



Homeopathy and Diabetes: Current Evidence and Future Prospects

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Abstract: Scientific research into the treatment of diabetes mellitus represents one of the major healthcare challenges and, today, is very broad and in-depth, so much so that it also focuses on potential homeopathic treatments. We examined the scientific literature and realized that, in recent years, highly significant clinical and preclinical studies have been conducted that could reveal new therapeutic opportunities and interesting homeopathic perspectives. Today, the possibility of managing diabetes homeopathically is being carefully evaluated; in fact, thanks to in vitro and in vivo studies, and clinical trials, the scientific literature continues to grow and provide encouraging information: clinical and preclinical evidence, although limited, suggests the role of homeopathy in the treatment of prediabetes, diabetes, diabetic neuropathy, diabetic ulcers, and any comorbidities. It is undeniable that the currently available results need to be consolidated with further scientific evidence, but it is also undeniable that they represent the building blocks of a small but solid foundation of knowledge that can support future responsible, serious, and rigorous research. We therefore believe that further investigation is necessary to fully understand the role homeopathic medicine could play in the field of diabetes, but we also believe that the knowledge currently available is already very interesting and can significantly encourage studies on homeopathic remedies that can be used to treat prediabetes, diabetes, and any comorbidities.

Keywords: homeopathy, diabetes mellitus, homeopathic remedies, holistic medicine, law of similarity.

INTRODUCTION

Diabetes mellitus is a chronic metabolic condition characterized by hyperglycemia and possible vascular, infectious, ocular, hepatic, renal, and neurological complications. Interest in complementary therapeutic approaches, including homeopathy, has increased in recent years. The scientific literature includes clinical and preclinical studies. This article will present and discuss some results obtained with homeopathic remedies used in diabetes.

METHODS

A literature search was conducted, including the use of biomedical databases such as PubMed/Medline and Google Scholar, and an analysis was conducted to present a structured presentation of some interesting results obtained homeopathically in the field of diabetes. The evidence was organized into two main sections: preclinical evidence and clinical

evidence. To clarify the communication and maintain optimal transparency, some brief excerpts from the original articles have been quoted verbatim in quotation marks. When selecting the articles cited in this work, we took into account the authority of the affiliations and authors.

RESULTS

Preclinical studies. An authoritative article by Maiti et al. reports the hypoglycemic effects and the improvement of the lipid profile after the use of the mother tincture of *Syzygium jambolanum*: “The result of the present study indicated that the homeopathic drug *S. jambolanum* (mother tincture) has a protective effect on diabetic induced carbohydrate and lipid metabolic disorders in STZ-induced diabetic animals” [1]. An authoritative article by Sampath et al. reports the effects of two homeopathic remedies, *Syzygium jambolanum* and *Cephalandra indica*, used in diabetes: “Homeopathic preparations of *S. jambolanum* and *C. indica* in mother tincture, 6c and 30c were used to examine the molecular mechanism of antidiabetic effects in the skeletal muscle of rats with high fat and fructose-induced type-2 diabetes mellitus”. It is interesting to note what is stated in the conclusions, in particular, regarding ultramolecular dilutions: “In the present study homeopathic preparations of *S. jambolanum* and *C. indica*, including ultramolecular dilutions exhibit antidiabetic effects, improving insulin action through activation of insulin signaling molecules in skeletal muscle of type-2 diabetic rats” [2]. In an authoritative article by Navinder et al. The results of a comparative study are reported in which homeopathic formulations, including potencies 30 and 200, showed significant effects: “In the present work, ethanol extract of *withania somnifera* shows significantly positive antidiabetic activity on rats when compared with Glibenclamide, a standard antidiabetic drug. Antidiabetic effect is thought to be due to increased hepatic metabolism, increased insulin release from pancreatic beta cells and/or insulin sparing effect. Homeopathic formulation of Potency Q, 30 and 200 shows significant pharmacological effect in animals (rats) and shows the pre-clinical effects. It shows Homeopathic formulations are not mere placebo but have some pharmacological/therapeutic effect” [3]. In an authoritative article by Shukla et al., the results of an interesting in vivo study aimed at evaluating the efficacy of the homeopathic preparation of *Gymnema sylvestre* (GS) are reported. Here, in summary, is what the authors say: “In this study, we assessed the efficacy of homeopathic preparation of GS (HPGS) in Q, 30C and 200C potencies in streptozotocin-induced diabetic rats”. The conclusions are the following: “Current research findings showed that HPGS mother tincture and HPGS 200C have the ability to lower blood glucose levels in diabetic rats, suggesting its efficacy in vivo” [4]. In an authoritative article by Kishore and Singh report the results of a study aimed at evaluating the possible protective effect of the homeopathic preparation *Cephalandra indica*, mother tincture and 6C and 30C potencies on diabetic nephropathy (DN) in rats. These are the conclusions: “We conclude that Mother tincture, 6C and 30C potencies of *C. indica* confers protective effect against diabetic nephropathy via inhibition of Oxidative stress and AGE's” [5]. In an authoritative article by Tupe et al. the results of an in vitro study are reported according to which it is demonstrated that the homeopathic preparations of *Syzygium jambolanum* and *Cephalandra indica* inhibit albumin glycation and protect erythrocytes [6]. In an authoritative article by Wurz et al. the results of an interesting in vitro study are reported. The authors state: “Photobiomodulation (PBM), as well as plant extracts of *Calendula officinalis* (Calen), *Hypericum perforatum* (Hyper), and *Echinacea*

purpurea (Echi-p), have been used to accelerate wound healing. However, the use of homeopathic preparations of these medicinal plants, in combination with PBM, is unknown. The objective of this study was to investigate the combined wound healing potential of these therapies in vitro." The conclusions are as follows: "These cellular changes indicated that combining PBM and a 3cH homeopathic solution of Calen, Hyper, and Echi-p is promising for treating diabetic foot ulcers" [7]. In an authoritative article by Patil et al. The results of a study on diabetic rats aimed at evaluating the antihyperglycemic potential of three homeopathic medicines are reported: "In the present study homeopathic medicine Insulinum, Pancreatinum and Uranium nitricum in '6C' potency exhibits antihyperglycemic effects in streptozotocin induced diabetic rats" [8]. In an authoritative article by Bangar et al. the results of a study on *Syzygium jambolanum* (Syzyg), a medicine prescribed in homeopathy, are reported: "The present study aims to shed light on the anti-glycation molecular mechanism of Syzyg mother tincture (MT), 30C, and 200C on glycated human serum albumin (HSA) by multi-spectroscopic and microscopic approaches". The conclusions of the authoritative authors are the following: "Syzyg formulations inhibited the glycation process while maintaining the structural and functional integrity of HSA" [9]. In an authoritative article by Pal et al. The results of an interesting study on the effects of *Cephalandra indica* on diabetic rats are reported: "The present study clearly indicates a significant antidiabetic effect of *Cephalandra indica* and lends support for its usage as a homeopathic medicine" [10]. An authoritative article by Wakte MS and Patil reports the results of a review of preclinical studies conducted with the homeopathic medicine *Cephalandra indica* as an antihyperglycemic agent. These are the conclusions: "Homeopathic medicine *Cephalandra Indica* has a therapeutic and safety profile with no toxicity observed in preclinical studies" [11]. Clinical studies . An authoritative article by Singh and Singh reports the results of a study conducted at the Sri Ganganagar homoeopathic Medical College Hospital & Research Institute, Sri Ganganagar. The conclusions of the authoritative authors are the following: "This study showed a significant role of homoeopathic medicine *Syzijium Jambolanum Q* in the treatment of Type II Diabetes Mellitus in reducing the intensity of suffering and providing good quality of life along with reduction in value of fasting and Post Prandial blood sugar level. This study also established an important role of Homoeopathy in treatment of Type II Diabetes Mellitus" [12]. In an authoritative article by Ponnampalloor and Gupta we read that "a prospective observational study was conducted by Central Council for Research in Homoeopathy at its Extension Clinical Research Unit, Hyderabad, from 2005 to 2009. From the study, cases where *Silicea* (n = 22) was indicated and prescribed were taken for retrospective analysis". The conclusions of the authoritative authors are the following: "The result of the role of *Silicea* in ulcer healing was found to be positive and encouraging. Further, to validate the effect of *Silicea*, randomized controlled trials can be undertaken" [13]. In an authoritative article by Pomposelli et al. the results of an observational study of homeopathic and conventional therapies in patients with diabetic polyneuropathy are reported and the conclusion of the authoritative authors is very interesting: "Complementary homeopathic therapy of diabetic neuropathy was feasible and promising effects in symptom scores and cost savings were observed" [14]. In an authoritative article by Mourão et al. the results of a one-year randomized clinical study regarding homeopathy and periodontal treatment in type II diabetic patients are reported: "Chronic periodontitis (CP) and Diabetes mellitus type 2 (DMII) are chronic diseases usually treated by conventional practices. On the other hand, homeopathy can help to treat many different diseases. The aim of this study was to evaluate

the effects of homeopathy (H) as an adjunct for non-surgical periodontal therapy (NSPT) in individuals with DMII and CP". The authoritative authors state: "In conclusion, homeopathy as a supplement of NSPT may further improve health condition, including glycemic control, in DMII patients with CP" [15]. In an authoritative article by Banerjee et al. the results of a double-blind, randomized, placebo-controlled, parallel-arm study regarding personalized homeopathic medicines in preventing the progression from pre-diabetes to diabetes are reported: "Objective: To study the efficacy of individualized homeopathic medicinal products (HMPs) against placebos in preventing the progression from pre-diabetes to diabetes". It is interesting what is written in the article: "Sulphur, Bryonia alba, and Thuja occidentalis were the most frequently indicated medicines. Thus, HMPs outperformed placebos by successfully preventing the progression of pre-diabetes to diabetes" [16]. In an authoritative article by To et al. The results of a retrospective cohort study of personalized homeopathic treatment in addition to conventional treatment in type II diabetic patients in Hong Kong are reported: "Individualized homeopathic treatment was associated with better glycaemic control compared with standard conventional treatment alone" [17]. An authoritative article by Nayak et al. reports the results of a prospective multi-center clinical observational study: "A prospective multi-center clinical observational study was carried out from October 2005 to September 2009 by Central Council for Research in Homeopathy (CCRH) (India) at its five institutes/units. Patients suffering from diabetes mellitus (DM) and presenting with symptoms of diabetic polyneuropathy (DPN) were screened, investigated and were enrolled in the study after fulfilling the inclusion and exclusion criteria". The article states: "Lycopodium clavatum (n = 132), Phosphorus (n = 27) and Sulphur (n = 26) were the most frequently prescribed medicines". The authoritative authors state: "This study suggests homeopathic medicines may be effective in managing the symptoms of DPN patients" [18]. In an authoritative article by Tiwari and Tamboli , the results of a very interesting study are reported: "90 patients were studied by Randomized Single Blind Clinical Trial by dividing them into three groups - Constitutional, Organ and Placebo". Here is what the authoritative authors state: "The study confirmed the efficacy of homeopathic treatment in Diabetes type 2 and also established the indications for adopting the Constitutional and the Organ remedy approach to its management" [19]. In an authoritative article by Wadhvani , the results of an interesting study aimed at one objective are reported: "To assess the feasibility of constitutional homeopathic treatment along with therapeutic lifestyle changes in cases of pre-diabetes and insulin resistance". The article reads: "Between 1st April 2014 and 29th July 2016, all patients who were diagnosed either with pre-diabetes [ICD10: R73.09; abnormal fasting blood glucose level (100-125 mg/dl), an elevated HbA1c level (between 5.7 and 6.4%), or an abnormal glucose tolerance test (140-199 mg/dl)] or with insulin resistance [ICD10: E88.81] at the World University Services Health Centre, South Campus, Delhi University (Primary Health Centre), were referred to the co-located Delhi Government Homeopathic Dispensary and enrolled after obtaining due consent". The following passage of the article deserves careful reflection: "The results of the study suggest the feasibility of constitutional homeopathic treatment in cases of pre-diabetes and insulin resistance" [20].

DISCUSSION

The body of authoritative scientific articles collected and reviewed during our bibliographical research provides a significant body of information that, while not extensive,

is surprisingly stimulating, scientifically coherent, and rich in food for thought. While the available literature, we reiterate, does not yet offer a large number of studies, we also wish to emphasize that the articles we reviewed demonstrate a high level of scientific attention combined with the precise intention of acquiring data that can inform and evaluate the potential of homeopathy in diabetes. What emerges from the scientific articles we reviewed is a sequence of extremely interesting results that, when viewed together and placed within a structured interpretative framework, outline an interesting scientific perspective that, in our opinion, deserves careful consideration. Each study, in fact, provides important information that serves as building blocks in the construction of a small but solid scientific foundation. On this scientifically constructed foundation, we believe it will be possible in the future to build on further informative, clinically sound, evidence-based elements derived from rigorous clinical and preclinical studies. This work of ours on diabetes and homeopathy adds to our previous works [21, 22, 23, 24, 25, 26, 27] with the aim of providing thoughtful contributions based on the currently available scientific evidence. All our works, although different from each other, converge in suggesting that homeopathic remedies may prove potentially useful in various pathologies, including diabetes. We believe that scientific research on the antidiabetic effects of some homeopathic medicines does not yet provide definitive proof; however, we are strongly convinced that science today provides data, repeated and consistent signals, clinical and preclinical evidence that should not be ignored but rather should be taken into serious consideration. Some findings, in fact, are not isolated, and based on our interpretative analysis, they are confirmed and complemented. The data currently available, while not yet able to create a clear and definitive picture, point to a direction that seems highly significant: homeopathy could play a complementary role in the management of diabetes, prediabetes, diabetic neuropathy, diabetic ulcers, and associated comorbidities. While there are currently few studies, we believe their value is evident because each contributes to building a knowledge base that, while small, already appears quite solid and therefore deserves further consolidation with new scientifically relevant information. Scientific research often proceeds in small steps. The authoritative studies reported in this article, in a certain sense, are small scientific steps, measured and measurable, well-conducted, advancing responsibly and rigorously toward knowledge. We therefore believe that the scarcity of studies is not a valid argument for discouraging research, but a good reason to intensify, improve, and strengthen it in order to delve deeper into what currently appears promising.

CONCLUSIONS

The current literature on homeopathy in diabetes mellitus, while limited in scientific studies, offers a small but solid knowledge base. Preclinical and clinical studies highlight some effects that, in our opinion, warrant serious consideration of the role homeopathy could play in the management of diabetes and its complications. We therefore believe it is important to encourage research.

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