

DIABETES AND HOMOEOPATHY  
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Diabetes Mellitus, commonly called diabetes, is a life-long disease marked by high levels of sugar in the blood. It is a condition that makes many people worry about the longevity of their life after being diagnosed with it.

It is of two types. Diabetes insipidus and diabetes mellitus. Diabetes insipidus is a disease that results from the deficiency of the pituitary hormone vasopressin. It causes dehydration, excessive urination, thirst, weakness and debility but no sugar is present in the urine. An insufficiency of insulin production by the pancreas for the metabolizing of food sugars and starches produces the diabetes mellitus condition. Excessive hunger, frequent urination, vision problems, itching especially in the genital area and slow healing of cuts and bruises are the symptoms.

**Predisposing factors –**

Hereditary, Obesity, Age, Viral infections, Injury, Stress, Sedentary life.

**HOMOEOPATHIC TREATMENT-**

Homoeopathic treatment is very useful in treating for diabetes as well as prevents complications of diabetes on other parts of the body such as eyes, kidney and nerves. In Homoeopathy individual symptoms like eating habits, likes and dislikes, digestion, bowel movements and sleep patterns are noted. Then the medicines given on the basis of totality of symptoms which act directly on the defense mechanism of the body and enhance the body's natural ability to fight disease.

**THINGS TO REMEMBER-**

1. The Diabetic patient should live upon a diet which keeps the body metabolism at its lowest, and for this carbohydrates are necessary.
2. Diabetic has not lost the power of oxidizing sugar. So sugar in raw state or mixed with food.
3. The Diabetic is a sick patient and requires careful dieting but not the exclusion of any one thing. Fats and oils seem very essential. He should be fed four or five times a day, given reasonable quantities of course.
4. Food like Garlic, Coffee, Asafoetida, Rice, Cold drinks, Alcohol, Tinned food, Excess sweets, Nitrogenous diet should be avoided.
5. Potato, fried food, bakery products should be minimized.
6. Avoid excessive mental labour.
7. Night watching should be discouraged.
8. Develop a routine of regular light exercise.

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