



TITLE: DIABETES MELLITUS INDIVIDUALISATION CASE

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Abstract:

Diabetes mellitus is syndrome of multiple etiologies characterized by chronic hyperglycemic with disturbance of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action or both. This disorder is often associated with long term complication, involving organs like eyes, kidneys, nerves, heart and blood vessels. In this article, we will provide an overview of Diabetes mellitus, including its symptoms, causes, diagnosis and homeopathic therapeutic management.

Key Words: *Diabetes mellitus, Homoeopathy, approach individualisation, constitutional remedy Natrum Muriaticum.*

Introduction: In the Diabetes mellitus disease the body lacks the ability to produce or react to the insulin hormone. There is an impairment of insulin, which causes abnormal metabolism of carbohydrates and increase levels of glucose in blood. Currently, India ranks second in the world for the number of individuals living with diabetes. The International Diabetes Federation (IDF) estimates that in 2017, there were 72.9 million people with diabetes in India, a figure expected to rise to 134.3



million by 2045.

Risk factors:

- Obesity
- Family History of type II diabetes
- Smoking
- Sedentary lifestyle
- Stress
- Age above 40 years
- History of gestational diabetes or birth of large babies
- Genetic History

Symptoms:

- Polyuria
- Polydipsia
- Loss of sharpness of eye sight
- Excessive appetite
- Increase Predilection to sugar items
- Mood swings and agitation

INVESTIGATION OF DIABETES:

The world health organization (WHO) and the American diabetes association suggested various parameters for the diagnosis of diabetes. Based on the blood values of glycated haemoglobin in percentage (HbA1c), fasting plasma glucose (FPG) and 2hr plasma glucose(2hrPG), Normal Prediabetes and diabetes stage can be diagnosed.

MANAGEMENT OF TYPE II DIABETES MELLITUS:

People are able to control their glucose levels with diet and exercise alone where as others may require insulin or other medications in addition to life style changes. In other terms management is a lifelong



affair and patient need to be oriented regarding this.

HOMOEOPATHIC INDIVIDUALISATION APPROACH:

A holistic model of health, taking an overview of patient mind, body and spirit, life situation and other circumstance is central in evolving a curative approach to chronic disease and complex cases. The holistic view uses the totality and the constitution of each patient to find a remedy that suits a patients, rather than the diseases. The constitutional remedy is selected after detailed case-taking, considering mental generals, physical generals, and particular symptoms. Therapeutic medicines may be added as supportive treatment to enhance clinical improvement.

THERAPEUTIC APPROACH TO DIABETES MELLITUS:

Homoeopathic therapeutic medicines such insulinum, thuja, lactic acid, pancreatinum, adrenalin, phosphoric acid, lac vaccinum, carnosinum, syzygium jambolanum, gymnema sylvestre, cephalandra indica, abroma augusta, ficus bengalensis etc. have been found useful in managing blood glucose levels and associated symptoms like polyuria, polydipsia, weakness, and fatigue. These medicines act by improving glucose metabolism and reducing glycosuria when prescribed according to symptom similarity and patient response.

CASE REPORT

PRELIMINARY DATA:

Name: xxx

Age/Sex: 48/F

Nationality: Indian

Marital Status: Married

Occupation: Job

CHIEF COMPLAINTS: A 48-year-old Female presented with Generalised weakness, dryness of tongue, and profuse urination since 1 year. Weakness worsens on exertion.



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HISTORY OF PRESENTING ILLNESS:

The patient is K/C/O Diabetes Mellitus for 4 years. She was not under any medications. She came with the complaints of generalised weakness that was more prominent on exertion and she also had dryness of tongue with increased thirst along with profuse urination.

PAST HISTORY:

Jaundice 10 years ago

FAMILY HISTORY:

Mother-Diabetes mellitus, Hypertension

GENERAL:

Physical general:

1. Appetite: Normal, 2 times meal/day
2. Thirst: Increased with dryness of tongue
3. Sleep: Disturbed due to persistent thoughts
4. Stool: Regular bowel habit.
5. Urine: Profuse micturition, passes 6-7 times/ day, passes 2-3 times/night.
6. Perspiration: Moderate
7. Desire: spicy food
8. Aversion: N/S
9. Thermal: Hot

LIFE SPACE INVESTIGATION:

The patient was born in a poor family she has 3 siblings. She was so close to her siblings. Her parents were unable to earn much to complete family needs. Due to her financial status she couldn't make up her studies after 10th std. She got married at the age of 25. She was having strong worries regarding her future, she used to get angry when someone give opinion to her. Weeping tendency



and suppression of anger. She keeps on thinking about past events that made her sad, she always remain discontented about her life.

MENSTRUAL HISTORY:

Menopause at 42 years.

GENERAL EXAMINATION:

General built and nutrition: Obese and Moderately nourished

Height: 150.5 cm

Weight: 70 kg

BMI: 27kg/ M2

Pulse rate: 80/ min

BP:140/80mm/hg

RR: 19/min

Temp: 99.6 F

LABORATORY FINDINGS:

HBA1C: 7.9

Rbs 220

DIAGNOSIS:

- Final Diagnosis (Disease): TYPE II DIABETES MELLITUS

TOTALITY OF SYMPTOMS:

- Constant thinking of past / brooding
- Anxiety future about
- Suppressed anger
- Admonition aggravation
- Weeping tendency
- Dwelling on past events
- Discontented with life



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- Desire spicy food
- Thirsty with dryness of tongue
- Thermal hot

REPERTORIAL TOTALITY:

MIND			
1 MIND - ADMONITION - agg.			
2 MIND - AILMENTS FROM - anger - suppressed			
3 MIND - ANXIETY - future, about			
4 MIND - BROODING			
5 MIND - DISCONTENTED			
6 MIND - DWELLS - past disagreeable occurrences, on			
7 MIND - WEEPING			
MOUTH			
8 MOUTH - DRYNESS - Tongue			
GENERALS			
9 GENERALS - FOOD and DRINKS - s desire			
Remedies	ΣSym	ΣDeg	Symptoms
nat-m.	9	20	1, 2, 3, 4, 5, 6, 7, 8, 9

Remedies	ΣSym	ΣDeg	Symptoms
nat-m.	9	20	1, 2, 3, 4, 5, 6, 7, 8, 9
sep.	9	15	1, 2, 3, 4, 5, 6, 7, 8, 9
lyc.	8	16	1, 2, 4, 5, 6, 7, 8, 9
phos.	8	15	1, 2, 3, 5, 6, 7, 8, 9
nit-ac.	8	13	1, 3, 4, 5, 6, 7, 8, 9
ph-ac.	8	13	2, 3, 4, 5, 6, 7, 8, 9
spong.	8	13	2, 3, 4, 5, 6, 7, 8, 9
staph.	8	13	1, 2, 3, 5, 6, 7, 8, 9
verat.	8	13	1, 3, 4, 5, 6, 7, 8, 9
dulc.	8	11	1, 3, 4, 5, 6, 7, 8, 9
sulph.	7	17	3, 4, 5, 6, 7, 8, 9
aur-m-n.	7	14	2, 3, 4, 5, 6, 7, 9
chin.	7	14	1, 3, 5, 6, 7, 8, 9

REPERTORIAL ANALYSIS:

Sr.No.	Remedies Name	RELATIVE VALUE
1	Natrum muriaticum	20/9
2	Sepia	15/9
3	Lycopodium	16/8
4	Phosphorus	15/8
5	Nitric Acid	13/8

Selection of medicine- Out of five highest grading medicines. Natrum Muriaticum is covering all the symptoms including thermal also. So, Natrum muriaticum becomes the ultimate choice.



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Selection of potency- 1M according to susceptibility of patient

Prescription-

Rx. Natrum Mur 1M x3 dose

SL BD x 15 days

AUXILIARY MANAGEMENT:

Avoid high glycaemic index foods

Advise to avoid coffee, tea.

Avoid mental stress.

FOLLOW UP:

Date	Symptoms	Medicine
29/7/25	Weakness of body persist. Dryness of tongue slightly better, Profuse urination persist. Increased thirst II	Natrum muriaticum 1m 1 dose SI bd × 1Month
2/9/25	Weakness of body slightly better. Dryness of tongue slightly better. Profuse urination slightly better Increased thirst still slightly better.	Natrum muriaticum 1m 1 dose SI bd Abroma augusta Q 12 drpos bd×1 Month
1/10/25	Weakness of body better than before. Dryness of tongue better than before. Profuse urination slightly better Increased thirs till better than before.	Natrum muriaticum 1m 1 dose SI bd Abroma augusta Q 12 ×1 Month
2/11/26	Patient feel well HBA1C level 6.2	SI 1 dose SI bd, Abroma augusta Q×1Month



BEFORE TREATMENT:

**Care Pathology Laboratory**

Dr. Divy Patil
(M.D. Pathology)
Mr. Bhaviksinh Gohil
(B.Sc., M.Sc., MLT)

LABORATORY TEST REPORT

Regn Date : 01-aug-2025 10:01 **Sample Collec** : 01-aug-2025 10:01

Name : XXXXXXXXXX **Print Date** : 01-aug-2025 13:21

Regn No. : XXXXXXXXXX **Sex/Age** : Female/ 48Years

Ref. By : Dr Kinnari Patel **Regn Centre Ref no** : Care Pathology Laboratory

Sample Type : EDTA Blood **Care Platinum Body Profile** :

Glycosylate Hemoglobin (HbA1C)

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Nr. Doctor House, Mehsana-384002, Gujarat.

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Free Home Sample Collection Service Available



AFTER TREATMENT:

Care Pathology Laboratory  **Dr. Divy Pa**
(M.D. Pathology) **Mr. Bhaviksinh G**
(B.Sc., M.Sc., M)

LABORATORY TEST REPORT

Regn Date : 01-Nov-2025 10:01 Sample Collec : 01-Nov-2025 10:01

Name : [REDACTED] Print Date : 01-Nov-2025 13:21
Regn No. Sex/Age : Female/ 48Years

Ref. By : Dr Kinnari Patel Regn Centre Ref no : Care Pathology Laboratory
Sample Type : EDTA Blood Care Platinum Body Profile :

Glycosylate Hemoglobin (HbA1C)

Parameters	Result	Unit	Biological Reference Interval
HbA1c (Glycosylated Hemoglobin) <small>HPLC</small>	6.2	%	< 5.7 : Normal 5.7 - 6.4 : Pre Diabetes > 6.5 : Diabetes
Mean Whole Blood Glucose	96	mg/dL	58 - 122

Information:
- HbA1c test shows average amount of glucose attached to hemoglobin over the past three months.
- HbA1c test is not used for gestational diabetes, a type of diabetes that only affects pregnant women or for diagnosing diabetes in children.
- Also, if patient has anemia or another type of blood disorder, HbA1c test may be less accurate for diagnosing diabetes.

Reference:
- <https://www.diabetes.org/diabetes/a1c/diagnosis>
- Wallach's interpretation of diagnostics tests edition 10, mary A williamson and L.michael Snyder, 2015

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Discussion:

After Repertorization, many medicines were found to be competing with each other, namely Natrum muriaticum, sepia, phosphorus, lycopodium, etc. After going through the Homoeopathic Materia Medica, Constitutional remedy Natrum muriaticum was selected and prescribed. The medicine remained unchanged during the follow-up visits, along with the Natrum Mur, mother tincture Abroma Augusta Q was given. The patient responded well to the prescribed medicines

Conclusion:

Homoeopathic treatment is based on the principle of individualization. It takes into consideration the mental generals, physical generals, and particular symptoms of the case. The selection of medicine is done according to homoeopathic principles and a thorough study of the symptomatology of the patient. Along with the indicated constitutional remedy, the use of an appropriate Mother tincture helps in enhancing the effectiveness of the treatment and gives good results.

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