



A CLINICAL STUDY ON UTILITY OF ACID-PHOS IN DIABETES MELLITUS.

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Need for the study-

“ Insignificant mortals, who are as leaves are, and now flourish and grow warm with life, and feed on what the ground gives, but then again fade away and are dead.”

Life is the gift by god to all species in world. Human being is one of the multi talented in the world where in he has got such a powerful organ is brain. Brain is one of the fantastic gifts by god which has capacity to perceive, interpret and to act accordingly with harmoniously. But due to stress in these days, the individuals perceive and interpret wrong way and hence his harmony is disturbed.

In these days generally, more stressful work to brain leading to many metabolic disorders or so called diseases. Disease corresponds to man's affections, and the disease upon the human race today, are but the outward expression of man's interiors... man hates his neighbour, he is willing to violate every commandments; such is the state as man today. This state is represented in man's diseases.

In present situation more stress and work is given to brain, such as mental stress, leading to restlessness and so on. So when such disturbance occurs our body immediately responds to it and symptoms come out. One of such major metabolic disorder is Diabetes Mellitus.

Diabetes was known even in ancient time. The incidence of Diabetes mellitus is increasing alarming in India. It is estimated 2030 AD, around 79 million Indians will be suffering from diabetes. The main cause for diabetes is mental stress in day to day busy running world.

Stress is a part and parcel of modern day life. Stress may be thought of as

- a) A physiological response to an external stimulus, or
- b) A psychological response to external stimuli, or
- c) Stressful events themselves, which can be negative or positive or both.

The three aspects of stress: stressful events or experiences (sometimes referred to as stressors) and the physiological and psychological/behavioral responses to these. Stressors may be internal and external. Our body responds to stress either as fight or flight response and repeated stress may lead to failing Rheostat phenomenon of hypothalamus leading to less efficient hormonal control through feedbacks. This leads to various changes in body functioning at various levels like cellular, organic or systemic and finally leads to various diseases. Diabetes may be an outcome of stress and further sets in a vicious cycle of stress-diabetes relationship. Unlike lower animals, the human brain which is more developed is sensitive to subtle social

clues that can affect self-esteem. Threats to self-esteem and fear of losing control over one's environment can elicit a stress response.

The balance between stress and resilience determines an individual's vulnerability to stress. Both early and late life events may activate the stress response inappropriately

Individualization is at the heart of a sound practice of Homeoeopathy. Man as a whole is ill not any part of his body has been the central tenet of the science. An individual is rendered susceptible to the deleterious actions of environmental forces due to a progressive failure of the processes of adaption. **Logically, an accurate diagnosis of deranged susceptibility is central to understanding of problem of diabetes.**

Improvement of the condition in patients is important rather than any other system or doctor. In case of diabetes mellitus diagnosed early, allopaths give insulin therapy and make the patients to wait and make them leading to complications.

But in homoeopathy when the case is diagnosed earlier it as having diabetes one homoeopath can start according to present problems for diabetes “ **ACID- PHOS**” is one of the best medicines which is useful in controlling the blood sugar levels.

Hence it is a clinical study to see the effect of Acid-**Phos** in treating the diabetes mellitus in general practice.

Review of literature:

1) As Homoeopathy is not a science of therapeutics, it is concerned with “**totality of symptoms or individuality**”. Regarding the cure of Diabetes Mellitus by homoeopathic medicine, the individual needs the complete miasmatic and constitutional therapy in the very early stage.

In later stages of Diabetic individual needs complete treatment followed by miasmatic treatment.

As there is no data suggesting about the prevention through miasmatic treatment, but if we go through complete miasmatic study of individual in early stages then we can easily find out about the disease with an individual is prone to suffer. Then, we can apply the antimiasmatic therapy as preventive measures, which cause a decline in the tendency for the progression of the miasm.

Ref.no:1

2) Phosphoric acid combination of phosphorus and oxygen. Phosphoric acid produces weakness or debility. Sometime it causes a transient excitement, but main characteristic of this drug is **debility**, which is characterized by indifference or apathy, by torpidity of both mind and body by complete sensorial depression.

The patient is disinclined to answer your questions. His answers are short, consisting generally of “Yes” or “No”, and are made in a way that it is annoying to him to speak. The delirium is quiet, not violent, but accompanied with this characteristic depression of sensorium and muttering, unintelligible speech. He lies stupor, or in stupid sleep unconscious of all that is going on about him; but when aroused he is fully conscious. That is characteristic of **Phosphoric acid**. Ref.no:2

3) I do not enter here into the diabetic treatment of this disease. It must always be of high importance, but it is not, in the nature of the case and by confession of its advocates, curative. Sometimes indeed under its use Nature, relieved of much of her burden asserts her recuperative power; and when the patients return to his original diet, he finds it unattended by its pristine consequences.

As to rationale of this questionable influence of **Phosphoric Acid** over diabetes. I have suggested in my paper that it is of a homoeopathic in nature,- the drug having aggravated the symptoms of disease in man and actually induced it in animals. The frequent origin of diabetes in nervous, strain or depression in the main reason why phosphoric acid should do it good; and it would be when such antecedents were traceable that we should preferably resort to it. Ref.no.3

4) **Dr Hahnemann** shows the influence and the repercussion of the psychic on the physical in his note to the paragraph 17 where he writes: “*Most severe disease may be produced by sufficient disturbance of the vital force through the imagination and also cured by the same means.*”

“A warning dream, a superstitious fancy, or a solemn prediction that death would occur at certain day or at a certain hour, has not infrequently produced all signs of commencing and increasing disease, of approaching death and death itself at the hour announced, which could not happen without the simultaneous production of the inward change(corresponding to the state observed externally); and hence in such cases all the morbid signs indicative of approaching death have frequently been dissipated by an identical cause, by some cunning deception or persuasion to belief in the contrary, and health suddenly, resorted, which could not have happened without removal, by Means of this moral remedy, of the internal and external morbid *change* that threatened death.”

In the APHORISM 215 he makes the following observations:

Almost all the so - called mental and emotional diseases are nothing more than corporeal diseases in which the symptom of the derangement of the mind and disposition peculiar to each of them is increased, whilst the corporeal symptoms decline (more or less rapidly), till it at length attains the most striking one - sidedness, almost as though it were a local disease in the invisible subtle organ of the mind or disposition.

It clearly concedes the psychosomatic ailments of the modern authors. In 1810 Hahnemann was already insisting on the essential relationship between physical and the psychic condition of the patient. In the paragraph 210 of the organon he writes: “..... They do not, however, constitute a class of disease sharply separated from all others, since in all other so - called corporeal diseases the condition of the disposition and mind is always altered....”

And in paragraph 213:

“We shall, therefore, never be able to cure conformably to nature - that is to say, homeopathically - if we do not, in every case of disease, even in such as are acute, observe, along with the other symptoms, those relating to the changes in the state of the mind and disposition, and if we do not select, for the patient's relief, from among the medicines a disease - force which, in addition to the similarity of its other symptoms to those of the disease, is also capable of producing a similar state of the disposition and mind.

Ref. no:4

5) **Diabetes mellitus** as a metabolic disorder of multiple etiology, characterized by hyperglycemia or other disturbances. Homoeopathy believes that chronic ailments cannot be used using the principle of similimum. If we try to treat those using similar remedies, they will reappear. Hence it is important to understand the underlying miasm and choose the remedy.

Clinical diabetes is classified as a **pseudo-psora (tubercular)** miasm. Diabetes as a rule, are tubercular. The key words of tubercular miasm are “*Dissatisfaction and Incapability of Tolerance*”

Phosphoric acid used in both acute and chronic with great physical and mental debility. Profuse urination, frequent watery or milky nocturnal polyuria ampylopia.

Ref.no:5

6) The common acid '*debility*' is very marked in phosphoric acid. Diabetes is one of the metabolic disorders which caused due to mental stress and day to day change in the mental state. Here mental debility first later the physical. A congenital soil for the action of **Phos Acid** is found in young people who grow rapidly and who are overtaxed mentally and physically. Whenever the system has been exposed to ravages of acute diseases, excess grief, loss of vital fluids, we obtain conditions calling for it.

Ref. no: 6

Objective of the study:

- 1) To know how the Acid Phos is used in treating Diabetes mellitus.
- 2) To show how for Acid Phos is capable to treat the Diabetes mellitus.
- 3) To see, how for Acid Phos has efficiency in treating and solving this problems.

Materials and methods:**1. Sources of data:****Method of collection of data:**

1. By interrogation of individual case.
2. By physical examination
3. **Sampling size** - 30 cases are to studied.

4. Sampling procedure:

- a) Samples collected using simple random sampling technique.
- b) Statistical data analyzed by X^2 square test (chi square test).

5. Inclusive criteria fixed for the study:

Patients of ages 35 to 55 years and both the sexes considered in study

6. Exclusive criteria fixed for the study:

- i) Type 1 Diabetes mellitus
- ii) Diabetic ketoacidosis & nonketotic Hyperosmolar state.
- iii) Ophthalmic disorders, Neuropathy and Nephropathy (ESRD).
- iv) Gastroparsis.
- v) Diarrhoea.
- vi) Uropathy.
- vii) Dermatologic complications like cellulitis and gangrene of distal part of limbs (Diabetic foot).

7. Duration of the study: 6 months

Does the study require Any investigation or intervention to be conducted on patient or other humans or animals? If so, please describe briefly-

1. RBS
2. FBS
3. Fasting Serum Lipid Profile
4. LFT Urine Analysis

List of references

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