



**ORIGINAL RESEARCH PAPER**

**Homeopathy**

**GLYCEMIC CONTROL AND HOMEOPATHY IN DIABETES MELLITUS TYPE 2.**

**KEY WORDS:**

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**INTRODUCTION-**

Diabetes & obesity OPD observations.

- Patients with Oral hypoglycemic agents treatment require higher and multiple doses as case becomes chronic.
- Even with higher doses of Oral hypoglycemic agents glyceemic control is not achieved.
- For better glyceemic control and returning patient from higher and multiple doses of oral hypoglycemic agents to minimizing the dose or total stoppage of Oral hypoglycemic agents medicines is essential.
- It is achieved by specific dietary management and some healthy life style changes.

**AIMS AND OBJECTIVE-**

- To know the doses of Oral hypoglycemic agents prescribed.
- To evaluate diet and regimen
- To know the role of homeopathic approach .
- To compare the dietary changes with low carb diet n alterations in values of Oral hypoglycemic agents intake.

**STUDY HYPOTHESIS-**

Patients those who are on daily Oral hypoglycemic agents , they show lowering of OHA dose if they follow the dietary advise especially of low carb diet.

**LIFE STYLE MODIFICATIONS :**

Patients were counselled about weight loss, dietary management with low carb diet i.e. fish, egg, green leafy veg, cauliflower, broccoli, nuts, coccont oil etcand exercise.

Patients who follow perfect dietary advise plan may get shifted on lowering OHA.

**MATERIALS AND METHODS-**

**STUDY SETTING :**

Study Conducted at Anantrao kanase Homoeopathic Medical college & Hospital, Alephata.

Duration of the study: Study carried out between April 2017- December 2018.

**MATERIALS:**

The experimental population selected from the Patients reporting to college OPD. Survey study was done to select population

**INCLUSION CRITERIA-**

- Known diabetics.
- Those who are on Oral hypoglycaemic agents.
- May or may not be having positive family history of diabetes mellitus.

**EXCLUSION CRITERIA:**

- Patients with Latent autoimmune diabetes in adults.
- Patients with type -1 diabetes.

**SAMPLE SELECTION-**

the experimental population is randomize.

**LIFE STYLE MODIFICATIONS:**

Patients were counselled about weight loss, dietary management with low carb diet i.e. fish, egg, green leafy veg, cauliflower, broccoli, nuts, coccont oil etc and exercise. Patients who follow perfect dietary advise plan may get shifted on lowering OHA.

**ASSESSMENT OF SYMPTOMS :**

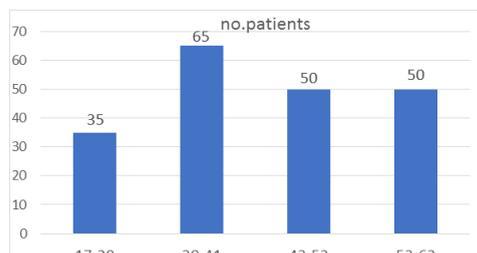
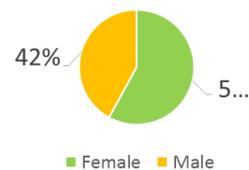
Patients are said to be with positive result if their OHA dose is reduced after dietary advise.

And negative result means patients they don't show decline in OHA dose.

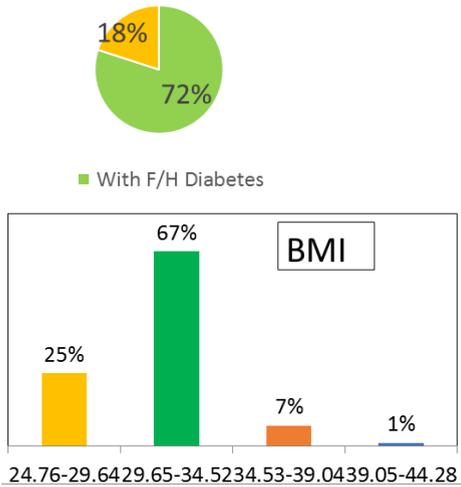
**HOMOEOPATHIC APPROACH-**

We use individualistic approach in patients . Holistic approach

Sex wise Distribution



### Relation Of F/H Diabetes



**RESULT-**

After regular monitoring and record keeping it is observed that with low carb diet patient is able to minimize BSL, HBA1C, Thus the doses of oral hypoglycaemic agents is minimize .

**CONCLUSION-**

- Thus, we reach to the conclusion that dietary management
- with low carb diet and exercise can control
- Blood sugar levels.
- It can also be able to minimize the doses of oral
- hypoglycaemic control.