



To Elicit The Significance Of “Ailments From” Rubric As An Eliminating Rubric In Type II Diabetes Mellitus By Using Repertorium Homoeopathicum Syntheticum 9.1

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Abstract : To validate the “Ailments from” rubric as an eliminating rubric in mind chapter of synthesis repertory 9.1 using Type II Diabetes Mellitus cases. To study the remedies under the “Ailments from” rubric in the mind chapter of synthesis repertory 9.1 using Type II Diabetes Mellitus cases. To determine the effectiveness of Homoeopathic treatment in reducing the Fasting Blood sugar level in patients with Type II Diabetes Mellitus using “Ailments from” as an eliminating rubric. To compare the clinical symptoms using Diabetic clinical score before and after the homeopathic treatment. Diabetes is a rising worry worldwide due to factors such as aging, urbanization, unhealthy eating habits, obesity, and lack of physical activity. According to the World Health Organization, the number of people with diabetes globally surpasses 180 million, and this figure might double by 2030. It's a severe and long-term condition with no cure. While conventional medicine offers options like oral medication and insulin, some of these treatments can have harmful side effects. In individuals with type 2 diabetes, intensive blood-glucose management with sulphonylureas or insulin significantly lowers the incidence of microvascular problems but not macrovascular disease. In order to reduce the incidence of the disease new method of treatment is to be established. Homoeopathic treatment may be next possible mode of treatment to control the blood sugar level. This study was conducted in order to find the homoeopathic medicine by using “REPERTORIUM HOMOEOPATHICUM SYNTHETICUM 9.1” as a tool.

IndexTerms – Diabetic Clinical Score, FBS, Homoeopathy, Ailments from rubric, Synthesis repertory, Type 2 Diabetes Mellitus.

I. INTRODUCTION

Diabetes Mellitus presents a growing concern on a global scale, attributed to a myriad of factors such as aging, urbanization, poor dietary habits, obesity, and sedentary lifestyles. According to a survey conducted by the World Health Organization (WHO), the number of individuals affected by diabetes worldwide exceeds 180 million, with projections indicating a potential doubling of this figure by 2030.^[1] A recent study published in Lancet indicates that in India, approximately 101 million people, constituting 11.4% of the population, are diagnosed with diabetes. Moreover, findings from a survey commissioned by the health ministry suggest that an additional 136 million individuals, comprising 15.3% of the population, may be living with pre-diabetes. This extensive study, spanning over a decade, involved 113,000 participants aged 20 and above from all states across India and was conducted by the Madras Diabetes Research Foundation in collaboration with the Indian Council of Medical Research (ICMR). Notably, regions such as Goa, Puducherry, and Kerala exhibited the

highest prevalence rates of diabetes, with figures reaching 26.4%, 26.3%, and 25.5%, respectively. The escalating incidence of diabetes in developing nations, exemplified by India, mirrors the trajectory of urbanization and modern lifestyle, characterized by a shift towards a "Western-style" diet and sedentary routines.^[2]

NEED OF THE STUDY

Around the world, diabetes is a serious long-term condition affecting millions of people, with no known cure. Conventional medicine offers various treatments like oral medication and insulin, but some can have harmful side effects. This has led more people to seek alternative therapies like homeopathy. To support this, it's important to find evidence showing that homeopathy works for diabetes. This could also make affordable homeopathic treatments available globally, helping those who can't afford traditional medicine.^[3] Conventional medicine struggles to adequately address diabetes mellitus, necessitating innovative treatment approaches. This ailment is prevalent among individuals aged late 30s to early 50s, a phase often marked by productivity in one's career, where financial or employment-related stresses frequently contribute to diabetes. Sedentary lifestyle, poor dietary habits, and genetic predispositions serve as secondary factors, with many cases rooted in recent stressful life events like financial setbacks, romantic disappointments, betrayals, or fear of job loss. Homeopathic prescriptions take into account these multifaceted aspects when addressing diabetes.^[4] Homoeopathic therapy could emerge as a prospective approach for managing diabetes mellitus (DM), aiming to regulate insulin secretion and utilization. This study utilized the "Repertorium Homoeopathicum Syntheticum 9.1" as a tool to identify individualized homoeopathic remedies for this purpose

II. RESEARCH METHODOLOGY

2.1 Population and Sample

A sample of 40 cases diagnosed to have Type II Diabetes Mellitus visiting the OPD, IPD and Rural centers of our hospital. The study duration of about 1 year by using purposive sampling technique. Samples including criteria were subjects of age group 18-60 years of both sexes. Cases that are diagnosed as Type II Diabetes Mellitus with "Ailment factor". FBS level more than the normal limit. Cases without Ailment factor and Patients with other systemic diseases and auto immune diseases were excluded from the study. It was a Prospective single-arm observational study, which have single group as per eligibility criteria observed before and after intervention and assessed after study duration without a control group. Tools has been used were pre structured SKHMC case format, Repertorium Homoeopathicum Syntheticum by Dr.Frederik Schroyens and Diabetic clinical score was used.

2.2 Data and Sources of Data

Data collected through direct interview, observational method, Blood investigation and Diabetic clinical score. It contains unintended weight loss (0-3), Increased drinking (0-3), Increased appetite (0-3), Decreased activity (0-3). Based on this , improvement status classified into mild, moderate and severe.

2.3 Theoretical framework

40 cases of Type II Diabetes Mellitus with elevated FBS level, cases with "Ailment factor", within age group of 18-60 years were selected from SKHMC by purposive sampling technique. Homoeopathic medicine selected with the help of "REPERTORIUM HOMOEOPATHICUM SYNTHETICUM 9.1" in Treating Type II Diabetes Mellitus, according to the symptoms presented by the patient at the time of clinical interview. Follow up assessment- done successively every month for the period 12 months. Symptoms were assessed using FBS level and Diabetic clinical score pre and post intervention.

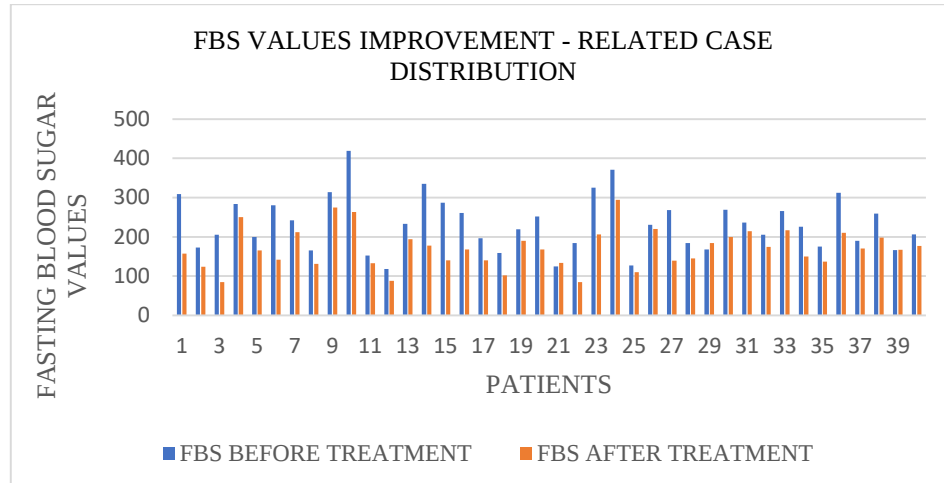
2.4 Statistical tools and econometric models

The paired t-test has been used to assess the improvement in the levels of FBS among individuals after the administration of homoeopathic remedies. Since p value < 0.05 , that's an effect of homoeopathy on Type II Diabetes Mellitus using "Ailments from" rubric as an eliminating rubric. Again, the paired t-test has been used to assess the improvement in the Diabetic Clinical Score among individuals after the administration of Homoeopathic remedies. Since p value < 0.01 , that's an effect of homoeopathy in improving the Diabetic clinical score.

III. RESULTS AND DISCUSSION

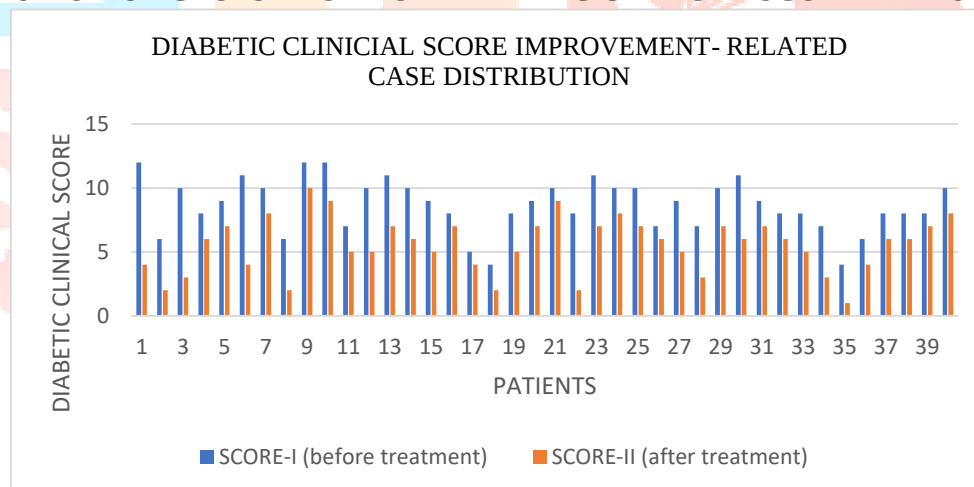
3.1 Results

DISTRIBUTION OF CASES BASED ON FBS VALUES IMPROVEMENT



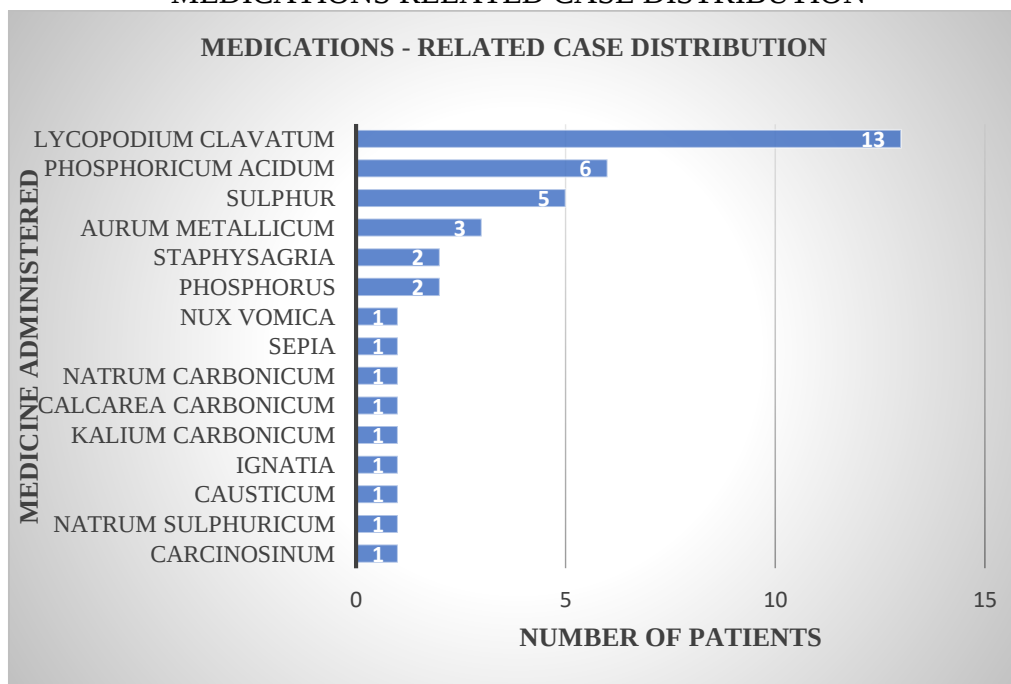
Among 40 cases when compared with FBS level in pre and post-test highest difference is showed in the pre-test value of 335 which was reduced to 178 with the difference of 157. In 9 cases, there was a marked lowering in FBS levels. In 9 cases, there was a moderate lowering in FBS levels. In 19 cases, there was a mild lowering in FBS levels. No improvement in FBS value is seen in 3 cases. The inference has been indicated with mild, moderate and marked based on the difference between the pre and post- test values of fasting blood sugar. If the difference between the pre and post test is between 0-50, it is considered as mild improvement, if it is between 51-100, it is considered as moderate improvement and if it is more than 100, it is considered as marked improvement.

DISTRIBUTION OF CASES BASED ON DIABETIC CLINICAL SCORE IMPROVEMENT



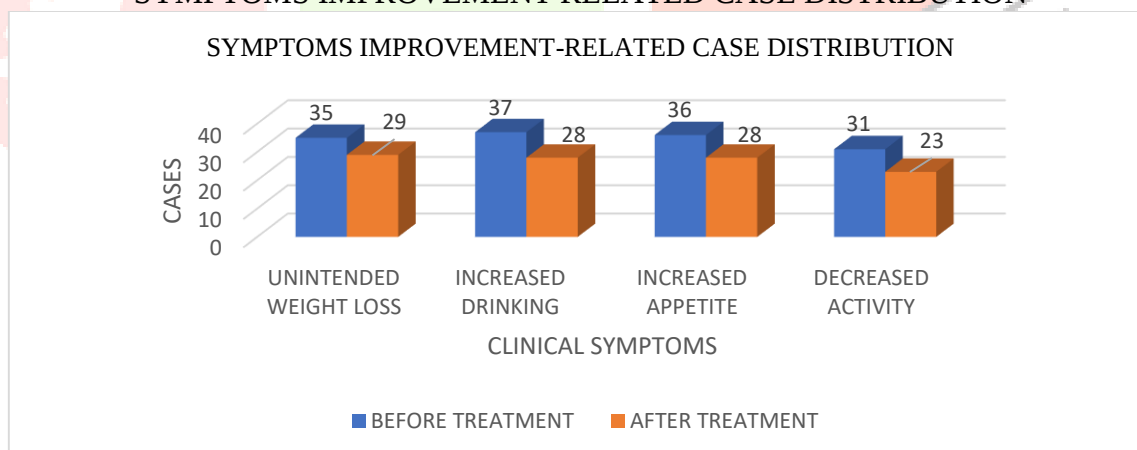
Among 40 cases when compared with scoring before and after treatment, highest difference scoring before treatment was 12 which was reduced to 4 with the difference of 8. Marked improvement of reduction in scoring was seen in 4 cases. Moderate improvement of reduction in scoring was seen in 17 cases. Mild improvement of reduction in scoring was seen in 19 cases. The inference has been indicated with mild, moderate and marked based on the difference between the clinical scoring before and after treatment. If the Difference between the scoring is 0-2, it is considered as mild, between 3-6 it is considered as moderate and if the difference is greater than 6, it is considered as marked improvement.

MEDICATIONS RELATED CASE DISTRIBUTION



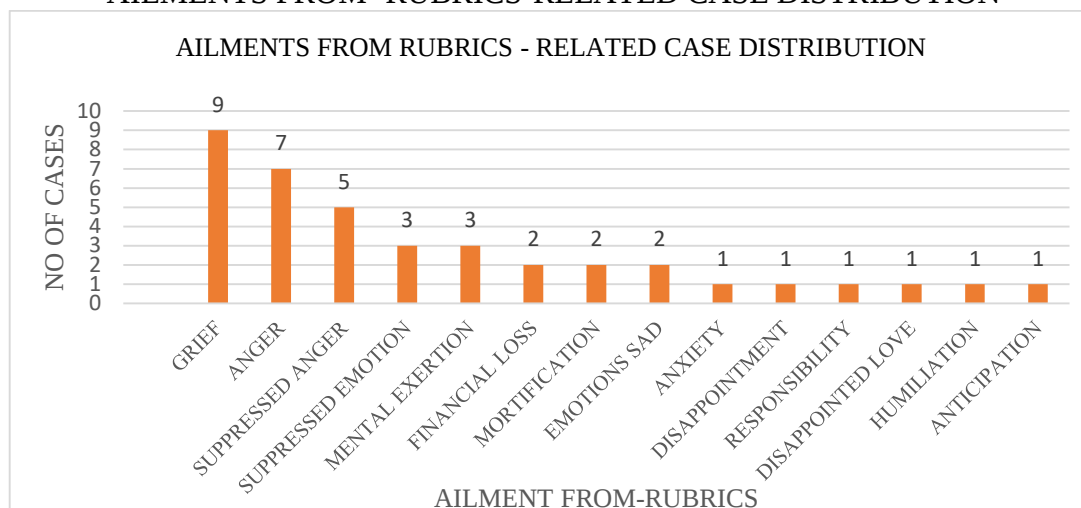
Out of the 40 cases assigned, for maximum number of cases, Lycopodium clavatum was prescribed, 13 cases (32.5%). Next comes to Phosphoricum acidum, which was prescribed to 6 cases (15%), Sulphur was prescribed to 5 cases (12.5%), Aurum metallicum was prescribed to 3 cases (7.5%), Staphysagria was prescribed to 2 cases (5%), Phosphorus was prescribed to 2 Cases (5%), Nux vomica was prescribed to 1 case (2.5%), Sepia was prescribed to 1 case (2.5%), Natrum carbonicum was prescribed to 1 case (2.5%), Calcarea carbonicum was prescribed to 1 case (2.5%), Kalium carbonicum was prescribed to 1 case (2.5%), Ignatia was prescribed to 1 case (2.5%), Causticum was prescribed to 1 case (2.5%), Natrum sulphuricum was prescribed to 1 case (2.5%), Carcinosisinum was prescribed to 1 case (2.5%).

SYMPTOMS IMPROVEMENT RELATED CASE DISTRIBUTION



Among 40 assigned subjects, 19 cases (47.5%) shows mild improvement, 9 cases (22.5%) show moderate improvement, 9 cases (22.5%) shows marked improvement and 3 cases (7.5%) shows no improvement.

AILMENTS FROM -RUBRICS-RELATED CASE DISTRIBUTION



The Highest causative factor for Diabetes mellitus was found to be from Rubrics- Grief 9 cases (22.5%), Anger 7 cases (17.5%), Suppressed anger 5 cases (17.5%), Financial loss 2 cases (5%), Suppressed emotion 3 cases (7.5%), Mental exertion 3 cases (7.5%), Mortification 2 cases (5%), Emotions sad 2 cases (5%), Anxiety 1 case (2.5%), Disappointment 1 case (2.5%), Responsibility 1 case (2.5%), Dissatisfied love 1 case (2.5%), Humiliation 1 case (2.5%), Anticipation 1 case (2.5%), Embarrassment 1 case (2.5%).

3.2 Discussion

Lycopodium clavatum was indicated for 32.5% (N=13). The Highest causative factor for Diabetes mellitus was found to be from Grief (MIND- AILMENTS FROM -grief) 22.5% (N=9), among the medicines given under the rubric, *LYCOPodium CLAVATUM* was frequently indicated in my study. The commonly presented symptoms of diabetes mellitus are Increased drinking and urination 92.5% (N=37), that was reduced to 70% (N= 28) after treatment. In 37.5% (N=15) cases, there was a moderate improvement in the FBS value reduction. In 50% (N=20) cases, a mild improvement in the reduction in scoring was observed. Out of 40 cases, 52.5% cases (N=21) have an extensive genetic history of diabetes mellitus. Among the 40 cases assigned for the study, maximum number of cases are literate i.e., 87.5% (N=35). Among the 40 cases assigned for the study, maximum number of cases i.e., 50% (N=20) comes under middle income group. Based on the locality the cases are distributed as, 75% (N= 30) are located in urban. Out of the 40 cases assigned, LM was assigned to 37.5% (N=15) of them. Therefore, we could conclude that Homoeopathic treatment of Type II Diabetes Mellitus using “Ailments from” rubric as an eliminating rubric in mind chapter of *REPERTORIUM HOMOEOPATHICUM SYNTHETICUM 9.1* is effective.

IV. ACKNOWLEDGMENT

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each group is selected. After data collection, data were analyzed by SPSS version 22.0 software and the means were compared by t-test and qui-square, with significant level of 0.05. Results and Discussion Data of sixty-two patients with type. 2016;2:27-41.

