	Cephalandra Indica
Syzygium Jambolanum	MOTHER TINCTURE
	அல்லது 3X

**மற்றொரு அணுகு முறை:**

மற்றொரு அணுகுமுறை நோயாளியின் சுயவிவரத்தை புரிந்து கொள்ள வேண்டும். இது ஹோமியோபதியின் தனிப்பட்ட கருத்து.

நவீன விஞ்ஞானிகள் இதை தனியாக்கப்பட்ட மருந்து அல்லது திரானோஸ்டிக்ஸ் என்று அழைக்கின்றனர்.

Natrum Phos 3x செரிமான சீர்குலைவுகளை மேம்படுத்துவதில் ஈடுபட்டு, இரத்த சர்க்கரையை குறைக்க பயன்படுகிறது.

”போதுமான உடற்பயிற்சி மற்றும் உணவு கட்டுப்பாடுகள் ஒரு ஆரோக்கியமாக எதிர்காலத்தின் இரகசியம்.”



**P. PARAMESHWARI**  
I yr., BHMS



## MYTH AND FACTS ABOUT DIABETES MELLITUS

1. **Myth:** Eating too much sugar causes diabetes.  
**Fact:** There is no proof that sugar is the main cause behind diabetes. Diabetes is more related to family history, wrong eating habits and little or no physical activity.
2. **Myth:** Healthy foods don't raise blood sugar.  
**Fact:** The fact is that all foods provide carbohydrates. And if there is enough insulin present in the body naturally or provided by injections, it will utilise the carbohydrates and consequently the blood sugar will not rise. However, if your body is producing less insulin or not utilising it sufficiently, then blood sugar is bound to rise even if you eat healthy foods.
3. **Myth:** Only medical treatment can control diabetes.  
**Fact:** Diabetes is a disease that requires dietary intervention along with medical treatment. Medications are only a part of the cure. What is also needed is a healthy lifestyle behaviour that will allow the medication to work more effectively. This comes with a healthy, well balanced diet as well as a regular exercise routine.
4. **Myth:** Diabetics have to eat special foods.  
**Fact:** Diabetics can eat the same food as non-diabetics, but in moderation.
5. **Myth:** No diet modification is required, if external insulin is being administered.  
**Fact:** Insulin is not replacing a meal plan or involvement in any physical activity. Thus diet modification is needed, irrespective of whether insulin is being given or not.
6. **Myth:** Exercises are of no help in diabetes.  
**Fact:** Exercise helps the pancreas to secrete more insulin, while at the same time, keeps the stress levels under control. Both these factors help to keep the blood sugar under control.
7. **Myth:** People with diabetes can eat any number of sugar free products  
**Fact:** Sugar free does not mean calorie free. It is advisable to keep a check on the calorie product of the food, before consuming it. This way the total calorie intake can be kept under control and will further help in keeping a check on the blood sugar.
8. **Myth:** I don't have a family history of diabetes, so I won't get it.  
**Fact:** Some people are born with a greater chance of developing diabetes than others. However, plenty of people diagnosed with the disease don't have a family history of diabetes. Your weight and lifestyle can be factors in whether you develop diabetes.
9. **Myth:** The strain and stress of everyday life is not related to diabetes.  
**Fact:** The fact is that everyday stresses, as well as emotional and crisis situation can play a role in raising the blood sugar. Hence people with diabetes should take time out to relax and keep their stress levels under control.

A proper understanding of any disease means having a thorough knowledge about the disease, its causes and effects. That is why it is mandatory for all diabetics to be well informed and to be able to separate the myths from the facts.



S. KAARTHIKEYAN  
III yr., BHMS

# Quiz

## ANATOMY

1. Islet cell tissue is more at \_\_\_\_ of pancreas  
A: tail
2. How are the secretory products released into the circulation?

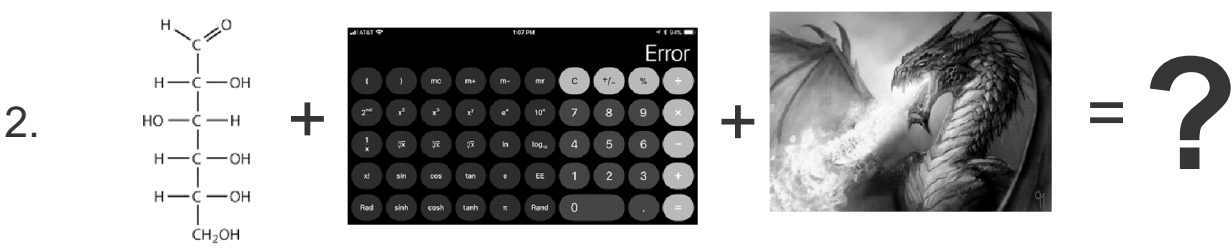
## PHYSIOLOGY

1. Name 3 hormones secreted by enteric endocrine system that stimulates pancreatic secretion

## PATHOLOGY

1. Polydipsia occurs because of \_\_\_\_
2. What is the hormonal imbalance that cause ketoacidosis?

## CONNECTION



**Answer :**  
**Insulin** : 1. Cholecystokinin, secretin, gastrin 2. Decrease in anabolism  
 3. Directly without ducts  
**Physiology** : 1. Cholecystokinin, secretin, gastrin  
**Pathology** : 1. insulin deficiency combined with glucagon excess  
**Connection** : 1. Insulin 2. glucagon 3. pancreas

## DIABETES AND HOMOEOPATHY

Every Year, November 14 is marked as "World Diabetes Day" to focus and increase awareness of the disease that has become a global crisis. Several Statistics will point out towards the absence of care and availability of the right kind of knowledge regarding diabetes. This article is also about the diabetes and its homoeopathic remedy.

### DIABETES:-

The term Diabetes means that a large volume of urine is passed. Diabetes is of primarily two types:

- ★ **Diabetes Mellitus**
  - Type I
  - Type II
- ★ **Diabetes Insipidus**

### DIABETES MELLITUS:-

It is a disorder of metabolism characterised by high blood sugar level and excretion of sugar in urine.

#### Causes of Diabetes Mellitus:-

- ★ Due to insulin lack, caused by hypo activity of the B-cells of the Islets of Langerhans.

Diabetes mellitus is a condition of glycosuria accompanied with hyperglycaemia, due to lack of insulin.

#### Type I diabetes:

- ★ It is also called as juvenile diabetes or insulin – dependent diabetes. It means that our body can't make insulin.
- ★ It occurs more frequently in children and young adults.
- ★ It requires lifelong insulin injections.

#### Type II diabetes:

- ★ Type II diabetes results when Insulin production is defective and tissue resistance to insulin development. About 90-95% people have type II diabetes. Only, few people were aware of the disease. It occurs much more frequently in obese persons.

### DIABETES INSIPIDUS:

A form of diabetes resulting from a deficiency of vasopressin characterized by the chronic excretion of large amounts of pale dilute urine which results in dehydration and extreme thirst.

#### Diabetes can be divided into the following stages:

- ★ **STAGE I** : Pre diabetes. It is observed from birth these patients are considered to have occult, potential or suspected diabetes.
- ★ **STAGE II** : Latent chemical diabetes, subclinical diabetes or

latent diabetes. Abnormality of carbohydrate metabolism.

- ★ **STAGE III**: Over diabetes. In this type of diabetes, full-fledged syndrome of clinical diabetes is present.
- ★ **STAGE IV**: Chronic diabetes, Members of this group show abnormal glucose tolerance test and abnormal fasting blood sugar vascular lesions are also observed.
- ★ **SYMPTOMS**: Hyperglycaemia, glucosuria, ketosis, acidosis, diabetic coma, polyuria, weight loss in spite of polyphagia and polydipsia and polydipsia are the abnormal characteristics of diabetes. The symptoms vary in accordance with various diabetic conditions.

### TREATMENT OF DIABETES:-

#### Food –Diet for Diabetics:

- ★ Choose foods that are lower in calories, saturated fat, trans fat, sugar and salt. Eat food with more fibres, such as whole grain cereals, breads, crackers, rice or pasta and fruits, vegetables, low-fat milk and cheese, Drink water.
- ★ Insulin and other diabetes medications are designed to lower the blood sugar levels when diet and exercise alone aren't sufficient for managing diabetes.

**Homeopathy treatment of Diabetes:** Welling Homeopathy is a pioneer in Speciality of treatment of diabetes. Homeopathy treatment is based on the use of highly diluted substances. A homeopath will select the most appropriate medicines for you based on your symptoms.

There are at least 20 types of diabetes conditions. The Homeopathic remedies are.

- **PHOSPHORIC ACID**: Corresponds to diabetes of Nervous origin. It is unquestionably curative of diabetes mellitus in the early stages, when there is much phosphate deposit in the Urine. It is the remedy.
- **PLUMBUM**: remedy for diabetes mellitus
- **CAUSTICUM SCILLA** and **STROPHANTHUS**:

These are used in Diabetes insipidus.

- **PHOSPHORUS**:- It is a good remedy in the Gastro-hepatic variety of diabetes
- **URANIUM NITRATE**: This remedy is praised for diabetes originating in dyspepsia. It has polyuria, polydipsia, dryness of mouth Skin.

### WHAT CAN BE DONE?:

Early diagnosis and proper control of blood glucose from the onset of diabetes goes a long way in preventing the dreaded complications of diabetes. Diet and Exercise will help us to overcome diabetes. Understanding diabetes is an important step along the path to improve health and wellbeing lifestyle changes and regular follow-ups play a vital role in managing diabetes.

**Yes! We can Control Diabetes!**



**K. DEEPA**  
1 yr., BHMS



## DID YOU KNOW FACTS ABOUT DIABETES

- Dr. Sowkanth MD(Hom)

1. The earliest known written record that likely referred to diabetes was in 1500 B.C in the Egyptian Ebers papyrus. It referred to the symptoms of frequent urination.
2. Diabetes symptoms such as thirst, weight loss, and excess urination were recognized for more than 1200 years before the disease was named.
3. The Greek physician Aretaeus (30-90CE) was credited with coming up with the name "diabetes." He recorded a disease with symptoms such as constant thirst (polydipsia), excessive urination (polyuria) and weight loss. He named the condition "diabetes," meaning "a flowing through."
4. The word "diabetes" is Greek for "siphon," which refers to the copious urine of uncontrolled diabetes. "Mellitus" is Latin for "honey" or "sweet," a name added when physicians discovered that the urine from people with diabetes is sweet with glucose.
5. The name "diabetes" is attributed to the famed Greek physician Aretaeus of Cappadocia who practiced in the first century A.D. He believed that diabetes was caused by snakebite.
6. William Cullen (1710-1790), a professor of chemistry and medicine in Scotland, is responsible for adding the term "mellitus" ("sweet" or "honey-like") to the word diabetes.
7. Insulin was coined from the Latin insula ("island") because the hormone is secreted by the Islets of Langerhans in the pancreas.
8. Dr. Thomas Willis (1621-1675) called diabetes the "pissing evil" and described the urine of people with type 2 diabetes as "wonderfully sweet, as if it was imbued with honey or sugar." He was also the first to describe pain and stinging from nerve damage due to diabetes.
9. In ancient times, doctors would test for diabetes by tasting urine to see if it was sweet. People who tasted urine to check for diabetes were called "water tasters." Other diagnostic measures included checking to see if urine attracted ants or flies.
10. In the late 1850's, a French physician named Piorry advised his patients with diabetes to eat large quantities of sugar. Obviously, that method of treatment did not last, as sugar increases blood sugars.
11. Back in the day, there were no blood glucose meters. Instead, they tested for blood sugar using urine. In 1941, Ames Diagnostics used Clinitest effervescent urine sugar testing tablets to test urine. This meant mixing urine and water in a test tube and adding a little blue pill that caused a chemical reaction that could cause a severe physical burn injury due to extreme heat. The color of the liquid would indicate whether there was glucose in the urine.
12. In 1969-1970, the first portable blood glucose meter was created by Ames Diagnostics. It was called the Ames Reflectance Meter (ARM). Ames later became a part of Bayer. The device looked a lot like the tricorder devices used in the original Star Trek series. They cost about \$650 and were only for doctors to use in their practices or hospitals. Portable blood glucose meters for home use by patients were not sold in the U.S. until the 1980's.
13. Dr. Priscilla White pioneered treatment for diabetes in pregnancy. She joined the practice of Dr. Elliott P. Joslin in 1924 when the fetal success rate was 54%. By the time of her retirement in 1974, the fetal success rate was 90%.
14. Before 1921, the treatment of choice for type 2 diabetes was starvation or semi-starvation.
15. In 1922, the pancreas was discovered to have a role in diabetes. Researchers studying digestion, removed the pancreas from domestic dogs in a lab. An assistant noticed a large number of ants attracted to the dog's urine. The urine was tested and was found to have an extremely high level of sugar.
16. Type 1 and type 2 diabetes were officially differentiated in 1936. However, the difference had been noted in the 1700's when a physician noted some people suffered from a more chronic condition than others who died in less than five weeks after onset of symptoms.
17. The earliest recorded mention of a disease that can be recognized as diabetes is found in the Ebers papyrus (1500 B.C.), which includes directions for several mixtures that could "remove the urine, which runs too often."
18. In 1889, Oskar Minkowski (1858-191931) discovered the link between diabetes and the pancreas (pan - "all" + kreas - "flesh") when a dog from which he removed the pancreas developed diabetes.
19. Before the discovery of insulin, surgeons rarely operated on diabetic patients with gangrene because the patients typically would not heal and would inevitably die. On occasion, an area of gangrene would "auto-amputate," meaning it would dry up and fall off.
20. Some studies have indicated that individuals with diabetes are at much greater risk for developing Alzheimer's disease and other forms of dementia than are non-diabetics, though the reasons are unknown.
21. Approximately 90% of people with type 2 diabetes are obese.
22. Diabetes has been reported in horses, ferrets, and ground squirrels. In environments where animals are liberally fed, diabetes has been reported in dolphins, foxes, and even a hippopotamus.
23. Those with diabetes are more likely to develop carpal tunnel syndrome and tarsal tunnel syndrome.
24. Those with diabetes, particularly adolescent girls with Type 1 diabetes, may be at increased risk of developing eating disorders. Some adolescent girls purposely withhold their insulin to lose weight.
25. Women with diabetes are more likely to develop vaginal infections than are non-diabetics because of their elevated glucose levels.
26. Individuals who have inherited other genetic syndromes (Down's syndrome, myotonic syndrome, Turner's syndrome) are also at risk of developing diabetes.
27. Ancient doctors would test for diabetes by tasting the urine of a suspected sufferer of diabetes. Sweet urine is high in glucose, suggesting the presence of diabetes.
28. An estimated 16 million have pre-diabetes, and many of them are unaware of their condition.
29. Overweight individuals are more prone to develop diabetes because more fat requires more insulin, fat cells release free fatty acids which interfere with glucose metabolism, and overweight people have fewer available insulin receptors.
30. Smoking can increase diabetes risk by constricting blood vessels, raising blood pressure, and stimulating the release of catecholamines (fight-or-flight hormones), which promote insulin resistance.

# DIET DO'S AND DON'TS IN DIABETES MELLITUS

## VEGETABLES:

**Do Eat:** Spinach, tomatoes, cucumbers, broccoli, Brussels sprouts, cauliflower, garlic, red onion and asparagus. They are packed with nutrients, vitamins, fibres, folate, minerals and low in carbohydrates, which your body quickly breaks down into glucose.

**Role In Diabetes:** Beneficial for eye health (cataract), used to treat high cholesterol, heart disease, blood pressure and some carcinomas.

**Avoid:** Fried and breaded vegetables- they add extra calories, carbs and fat.

**Cooking Tip:** Try roasting vegetables with a sprinkle of olive oil, pepper, a pinch of salt and a little lemon juice. It adds flavour with minimal calories. Turmeric also can be added because of its active ingredient, curcumin can lower inflammation, decreases blood sugar, while reducing heart disease and kidney disease.

## STARCHES:

**Do Eat:** Whole-wheat bread and pasta, brown rice and oats. whole-grain starches give you more vitamins, minerals and fibre than white or refined versions.

**Role In Diabetes:** Helps in lowering LDL cholesterol and decrease the risk of heart disease and improve insulin sensitivity.

**Avoid:** White bread, chips and pastries, which quickly increase blood sugar.

**Cooking Tip:** Homemade oatmeal for breakfast is a simple source of whole grain.

## FRUITS:

**Do Eat :** Peaches, avocados, apples, oranges, berries, kiwi, nuts and other fruits. Fruit is a low calorie, high-fibre, nutrient-rich source of carbohydrates.

**Role In Diabetes:** Effect on lowering LDL'S, protect against some carcinoma and cell damages associate with heart disease and have strong anti inflammatory props.



**Avoid :** Jellies and fruit juices with added sugar.

**Cooking Tip :** Layer berries with low-fat, unsweetened yogurt to make a tasty dessert.

## DAIRY:

**Do Eat:** Unfavoured and low-fat yogurt, milk, cheese. Low-fat dairy gives you protein, calcium, magnesium, vitamins and minerals in every serving.

**Role In Diabetes:** Decreases LDL cholesterol and promotes weight loss by reducing appetite and decreasing calorie intake.

**Avoid:** Full-fat dairy products. They come with extra calories and saturated fat, which raises LDL or bad cholesterol. Remember diabetes increases your risk of heart disease.

**Cooking Tip:** Low- fat, plain yogurt is a healthy substitute for sour cream in many recipes.

## PROTEIN:

**Do Eat:** Skinless poultry, fish, tofu, beans. Rich in protein, fibres and omega-3-fatty acid.

**Role In Diabetes:** Better sugar control, lowers blood pressure and bad cholesterol and stroke.

**Aviod:** Fatty cuts of meat and processed meat, like sausages and hot dogs.

**Cooking Tip:** Trim visible fat from meat and poultry and use a low-fat cooking method, such as roasting or broiling.

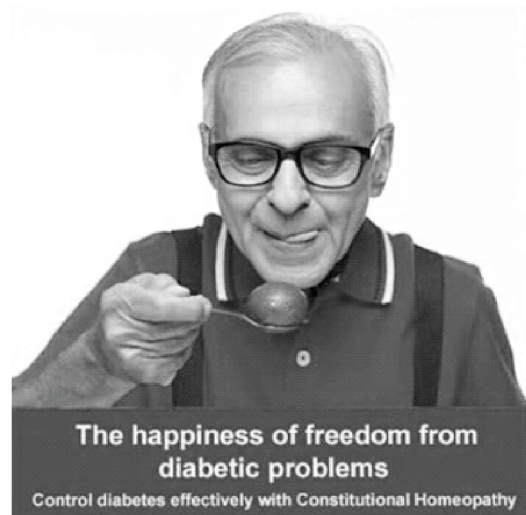
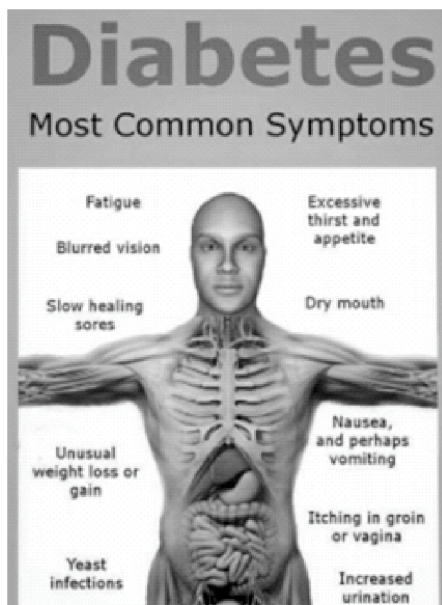


**V. SHANTHINI**  
IV yr. BHMS

## DIABETES MELLITUS AND HOMOEOPATHY

Diabetes mellitus is a clinical syndrome characterised by an increase in plasma blood glucose. It most commonly TYPE 1/Insulin Dependant Diabetes Mellitus(IDDM) and TYPE 2/Non Insulin Dependant Diabetes Mellitus(NIDDM) and Gestational Diabetes. In Homoeopathy, diabetes is seen as a reflection of body's inability to function optimally. There is an imbalance that results in body's incapacity to produce sufficient insulin for its needs or to effectively utilize the insulin that it produces. International Diabetes Federation says 1 in 11 adults (415 millions) has diabetes and by 2040,1 in 10 (642 millions) will have diabetes. Homoeopathy acts by two spectrum in treating diabetes-

- Management of blood sugar(eg.Uranium nitricum,phosphoric acid, cephalandra indica, syzygium jambolanum,helonias,& others)



- Constitutional treatment by detailed case taking.

### Also acts more effectively with dietary& life style modifications.

- Eat small meals every 2-3 hours regularly instead of consuming large meals. Prefer to steam the vegetables rather than fry them. Eat fibre rich foods & reduce oil intake.
- Reduce the consumption of sugar, alcohol, & fatty foods in diet.
- Regular exercises for at least half an hour.

**WHY FEAR WHEN HOMOEOPATHY IS HERE!!  
NO FEAR TO SUGAR!!!**

M.DHAMEEM NISHA  
IV BHMS



## JUVENILE DIABETES

- ★ India is the diabetes capital of the world. The country has around 50 million people suffering from the type-2 diabetes. "While early adolescence is still the most common age of onset, some children are being diagnosed even before their first birthday," says Dr. Laffel.
- ★ A figure of 17 per 100,000 children developing diabetes each year has been reported.



### WHAT IS THE CAUSE???

- ★ Although kids who develop type 1 are thought to have some sort of genetic predisposition to a malfunctioning immune system, most don't have a close relative with the condition. The reason for the rise is a mystery, but researchers are looking into three environmental factors.
- ★ Extreme cleanliness
- ★ Weight gain
- ★ Early solids

### SYMPTOMS

- ★ Increased thirst
- ★ Frequent urination
- ★ Weight loss
- ★ Extreme hunger
- ★ Fatigue
- ★ Blurred vision
- ★ Nocturnal enuresis
- ★ Drowsiness
- ★ Heavy breathing
- ★ Fruity odor of breath

### HOW ARE CHILDREN WITH DIABETIS TREATED???

- ★ Type 1 typically means that the vast majority of islet cells have been destroyed and insufficient or zero insulin can be produced, the only certain method of treating diabetes in children is insulin treatment.
- ★ Insulin pumps are also common amongst children. Sometimes, in the initial period following diagnosis, small children will only need a very small dose of insulin, but this will unfortunately change as they grow older and larger. Good glucose control is essential in the management of all diabetics' conditions.

### WHAT CAN THE PARENTS OF CHILDREN WITH DIABETES DO?

- ★ Keeping a strict eye on the blood glucose levels of your child, avoiding lows and highs, can be a large part of being a parent of a child with diabetes. Parents must be aware that children with diabetes have diet restrictions, and that their activity levels need to be closely monitored.

SHIVAANITHA.S  
III yr., BHMS

# HOME REMEDIES FOR DIABETES



**Bitter Gourd**

1. Remove the seeds of 2-3 bitter gourds and use a juicer to extract the juice.
2. Mix in some water and then drink it.
3. Follow this treatment daily in the morning for at least 2 months.



**Cinnamon**

- Drink a cup of water mixed with 1 tsp cinnamon powder daily.
- You can also add cinnamon to warm beverages, smoothies and baked goods.



**Indian Gooseberry (Amla)**

- Mix 2 tbsp Indian gooseberry juice in one cup of water and drink it daily on an empty stomach.
- Or, mix 1 tbsp Indian gooseberry juice with a cup of bitter gourd juice and drink it daily for a few months.

## OTHER REMEDIES



**Mango Leaves**



**Curry Leaves**



**Aloe Vera**



**Guava**

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