



TITLE: ROLE OF HOMOEOPATHIC MEDICINES IN MANAGEMENT OF PREDIABETES

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ABSTRACT:

Pre-diabetes is condition in which people have higher than normal blood glucose level but high enough for Diagnosis of diabetes. There are many risk factors for prediabetes. Pre-diabetes is a significant public health problem worldwide. India has a very high rate of progression from pre-diabetes to diabetes, 75–78 per thousand persons per year. In this article, we will provide overview of prediabetes, risk factors and its symptoms and Diagnosis & homoeopathic therapeutic management.



KEY WORDS: Prediabetes and Homoeopathy

INTRODUCTION:

Prediabetes is defined as a condition in which people have higher than normal higher blood glucose level but high enough for Diagnosis of prediabetes. The normal Fasting blood sugar level is between 70 to 99 mg /dl but in diabetes patient it is expected to 100 to 125 mg/dl. The normal HbA1c level is below 5.7 % but in prediabetes patient it is increase between 5.7 % to 6.4%. Normal plasma glucose level after oral glucose tolerance test < 140 mg /dl and in prediabetes 140-199 mg/ dl. Prediabetes is more likely to occurs at the age of 30 – 65. In homoeopathy, Homoeopathic medicine break the tendency of diabetes mellitus and prevent diabetes mellitus. ^[1]

RISK FACTOR OF PREDIABETES:

Overweight or obesity (especially a body mass index (BMI) greater than 25 kg/m²) Family history of diabetes mellitus, Diabetes during pregnancy, High blood pressure, less physical exercise, Dyslipidemia with levels of HDL cholesterol less than 40 mg/dL (men) or less than 50 mg/dL (Female) or triglycerol than 250 mg/dL, cystic Ovarian Syndrome. In homoeopathy, Homoeopathic medicine break the tendency of diabetes mellitus and prevent diabetes mellitus. ^[2]

SYMPTOMS OF PREDIABETES:

In majority of the patients with prediabetes do not have any symptoms and appropriate blood test and monitoring especially in individuals with family history is needed. In the minority of patients who have symptoms like Increased appetite,



Unexplained weight loss/weight gain, High BMI, Weakness, Fatigue, Sweating, Blurred vision, Slow healing cuts or bruises, Recurrent skin infections/gum bleeding.^[2]

DIAGNOSIS OF PREDIABETES:

The normal Fasting blood sugar level is between 70 to 99 mg /dl but in diabetes patient it is expected to 100 to 125 mg/dl. The normal HbA1c level is below 5.7 % but in prediabetes patient it is increase between 5.7 % to 6.4%. Normal plasma glucose level after oral glucose tolerance test < 140 mg /dl and in prediabetes 140-199 mg/ dl. Prediabetes is more likely occurs at the age of 30-65. ^[1]

PRIMARY MANAGEMENT OF PREDIABETES:

Exercising regularly, weight loss, adhering to regulations prescribed by your doctor, Smoking cessation. Avoid mental stress it is known aggravating factor for prediabetes.

Many studies suggest that a low-carbohydrate diet can manage control insulin resistance, blood sugar levels, and weight control. Taking salts less than 1500 mg per day and cutting sugar and excess fats will also help prevent prediabetes. Prediabetes is reversible and can only be managed by making significant lifestyle changes and having physicians who know how to educate patients on accept healthy lifestyle habits. ^[2]



MAISMATIC CONCEPT OF PREDIABETES:

As A theory and concept of maismatic background given by Dr.Hahnemann for chronic diseases, it is needed to find out fundamental causes which means maismatic causes. Psora leads to functional disturbances resulting diminished effectiveness of insulin & Syphilis by its destructive process cause a diminution of the effective mass of islets of langerhans, which leads to absolute lack of insulin. [3]

HOMOEOPATHIC THERAPEUTICS FOR PREDIABETES:

Syzygium jambolanum: has an immediate effect of increasing the blood sugar level, A most useful remedy in diabetes mellitus, great Thirst, weakness, very large amount of urine, diabetic ulceration. [4]

Phosphoric acid: frequent, profuse, watery, milky-urine, micturition preceded by anxiety and followed by burning, frequent urination at night [4]

Acetic acid: large Quantity of pale urine, great Thirst and debility [4]

Uranium nitricum: copious urination, diuresis, burning in urethra

Sulphur: Excessive appetite, drink much and eat little, great Desire for sweets, great acidity and sour eructation, burning, painful , weight like pressure .

Frequent micturition especially at night, great Quantities colourless urine, must hurry, sadder, call to urination, burning in soles and hands at night, sweat in armpit, smelling like garlic. [4]



Abroma Augusta: dryness of mouth, muscle weakness, frequent urination, increase appetite. ^[5]

Cephalandra indica: dryness of mouth with great Thirst, Thirst large Quantity of water at a time. ^[5]

CONCLUSION:

In conclusion, firstly avoid mental stress it is a known aggravating factor for prediabetes. Life style changes, healthy diet, exercise & homoeopathic medicine can break the tendency of diabetes and helps a person to live a healthy life.

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