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G Chandra Sekhara Rao
Professor and Supervisor,
Lincoln University College,
Malaysia

G Lakshmi Narasaiah
Research Scholar, Lincoln
University College, Malaysia

Pingali Ananda Kumar
Research Scholar, Lincoln
University College, Malaysia

K Ramalakshmi Devi
Research Scholar, Lincoln
University College, Malaysia

Corresponding Author:
G Chandra Sekhara Rao
Professor and Supervisor,
Lincoln University College,
Malaysia

A review on utilizing plant kingdom themes in homeopathic approach to diabetes mellitus

G Chandra Sekhara Rao, G Lakshmi Narasaiah, Pingali Ananda Kumar and K Ramalakshmi Devi

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Abstract

Diabetes mellitus, a primary Non-Communicable Disease (NCD), falls into a category of metabolic disorders defined by hyperglycemia due to issues with insulin secretion or function, or both. Type 2 Diabetes mellitus, representing the majority of diabetes cases, can provoke complications in multiple organs. In 2019, diabetes ranked as the ninth highest cause of mortality, with an approximate 1.5 million deaths directly linked to this disease. Regardless of the variety of current treatment methods, patient outcomes in Diabetes Mellitus are often disappointing, with long-term complications contributing considerably to morbidity and mortality. Conventional diabetic treatments may also potentially strain vital organs; hence the integration of homeopathy could alleviate some chronic effects related to diabetes via comprehensive therapeutic measures. Homeopathy, a distinctive medicinal system that regards each diseased person as a unique and individualized entity, requires profound comprehension of homeopathic remedies for Diabetes mellitus to analyze and choose the relevant remedy. The kingdom approach, particularly focusing on plant kingdom remedies, provides a beneficial pathway to understand Homeopathic Materia Medica. The family themes in the Dr. Yakir chart and Dr. Rajan Sankaran sensation method offer substantial insights into these remedies. Comprehension of plant remedies for Diabetes Mellitus in light of their family themes has widened the utilization of many previously untapped remedies, thereby enhancing precision and simplicity in treatment.

Keywords: Diabetes mellitus, homeopathy, plant kingdom remedies, sensation method, plant chart

Introduction

Diabetes Mellitus represents a medical condition characterized by disruptions in the metabolic processes of carbohydrates, fats, and proteins, and is often linked to either relative or absolute deficiencies in insulin. Current statistics disclose that over 382 million individuals globally are afflicted with diabetes. Projections suggest that by 2035, this figure will skyrocket to 592 million equating to one in every ten individuals living with this disease. The World Health Organization reports that nearly 80 percent of deaths related to diabetes are witnessed in lower to middle-income countries. The prevalence of diabetes is alarmingly high in India, so much so that it is referred to as the world's diabetes capital. Presently, an estimated 40 million Indian citizens are diabetic, a figure that is predicted to surge to approximately 70 million by 2025. Consequently, it's implied that by that period, one out of every five diabetics worldwide would be an Indian.

The recently launched 2022 National Diabetes Statistics Report by The Centers for Disease Control and Prevention (CDC) suggests that currently over 130 million adults in the United States are afflicted with diabetes or prediabetes. Notably, this is the inaugural instance where the report includes data on diabetes prevalence categorized by income levels, highlighting a prominent correlation of increased diabetes incidence with levels of poverty ^[1].

Over the past three decades, the prevalence of diabetes has surged not only across the globe but particularly in India, contributing significantly to the worldwide burden of the disease. This marks an epidemiological shift in India's disease patterns. Consequently, while the mortality rate from communicable, maternal, neonatal, and nutritional diseases (CMNNDs) has seen a substantial decline, there is an evident spike in the impact of non-communicable diseases and injuries on the overall disease burden and mortality.

The incidence of diabetes in India has been on a steady uphill trajectory since 1990, with a pronounced acceleration observed from the year 2000 onwards.

As per the International Diabetes Federation (IDF), demonstrates the escalating trend in diabetes prevalence across India over the past decade. The prevalence of diabetes in India has risen from 7.1% in 2009 to 8.9% in 2019 [2].

Diabetes is a metabolic disorder typified by persistent hyperglycemia (high blood sugar levels), stemming from inadequate insulin production, disrupted insulin action, or a combination of both. The long-term implication of this chronic hyperglycemia is the gradual infliction of damage, dysfunction, and failure of multiple organs. These include crucial body components such as the eyes, kidneys, nerves, heart, and blood vessels, emphasizing the severe health risks associated with uncontrolled diabetes [3].

Diabetes significantly contributes to instances of blindness, kidney failure, heart attacks, strokes, and lower limb amputations [4].

Modern medicine does not yet offer a satisfactory and effective cure for endocrine disorders. Prolonged use of synthetic hormonal formulations may lead to a myriad of adverse side effects [5].

Homeopathy holds significant potential in providing therapeutic treatment for endocrine disorders, utilizing potentially dynamized homeopathic remedies. The practice of homeopathy is based on a comprehensive understanding and application of the vast range of treatments detailed within the Homeopathic Materia Medica (HMM). While memorising the entire HMM might be overwhelming, a thorough understanding can be achieved by studying it through the lens of the kingdoms [6].

Diabetes mellitus literature

Diabetes mellitus is a health condition primarily identified by heightened levels of glucose in the bloodstream, commonly manifesting as either type 1 or type 2 diabetes. Type 1 diabetes typically arises from an autoimmune response that destroys the insulin-producing beta cells in the pancreas, resulting in a significant lack of insulin. On the other hand, type 2 diabetes is characterized by a reduced responsiveness to insulin's action, combined with a failure to generate enough insulin to compensate for this insulin resistance [7].

The causes of Diabetes Mellitus Type I are believed to include factors such as genetic susceptibility, the hygiene hypothesis, and stress, while the causes of Type II Diabetes Mellitus are often tied to lifestyle changes like inadequate diet and obesity. The symptoms of diabetes mellitus can vary widely among individuals, with common symptoms being linked to high blood sugar levels, leading to excessive urination (polyuria), increased thirst (polydipsia), and increased hunger (polyphagia). Some patients may experience acute metabolic imbalance, leading to a diabetic coma as the first noticeable symptom. The onset of symptoms tends to be swift (over weeks or months) in Type 1 Diabetes, whereas in Type 2 Diabetes, symptom progression can lead to various Microvascular and Macrovascular Complications [8,9].

Diagnosis of diabetes mellitus

The diagnosis of diabetes mellitus usually involves a fasting blood glucose test, which is frequently used among non-pregnant adults and children. This type of test is most accurate when conducted in the morning. However, a diagnosis could be established based on any of the following

testing results, which should be confirmed by a repeat test on a different day: · A fasting blood glucose level equal to or over 126 milligrams per deciliter (mg/dL) after an 8-hour fast. An oral glucose tolerance test (OGTT) result showing a blood glucose level equal to or over 200 mg/dL two hours after consuming a drink containing 75 grams of glucose dissolved in water. · A random blood glucose level of 200 mg/dL or higher, taken at any time during the day, coupled with the existence of diabetes symptoms.

Homoeopathic literature

Homeopathy represents a mode of healthcare introduced by the German physician and chemist, Dr. C.F.S. Hahnemann. Homeopathy works at a deep level within individuals, harmonizing both the body and mind. In endocrine disorders, homeopathic medicine enacts a dual role: stimulating the gland in the event of inadequate secretion and regulating it when secretion is in excess. Such disorders often have a constitutional or genetic basis, in which homeopathic medicine adapts effectively, choosing remedies based on the individual's unique totality [10, 11, 12].

Homeopathic remedies are derived from a variety of origins: Mainly, they hail from these entities: Plant Kingdom: This includes a multitude of herbs and plants, utilizing the entirety or specific components such as the flowers, leaves, or roots. Animal Kingdom: Remedies are acquired from a range of insects, animal by-products, and even snake venom. Mineral Kingdom: Substances from this kingdom comprise elements and compounds such as metals, salts, alkalis, and acids [13].

Homoeopathic kingdom approach

The understanding of how to classify remedies based on their kingdom has broadened the application of numerous previously underused remedies with greater precision and ease. The strategy in any case would now involve identifying the kingdom, then the subkingdom, followed by the specific source related to the patient. We examine the each case; identify its core of heart, its essence and primary point, which then effortlessly tells us whether it concerns structure, survival, or sensitivity [14].

In homoeopathy treatment solutions are sourced from the natural environment - plants, minerals, and animals. The practitioner's main objective is to comprehend and discern the remedy source depicted by the patient. The skill of determining the right prescription largely depends on understanding materia medica and methodical repertorization. Both these tools are crucial and work best when identifying themes or patterns in a case and consequently in a remedy. Sankaran has presented one of the most avant-garde concepts related to kingdoms. Patients needing treatments from the plant, animal and mineral kingdoms define their symptoms in unique ways. The identification of these 'patterns' is greatly facilitated by themes and essences and a categorical system or map of such patterns. With the innovative work on kingdom classification, these maps have been developed, which we consider guiding the practitioner more reliably towards the simillimum. Each kingdom has its distinct language, themes, and sensitivities to different situations.

Plant kingdom

In the realm of homeopathy, the plant kingdom often poses a distinct enigma. From the outset when Hahnemann

conducted his inaugural proving on Cinchonabark, plants have had a vast footprint in materia medica. Although they have been examined via their evident effects, toxicology, and provings, mapping has seldom been systematic. Sankaran postulated that each plant family exhibits its own distinct sensitivity. After thorough scrutiny of individual plant families, he inferred that it's feasible to classify them based on their sensations and responses. According to Sankaran's perspective, the fundamental attribute of a plant revolves around sensitivity. While plants grow in their own right, they lack the capacity to move to different locations autonomously. Rooted to one spot, they inherently have to be attuned to their surroundings in order to adjust to prevailing changes. Individuals who require plant-based remedies are frequently gentle, sensitive souls who strive to adapt to their social and environmental settings. They tend to be passive, emotional, prone to get hurt easily and quite changeable^[15].

The basic feature of plant families is their sensitivity and reactivity. Each family presents a unique sensitivity. Individual's often requiring plant remedies exhibit characteristics of softness, sensitivity, and strive to adjust to their surroundings and the people in it. They are typically passive, emotional, easily affected, and changeable. If the principal characteristic in the plant kingdom is sensitivity, each family should possess its own unique sensitivity. Consequently, remedies sourced from a specific family would share at least one common sensation or type of discomfort. Such sensation can manifest itself in four different ways: the sensation itself, a passive reaction, an

active reaction, or as a compensatory reaction. Despite having a shared feeling or sensation, there is significant disparity in the symptoms or symptomatology of the different remedies within the same family. This discrepancy arises due to their association with different miasms. Every sensation prompts an equal and opposite reaction, evident in both physical and emotional expressions. The reaction could manifest actively or passively, or in some instances, be identifiable as compensatory behavior^[16].

Homoeopathic therapeutics for diabetes mellitus based on murphy repertory

Diseases: Diabetes Mellitus: acet-ac., adren., alf., all-s., alumn., am-c., aml n., ant-t., arg-m., arg-n., arist-m., arn., ars., ars-br., ars-l., aur., aur-m., bar-c., bell., benz-ac., borac., BOV., bry., calc., calc-p., camph., caps., carb-ac., carbv., CARC., cean, cham, chel, chim, chin, chin-a., chion., coca., cod., coff., colch., con., conv., crot-h., cupr., cupr-ar., cur., elaps., eup-pur., fel., ferr-i., ferr-m., fl-ac., glon., glyc., grin hell., HELON., hep., iod., iris., kali-a., kali-br., kalichl., kali-n., kali-p., kreos., lac-d., lach., lac-ac., lec., lith., LYC., lycps., lyss., mag-s., med., mosch., morph., mur-ac., murx., nat-m., nat-p., nat-s., nit-ac., nux-v., op., petr., PHAC., phase., phos., pic-ac., PLB., podo., rat., rhus-a., salac., sec., sep., sil., squil., sulph., sul-ac., syzyg., tarax., TARENT., TER., thuj., thyr., tub., URAN-N., urea., vanad., zinc., ziz^[17].

Murphy repertory under diabetes mellitus rubric some plant kingdom remedies and their family themes

Table 1: plant remedies and their family themes^[18]

Sl. No	Name of Medicine	Family	Themes
1.	<i>Abroma Augusta</i>	Malvacea	Themes of being attached and then detached, joined then separated, together then separated.
2.	Alfalfa	Fabaceae/Leguminacea	Incorporates themes of coming apart, scattering, fragmenting and then being bound together.
3.	<i>Arnica Montana</i> , <i>Chamomilla</i> , <i>Grindelia</i> , <i>Taraxacum</i>	Astaraceae/Compositae	Carry themes of injury, hurt, shock, and a fear of touch or approach.
4.	<i>Belladonna</i> , <i>Capsicum</i>	Solanacea	Marked by sudden violence, rage, outbursts, life versus death themes, and a sense of courage in the face of danger.
5.	<i>Bovista</i>	Agaricacea-Fungi	Fungi family is themed around invading, eroding, spreading, expanding, danger, and displays of superhuman strength.
6.	<i>Bryonia Alba</i> , <i>Cephalandra Indica</i>	Cucurbitacea	Associated with accumulation, a focus on business or money, irritability, and a preference for not being disturbed.
7.	<i>Camphora</i>	Lauraceae	Themed around autonomy, controlling emotions, a sense of powerlessness, and fear when exposed to danger.
8.	<i>Chelidonium</i> , <i>Codine</i> , <i>Morphinum</i> , <i>Opium</i>	Papavaraceae	Carry themes of intense and unendurable pain, torture, suffering, violence, shock, and severe agony Hell like state.
9.	<i>Chimaphila umbellata</i>	Ericaceae	Associated with a need for change, for movement from place to place, and for extension.
10.	Coca	Erythroxyllaceae	Characterized by industriousness, a fear of failure, and mental and physical rigidity.
11.	Coffea Cruda	Rubiaceae	Carries themes of being overstimulated, having many desires and ideas, and being aggravated by joy or stimulants.
12.	<i>Colchicum aut</i> , <i>Helonias Diadica</i>	Lilliaceae	Themes of feeling forced or squeezed out, excluded, and constrained.
13.	<i>Conium</i> , <i>Zizia Aurea</i>	Umbelliferae	Themes of sudden, unexpected violence or attack, numbing, and stabbing pains
14.	<i>Cratagus oxy</i>	Rosaceae	Theme of prematurity and the need for love due to wounded relationships.
15.	<i>Curare</i> , <i>Nux Vomica</i>	Loganaceae	Themes of shock and disappointment, with sudden, shocking events leading to a state of paralysis.
16.	<i>Helleborus Niger</i>	Ranunculaceae	Centres around themes of excessive sensitivity, easily excited emotions, guilt, and sharp or stabbing pain.
17.	<i>Gymnema Sylvestre</i>	Apocynaceae	Represents themes of extreme prostration as if paralysed, contraction and relaxation.
18.	<i>Podophyllum</i>	Berberidaceae	Signifies sudden, intense changeability at both mental and physical levels.

19.	<i>Ratanhia</i>	Rosidae	Denotes themes of pressure, being pushed out, suffocation, and oppression.
20.	<i>Rhus aromatica</i>	Anacardiaceae	Encapsulates themes of stiffness, tension, always needing to be on the move.
21.	<i>Syzygium Jambolanum</i>	Myrtaceae	Conveys themes of naivety, unpreparedness, rigidity, and an overactive mind.
22.	<i>Thuja Occidentalis</i>	Conifer	Expresses the theme of dissociation and separation, part of which includes a feeling of being fragile, broken, and connected or disconnected.

Summary and Conclusion

Every Homoeopathic physician should be thoroughly knowledgeable about the different ways of case analysis based on individual expression to find appropriate similimum, based on plant kingdom themes and their family expression give you broader sense to select appropriate Homoeopathic remedy in Cases of Diabetes Mellitus, for achieving this goal one must need systematic way is to analyses through kingdom themes by application of Rajan Sankaran sensation method and Dr. Yakir plant chart. This review surely improves our prescribing ways of plant kingdom remedies in Diabetes mellitus.

Conflict of Interest

Not available

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