

C.V.S.HOMOEOPATHIC CLINIC

DIABETES MELLITUS

Diabetes mellitus is a nutritional metabolic disorder, characterized by an abnormally elevated level of blood glucose and by the excretion of the excess glucose and by the excretion of the excess glucose in the urine. It results from an absolute or relative lack of insulin, which leads to abnormalities in carbohydrate metabolism as well as in the metabolism of protein and fat.

Diabetes is known to the medical world since time immemorial. Its incidence is however much higher at present than ever in the past. This is especially true in case of more advanced countries of the world due to wide spread affluence and more generous food supply. Incidence of rate of diabetes is on increase in India also because of fast changing food habits. In a diabetic seminar, a professor of Diabetology was telling that, “now a days we are screening people know who is diabetic; but in the near future, we may have to search for people, who are non-diabetic”.

CAUSATIVE FACTORS:

1. **Heredity:** If both the parents are diabetic, chances of getting diabetes are 100%. If any one parent is diabetic, chances of diabetic incidence are 50%. Sometimes the pancreatic cells are weak genetically. This degeneration leads to lack of insulin, so diabetes.
2. **Food Habits:** Increased intake of food i.e., overeating; refined carbohydrates e.g. fast foods, sweets, tinned foods, ice-creams, pastries etc.
3. **Obesity:** Overweight of the body also makes the person prone to diabetes. Incidence of diabetes is four times higher in persons of moderate obesity and 30 times higher in persons of severe obesity.
4. **Mental Stress:** Because of fast and busy life styles people are undergoing highly stressful situations; emotional disturbances, constant worry, anxiety, tensions, all these negative emotional factors also lead to diabetes.
5. **Viral Infection:** Viral infections are also suspected to cause pancreatitis and destruction of pancreatic cells, leading to diabetes.

SYMPTOMS AND SIGNS (Identifying)

1. Increased Urination – in both frequency and quantity. They urinate many times at night.
2. Increased hunger and thirst – Diabetic feels hunger and thirst most of the time. Doesn't put on the weight though he eats every now and then
3. Tiredness and weariness – Feels always weak and exhausted inspite of always eating. He looks pale and may suffer from anemia, constipation and itching around genitals, inguinal areas. Feels drowsy and has a lower sex urge than a normal person.
4. delayed healing of wounds
5. Numbness, tingling and burning in legs and hands because of Peripheral neuritis
6. Sudden decrease in weight i.e. becomes thin inspite of eating well

One must keep in mind that all these symptoms are not uniform and consistent in all the people having Diabetes. Many symptoms are not uniform and consistent in all the people having 'diabetes. Many symptoms may remain dormant until sugar level goes up high. There is variation in symptoms from person.

INVESTIGATIONS AND DIAGNOSIS:

1. The simple blood tests like fasting and post lunch blood sugar levels can detect the problem. The normal fasting blood sugar level is 80-120mg per 100ml of blood and this can go upto level of 180mg per 100ml of blood, two hours after meals. Any thing above these norms can be termed diabetic level
2. Glucose tolerance test will detect whether the person is going to become diabetic in the near future.
3. Once the diabetes is detected periodic health checkup is must. Blood sugar levels must be done at least once in 3 months. And tests like lipid profile, E.C.G, BP, Blood Urea checked up once in a year.
4. Routine urine examinations to detect urine sugar levels.

COMPLICATIONS OF DIABETES

One of the prominent diabetologist said, diabetes need not be considered as the disease, but a way for number of diseases, if proper lifestyle is maintained. If blood sugar level is not consistently, diabetes can lead to many complications and irreversible changes in many vital organs. These are the following complications usually found.

1. Arteriosclerosis: thickening of blood vessels leading to hypertension (BP) and coronary heart diseases (Heart attacks).
2. Nephropathy: Damage of arteries (vessels) of kidneys and kidney failure.
3. Retinopathy: Degeneration of retina and loss of vision
4. Peripheral Neuropathy: Loss of nerve sensation in legs leading to gangrene and sepsis.
5. Sexual problems like impotency.

TREATMENT

LIFE STYLE:

Now a day's diabetes is considered as a life style disorder rather than a disease. Sugar levels can be to a large extent maintained through proper life style.

DIET:

Taking balanced diet is a must for anybody, so also for diabetic people. Diet has a vital role in the treatment of large diabetes.

- He should be a strict lacto-vegetarian and take low-calorie, low fat, alkaline diet of high quality natural foods.
- Fruits, nuts and vegetables, whole meal bread and diary products form a good diet for the diabetic.
- Cooked starchy foods should be avoided (to the extent possible). Cooked rice intake should be reduced and vegetable intake must be increased. Avoid non-vegetarian food, tubers like potato, fried foods, pickles etc.
- Diabetics need not be afraid to eat fresh fruits and vegetables, which contains sugar and starch. Fresh fruits contain sugar fructose, which doesn't require insulin for its metabolism and is well tolerated by diabetics. Emphasis should be on raw foods as they stimulate and increase insulin production. One can prefer to take lemon juice or orange or mosambi juice regularly.
- Diabetics should avoid over eating and take four or five small meals a day rather than three large meals.
- Methi, Cucumber, String beans, onions and garlic are especially beneficial. Recent scientific investigations have established that bitter gourd (Karela / Kakara) is highly beneficial in the treatment of diabetes. Therefore karela should be included liberally in the diet. Another effective home remedy is Jamun fruit, which is known as Jamun (alla neredu). Fruits can be consumed seasonally.

- The most important nutrient in the treatment of diabetes is manganese, which is vital in the production of natural insulin. It is found in citrus fruits, in the outer covering of nuts, grains and in green leaves of edible plants.
- Diabetics should avoid tea, coffee and cocoa also all refined carbohydrates like white bread, white flour products, sugar, sweets, tinned fruits, tinned food items, chocolates, pastries, puddings, refined cereals, soft drinks and alcoholic drinks.

With above guidelines, following is a model diet, which can be slightly modified according to individual tastes and circumstances.

Upon Waking: A glass of Luke warm limejuice.

Breakfast: One fruit (except banana), two polkas (chepathi) with one cup of curry or 2-3 idlis with sambhar, 8-9 am.

Lunch: Half boiled vegetables like cauliflower, cabbage, tomato, palak – 2 cups; 1 cup of rice, one chapathi, one cup of curd (without curd).

Evening: One cup of vegetable juice/lemon water or a whole fruit, or 2 Marie biscuits + tea without sugar (4-5 pm).

Dinner: 1-2 polkas, a large bowl of vegetable salads with kheera, cauliflower, cabbage, beans, tomato, 1 cup of rice, milk/curd one cup (7.30-8.30 pm).

HABITS: Avoid habits like smoking, chewing zarda, pan, gutkha, liquors (alcohol) – avoid sleepless nights.

EXERCISE:

Physical movement is a must for a proper utilization of sugar in tissues. There is hardly any physical movement for people in white collar, executives, professionals and administrators. They need at least 45 minutes of brisk walking or jogging or swimming or light games. Exercise is an important part of treatment in diabetes or else yogasanas like suryanamaskars (6 rounds); bujangasan, shalabasan, dhanurasana, paschimothasana, sarvangasan, halasana etc. Pranayama is also very useful. Yogasanas should be learned under the guidance of GURU.

Meditation will help in bringing down stress and keeping mind cool and calm. It is important to follow principles of mental hygiene and reduce stress levels. Avoid all negative emotions like worry, grief, depression, anger, enmity, anxiety, fear etc. try to adopt the “Take it easy” policy – (Refer mental health).

MEDICATION:

What is the role of Homoeopathic Medicine in the treatment of diabetes?

Medication is necessary after following diet and exercise. They must try to control blood sugar level with diet and exercise. They must try to control blood sugar level with diet and exercise and proper lifestyle. In spite of all the measures if the blood sugar levels are not maintained within normal limits, medication is must. Homoeopathy can play a great role in taking care of diabetics patients.

1. Medicines can act as hypoglycemics and control blood sugar levels. Homoeo Medicines are especially very effective in late onset diabetes.
2. Some times Homoeo medicines can stimulate pancreatic cells, which are the verge of dysfunction and this improves natural insulin levels.
3. Chances of complications of Hypoglycemia are avoided in Homoeopathic Medicine.

4. Homoeopathic medicines can prevent complications like Neuropathy; Nephropathy; Retinopathy etc. if constitutional treatment is followed properly.
5. Insulin supplementation may be necessary in the case of early onset of diabetes or juvenile diabetes (i.e. childhood diabetes). Homoeopathic medicines prevent insulin antibodies, so that insulin acts better.
6. Since homoeopathic medicines are administered in micro doses; medication can be continued for years together without any side effects.
7. Once the diabetes is established there is no permanent cure for diabetes. But sugar levels can be very well mentioned and diabetic can lead a very normal life under homoeopathic treatment. That is the reason why **“Diabetes is not a disease but a life style”**.
8. **Routine check ups needed:** Body weight, blood pressure, eye checkup (yearly), regular urine and blood sugar levels.

SOME IMPORTANT FACTS ABOUT HYPOGLYCAEMIA (LOW BLOOD SUGAR REACTION)

What is Hypoglycemic (low sugar) reaction?

A hypoglycemic reaction is the reaction of an abnormally low glucose level in the blood. Low blood sugar can be dangerous if neglected. So it is important to recognize the symptoms and treat them promptly.

- Causes of Low Blood Sugar
- Overdose of insulin or anti diabetic tablets
- Skipping or delaying a meal
- Unusual exertion or too much exercise
- Illness
- Incorrect timing of insulin and / or tablets and meals
- Excess alcohol intake

Symptoms of Low Blood Sugar:

Symptoms of low blood sugar reaction may differ from person to person and also in the same person from episode to episode.

The common symptoms of low sugar are:

- Excess hunger
- Sweating
- Shivering
- Palpitation (rapid heart beat)
- Weakness
- Nervousness
- Tremors
- Giddiness
- Blurred vision
- Change in behaviour and mental status

When the reaction becomes severe these symptoms are followed by blackouts and fainting. In young insulin dependant diabetics, convulsions (fits) may also be one of the symptoms.

Treatment of Hypoglycemia

- ✓ If the reaction is mild and the person is conscious and alert, any food or drink that is readily available should be given immediately. Don't worry about exceeding your calorie allowance at that time.
- ✓ Use sugar or glucose if the reaction is very severe. If the person is drowsy or unresponsive, consult the doctor immediately and arrange to give the patient an intravenous glucose infusion which should revive him in a few minutes.

Prevention of Hypoglycemia

- The four major meals for the day viz. Breakfast, lunch, evening, snacks and dinner are compulsory and you should stick to the timing of meals and your medications as strictly as possible.
- Intermediary foods like buttermilk, tomato juice, clear soups and salads should be taken in between the meals.
- You should reduce the dosage of your medication once you start getting low sugar symptoms or if the urine and blood sugar tests are normal. You can consult us regarding dose of drugs at any time if you have a doubt.
- Those on insulin, remember there is usually an explanation for insulin reactions. If the reaction occurs before lunch reduce the dose of regular insulin the next morning. If the reaction occurs any other time during the day, decrease the dose of insulin without being told to do so by your doctor.
- Take extra food for extra exercise (check with your dietician or doctor).
- Always carry emergency supplies of sweets, glucose or sugar with you.

Dr. C. V. Swamy,
M.D (Homoeo),
C.V.S. Homoeo Clinic, Adjacent to Kumar Theater,
Kachiguda Railway Station
Hyderabad – 27.

Timings: 11AM – 8PM
Cell: 9849280191, Clinic: 66778327