

Evaluation Of Clinical Synergistic Activity Of Eh Medicine In Diabetes Mellitus

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Abstract:

Diabetes is a group of metabolic disorders characterized by a high blood sugar level over a prolonged period. Symptoms of high blood sugar include frequent urination, increased thirst, and increased hunger. If left untreated, diabetes can cause many complications. Acute complications can include diabetic ketoacidosis, hyperosmolar hyperglycaemic state, or death. Serious long-term complications include cardiovascular disease, stroke, chronic kidney disease, foot ulcers, and damage to the eyes.

Keywords: *Electro-Homoeopathy, Treatment, Diabets*

Introduction:

Diabetes is a long - term condition that causes high blood sugar levels. In 2013 it was estimated that over 382 million people throughout the world had diabetes. [1] Diabetes is a disease of the Metabolism. When we eat food, it is broken down. After digestion, Nutrients are absorbed into the blood. During this process there is production of Glucose. Glucose is also extracted and passed into the blood stream. Glucose gives us energy. It is required by every cell of the body. It helps growth and gives us energy.

Glucose is required by all the cells. It reaches the cells via the blood. The leftover remains in the blood stream. It is either stored by the liver for future use or it will get filtered and will eventually pass out of the body through urine. Wasted!! Cells will be starved. This condition is called Diabetes. If the levels of glucose becomes very high then it will become a toxic. Hence impair the function of the Brain, other body parts & kills more pancreatic cells.

SYMPTOMS

The body alerts us of this diseased condition by Excessive thirst, Frequent Urination and Increased Hunger, weight gain, unusual weight loss, Fatigue, cuts & bruises that do not heal, Blurry vision, Increased tiredness, Male sexual dysfunction, Smell of acetone of Breath, Hyper ventilation, Abdominal pain, Nausea, Vomiting, Numbness & Tingling in hands &feet. As the risk of cardio vascular disease is much higher for a diabetic. Insulin is required to transfer Glucose from the blood to the cells. Insulin is a hormone produced by the Pancreas. When Insulin is deficient, the body is diseased. [2] .The cause of diabetes is unknown, but Genetics, Stress, Bad diet, Obesity, lack of exercise, Lack of insulin, Insulin gene mutations, Old age ,Anxiety, Nutritional Deficiency, Insulin receptor mutations, Fatty & Sugary food etc. may Play a role in developing diabetes.

TYPES OF DIABETES

Type 1:-

When you are affected with Type 1 diabetes, your body does not make Insulin. Your Immune system attacks & destroys the cell in your Pancreas that make Insulin. Type 1 diabetes is also called **Juvenile diabetes**. It usually diagnose in children or teen & young adults, although it can appear at any age .Approximately 10% of all diabetes cases are type 1. [3]

People with type 1 diabetes if follow a healthy eating plan, do adequate exercise,& take insulin every day then people can lead a normal life.

Type 2:-

Type 2 diabetes occurs when the body does not produce enough insulin, or when the cells are unable to use insulin properly, which is called insulin resistance. Type 2 diabetes is commonly called “adult-onset diabetes” since it is diagnosed later in life, generally after the age of 45. (90-95%) percent of people with diabetes have this type. In recent years Type 2 diabetes has been diagnosed in younger people, including children, more frequently than in the past. [4]

Type 2 is the most common type of diabetes. Approximately 90% of diabetes worldwide are this type. Some people may be able to control their type 2 diabetes symptoms by losing weight, following a healthy diet, doing plenty of exercise, and monitoring their blood glucose levels. However, type 2 diabetes is typically a progressive disease - it gradually gets worse - and the patient will probably end up have to take insulin, usually in tablet form. Overweight and obese people have a much higher risk of developing type 2 diabetes compared to those with a healthy body weight. People with a lot of visceral fat, also known as central obesity, belly fat, or abdominal obesity, are especially at risk. Being overweight/obese causes the body to release chemicals that can destabilize the body's cardiovascular and metabolic systems. [5]

Being overweight, physically inactive and eating the wrong foods all contribute to our risk of developing type 2 diabetes. Drinking just one can of (non-diet) soda per day can raise our risk of developing type 2 diabetes by 22%, (researchers from Imperial College London reported in the journal ‘Diabetologia’). The scientists believe that the impact of sugary soft drinks on diabetes risk may be a direct one, rather than simply an influence on body weight.

The risk of developing type 2 diabetes is also greater as we get older. Experts are not completely sure why, but say that as we age we tend to put on weight and become less physically active. Those with a close relative who had/had type 2 diabetes, people of Middle Eastern, African, or South Asian descent also have a higher risk of developing the disease.

Men whose testosterone levels are low have been found to have a higher risk of developing type 2 diabetes. (Researchers from the University of Edinburgh, Scotland), say that low testosterone levels are linked to insulin resistance.

Gestational diabetes:-

Gestational diabetes occurs during Pregnancy & affects about 18% of all pregnancies, according to the American Diabetes Association (ADA).

This type affects females during pregnancy. Some women have very high levels of glucose in their blood, and their bodies are unable to produce enough insulin to transport all of the glucose into their cells, resulting in progressively rising levels of glucose. Diagnosis of gestational diabetes is made during pregnancy. Many women who had gestational diabetes develop type 2 diabetes later on. Gestational diabetes & type 2 diabetes both involve insulin resistance. [6]

The majority of gestational diabetes patients can control their diabetes with exercise and diet. Between 10% to 20% of them will need to take some kind of blood-glucose-controlling medications. Undiagnosed or uncontrolled gestational diabetes can raise the risk of complications during childbirth. The baby may be bigger than he/she should be. [7]

Scientists from the (National Institutes of Health and Harvard University) found that women whose diets before becoming pregnant were high in animal fat and cholesterol had a higher risk for gestational diabetes.

Pre-diabetes:-

The vast majority of patients with type 2 diabetes initially had pre-diabetes. Their blood glucose levels were higher than normal, but not high enough to merit a diabetes diagnosis. The cells in the body are becoming resistant to insulin. [8]

Studies have indicated that even at the pre-diabetes stage, some damage to the circulatory system and the heart may already have occurred. The American Diabetes Association (ADA) estimates that there are 41 million Americans that have pre- diabetes in addition to the 18.2 million with diabetes.

Diabetes Mellitus:-

Diabetes comes from Greek, and it means a "siphon". Aretus the Cappadocian, a Greek physician during the second century A.D., named the condition diabainein. He described patients who were passing too much water (polyuria) - like a siphon. The word became "diabetes" from the English adoption of the Medieval Latin diabetes. [9]

In 1675, Thomas Willis added mellitus to the term, although it is commonly referred to simply as diabetes. Mel in Latin means "honey"; the urine and blood of people with diabetes has excess glucose, and glucose is sweet like honey. Diabetes mellitus could literally mean "siphoning off sweet water".

In ancient China people observed that ants would be attracted to some people's urine, because it was sweet. The term "Sweet Urine Disease" was coined.

Complications that can be caused by diabetes:-

- > Eye problems
- > Foot complications
- > Skin complications
- > Heart disease
- > Stroke
- > Kidney disease
- > Mental disease
- > Hearing loss
- > Dental disease
- > Nerve damage / Neuropathy (causes by chronic Diabetic)
- > Healing of wounds etc.

Find out Diabetes:-

Sometimes a routine exam by an eye doctor or foot doctor will reveal diabetes. Diabetes affects the circulation to your feet and the tiny blood vessels in your eyes. If your eye doctor or your foot doctor suspects you have diabetes, he will recommend you see your regular physician for a blood sugar level test.

The most common test is mentioned below:-

FBS (Fasting Blood Sugar) = 70 – 110mg/ dl

PPBS (Post Prandial Blood Sugar) = 70 - 140 mg / dl

RBS (Random Blood Sugar) = 70 - 130 mg/ dl

Haemoglobin A1C = 3.8 - 6.4%

Impaired Glucose Tolerance (IGT) Test =140 -200 mg/ dl

The above tests are to monitor, confirm the diabetes. The state of increased blood sugar level (above 140 mg/ dl) is known as Hyperglycaemia (Excessive glucose in blood) & the decreased blood sugar level below 70 mg/ dl is Hypoglycaemia (Abnormal low level of glucose in blood).Hyper & Hypoglycaemia both can have a bad effect on the patients.

Diet:- (Eat your regular diet)

Nuts

Olive oil, Fish oil, avocados(For healthy fats)

Fruits & vegetables

High fibre breads made from whole grain & wheat

Whole wheat pasta

Fish, organic chicken

High quality protein such as eggs, beans, low fat dairy & unsweetened yogurt.

Brown rice, sweet potatoes

Low sugar bran flakes

Leafy green

Mushroom, Camel milk (best diet), etc.....

Diet (Avoid / Eat less):-

Deep fried foods

packaged& fast foods

White rice

Red meat

White potatoes

Pasta

White bread

Sugary food

Corn flakes

Corn

Soft drinks, soda & juice etc.....

Treatment (By Electro Homoeopathy):-

- 1) S2 + S6 + C6 + C17 + VEN1 /(xxx) + WE
- 2) S5 + C5 + LINF1+ F1 + A3 /(xxx) + BE
- 3) S1+ C15
- 4) INJ NO: - 5 Alternate with INJ No:-36
- 5) According to the symptom of the patient the treatment will be changed.

“Being diagnosed with diabetes can be a very scary thing, and it can easily make your life stand still for a moment.” **Charlie Kimball**

Conclusion : Electrohomoeopathy medicine are harmless and surely play a synergistic role in combination with conventional system of medicine in all type of diabetes. Developing country expending lot of money for diabetes patient and there welfare. Electrohomoeopathy is cost effective medicine would be beneficial for patient, government and poor society.

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