



Anti-diabetic herbs/plant sourced medicines in homoeopathy- An overview

G Gengalakshmi

Professor, Department of Anatomy, Sri Sairam Homoeopathy Medical College & Research Centre, Chennai,
Tamil Nadu, India

Abstract

Herbal medicines have attracted attention as alternative therapeutic agents for treating Diabete mellitus. Because they are relatively inexpensive and many have been used for decades or centuries without deleterious side effects. Nowadays our view turns to the herbal medicine because of the side effect of modern drugs. Many herbs have anti-diabetic, anti- hyperglycemic activity. Homoeopathy is a second large Alternative System in the world next to Allopathy. It is treating the diseases using herbs, inorganic substances and animal products. Many of the Homoeopathy medicinal plants possess the anti- diabetic property. Homoeopathy medical system has good number of drugs for treatment and management of diabetes. This article reviews the anti- diabetic activity of the most common herbal medicines in Homoeopathy. This review mainly supportive for the researchers, academicians and clinicians about the herbal plants in Homoeopathy have anti-diabetic activity.

Keywords: homoeopathy, plant medicines, herbs, anti- diabetic activity

Introduction

Throughout the world, complementary medicine, and predominantly homeopathy, is increasingly being considered a powerful ally to conventional medicine. Around the world, more than 300 million people in at least 70 countries use homeopathy either alone or in combination with other method of treatment to treat themselves [1]. Herbs are the main source of the Homeopathy medicines and also used inorganic substance and animal products. Nearly 70% of Homeopathic medicines are derived from Herbs [2]. Many drugs contain herbal ingredients and it has been said that 70-80 percentage of world population relies on some form of non-conventional medicine [3]. Many Indian medicinal plants are reported to be useful in diabetes. However, search for new anti-diabetic drugs continue [4]. Homeopathy medicines having formulations which are presented in the books of Homoeopathic Pharmacy. There are more remedies in Homeopathy for the treatment of Diabete Mellitus. Advanced researches are going in Homeopathy Pharmacology to prove the Action and Efficacy of Homeopathy drugs for various diseases [5].

1. Diabete Mellitus – Prevalence and Statistics

Diabetes has emerged as a major healthcare problem in India. According to Diabetes Atlas published by the International Diabetes Federation [IDF], there were 537 million adults (20-79 years) are living with diabetes - 1 in 10. This number is predicted to rise to 643 million by 2030 and 783 million by 2045. Over 3 in 4 adults with diabetes live in low- and middle-income countries. Over 3 in 4 adults with diabetes live in low- and middle-income countries. Diabetes is responsible for 6.7 million deaths in 2021 - 1 every 5 seconds [6].

2. Aetiology and Types

Diabetes mellitus basically divided into 2 types. Type 1 (IDDM) is T-cell mediated autoimmune disease which is slowly progressive and when there is 70 to 90 % of Beta cells destroyed by this autoimmune response the classical symptoms of Diabetes mellitus with Hyperglycemia will appear. In Type 2 (NIDDM) there is resistance to the actions of insulin in liver and muscle with impaired pancreatic Beta cell function (Insulin deficiency) [7]

Another classification,

Type 1 diabetes: This type is an autoimmune diseases. Here the insulin-producing cells in the pancreas are destroyed. Up to 10% of people who have diabetes have Type 1. It's usually diagnosed in children and young adults (but can develop at any age). It's another name is "juvenile" diabetes. People with Type 1 diabetes need to take insulin every day. This is why it is also called Insulin-Dependent Diabetes mellitus (IDDM).

Type 2 diabetes: Here Pancreas doesn't make enough insulin or body's cells not respond normally to the insulin. This is the most common type of diabetes. Up to 95% of people with diabetes have Type 2. It usually occurs in middle-aged and older people. Other common names for Type 2 include adult-onset diabetes and insulin-resistant diabetes.

Prediabetes: This type is the stage before Type 2 diabetes. Here blood glucose levels are higher than normal but not high enough to be officially diagnosed with Type 2 diabetes.

Gestational diabetes: This type develops in some women during their pregnancy. Gestational diabetes usually goes away after pregnancy. However it will increase the risk of developing Type 2 diabetes later on in life.

3. Symptoms of diabetes include

- Increased thirst
- Weak, tired feeling
- Blurred vision
- Numbness or tingling in the hands or feet
- Slow-healing sores or cuts
- Unplanned weight loss
- Frequent urination
- Frequent unexplained infections
- Dry mouth

4. Other symptoms

In women: Dry and itchy skin, and frequent yeast infections or urinary tract infections.

In men: Decreased sex drive, erectile dysfunction, decreased muscle strength^[8].

Complications

Acute complications include diabetic ketoacidosis, hyperosmolar hyperglycemic nonketotic coma, and hypoglycemia. Chronic hyperglycemia is central to the pathophysiology of chronic complications such as cardiovascular and peripheral vascular disease, retinopathy, nephropathy, and neuropath^[9].

Management of Diabetes Mellitus in Homeopathy:

There are Homeopathic remedies, called organopathic remedies that could reduce the sugar. The commonly used one are Syzygium Jambolanum, Gymnema sylvestre and Cephalandra indica. These are used in physiologically active doses such as Mother Tincture or 3x depending on the level of blood sugar and the requirement of the patient (10).

Another approach is to understand the profile of the patient through a Patho-physiological profiling through a detailed case taking and then select a constitutional remedy. This is a unique concept in Homeopathy. The Modern Scientists are gradually accepting this concept and they call it Personalized Medicine or Theranostics. Fenugreek or Methi seeds, Bitter Gourd (Karela), Pterocarpus (Vijaysar), Gymnema (Gurmar), Guduchi (Amrit) are some of the herbal products used in controlling blood sugar with some success^[10]. Homoeopathic medicines are very effective in treating the cases of type 2 diabetes mellitus with holistic way^[11].

There are many Herbal medicines and Plant sourced medicines in Homeopathy for Diabetes. They are mentioned in Homeopathy source books, under each of that drugs Diabetes is one of the Clinical symptom (while proving that drugs) which means that medicines will act on Diabetes and having Anti – Diabetic activity. Those Medicines are tabulated below:

Table 1: Plant sourced Medicines for Diabetes and their Botanical name, Family name and Parts used A Review on anti-diabetic herbs in siddha medicine /IJPA- 3(3), March-2014. © 2014, IJPA Online, All Rights Reserved 3

S. No	Homeopathy Medicine	Botanical Name	Family	Parts used (in Tincture form)
1	syzygium jambolanum ^(12,13)	Syzygium Cumini ^(12,14)	Myrtaceae ^(12,14)	Seeds ⁽¹²⁾
2	Cephalandra indica ⁽¹³⁾	Cephalandra indica noudin ^(15,16)	Cucurbitaceae ^(12,15,16)	Stems, leaves, fruits and roots ⁽¹⁶⁾
3	Gymnema sylvestre ⁽¹³⁾	Gymnema Sylvestre ^(12,17)	Asclepiadaceae [Apocynaceae] ^(12,17)	Leaves ⁽¹⁷⁾
4	Aristolochia milhomens ^(12,13)	Aristolochia cymbifera, Aristolochia glandifera ⁽¹²⁾	Aristolochiaceae ⁽¹²⁾	Flowers ⁽¹²⁾
5	Helonias ^(12,13)	Helonias bullatta ⁽¹⁸⁾	Heloniadaceae, Melanthiaceae or Liliaceae ^(12,18)	Root and Resin ⁽¹²⁾
6	Arnica ^(12,13)	Arnica montana	Compositae ^(12,13)	Whole fresh plant, root ⁽¹²⁾
7	Rhus aromatica ^(12,13)	Rhus Canadensis, Rhus suaveolans ⁽¹²⁾	Anacardiaceae ^(12,19)	Fresh root bark, Fresh leaves ⁽¹²⁾
8	Colchicum autumnale ⁽¹²⁾	Colchicum autumnale ⁽¹²⁾	Melanthaceae of the Liliaceae ⁽¹²⁾	Bulb ⁽¹²⁾
9	Eupatorium	Eupatorium purpureum ⁽²⁰⁾	Compositae ^(12, 20)	Root ⁽¹²⁾

	purpureum ⁽²⁰⁾			
10	Lycopersicum esculentum ⁽¹²⁾	Lycopersicum esculentum ⁽¹²⁾	Solanaceae ⁽¹²⁾	Fresh plant, ripe fruit ⁽¹²⁾
11	Opium ^(12,13)	Papaver somniferum ⁽¹²⁾	Papaveraceae ⁽¹²⁾	Gummy exudation of the unripe capsule of the poppy ⁽¹²⁾
12	Abroma augusta ⁽¹³⁾	Abroma augusta ⁽²¹⁾	Sterculiaceae ^(13, 21)	Root bark ⁽²¹⁾
13	Chimaphila umbellata ^(12,13)	Chimaphila Umbellata ^(12,22)	Pyroleae, a tribe of the Ericaceae ⁽¹²⁾ , Pyrolaceae ⁽²²⁾	Root, leaves, fresh plant and Flower ⁽¹²⁾
14	Iris versicolor ⁽¹²⁾	Iris Versicolor, Iris hexagona ⁽¹²⁾	Iridaceae ⁽¹²⁾	Resin ⁽¹²⁾

Discussion

Above mentioned medicines are Plant sourced Homeopathic medicines. But each medicine having ability to produce such peculiar symptoms with diabetes mellitus in healthy persons. So if a patient having those peculiar symptoms of any one of the above said medicines with Diabetes mellitus we can give that medicine to him as a anti-diabetic medicine. Symptoms of above medicines are,

- 1. Syzygium jambolanum:** Diabetes with Skin Ulcers. Prickly heat in the upper part of the body. Great thirst with weakness and emaciation. A ver large amount of urine with high specific gravity (12, 13).
- 2. Cephalandra indica:** Weakness and exhaustion after micturition. Great thirst after urination. Burning sensation all over the body. Skin affections like Boils, Abscesses, Carbuncles (13).
- 3. Gymnema sylvestre:** Called as Sugar killer. Prolongs a diabetic Patients life. All symptoms accompanied with a burning sensation all over the body. Sexual power almost lost (13).
- 4. Aristolochia milhomens:** Anorexia, The whole leg is covered with large irregular patches formed by extravasated blood."(12)
- 5. Helonias:** uterine problems, more sexual power, Impotence. Frequent urge for urination but passes scanty. Violent vulval itching (12, 13).
- 6. Arnica:** Tumours or complaints with history of injury, Skin boils (12).
- 7. Rhus aromatica:** Haemorrhage from kidney, bladder, Uterus. Diabetes associated with urinary copmplaint (12).
- 8. Colchicum autumnale:** Gouty diabetes, the uric acid reappearing as the sugar disappears (12).
- 9. Eupatorium purpureum:** Albuminuria, Strangury, Irritable bladderand enlarged prostate, Impotence, Sterility with Diabetes (12, 13).
- 10. Lycopersicum esculentum:** Nervous complaints, Right shoulder pain, restless sleep (12)
- 11. Opium:** Inactivity of bladder and rectum, insensibility of whole nervous systems (12)
- 12. Abroma augusta:** Ulcers at the prepuce of penis. Profuse urination, exhaustion, unnatural appetite, great loss of flesh.
- 13. Chimaphila umbellata:** Shoulder rheumatism, prostate inflammation, tumours, scanty urine (must strain before flow comes) (12, 13).
- 14. Iris versicolor:** Diabetes with tinea capitis, herpes zoster, Nervous debility, sciatica, large quantity of urine Passing without force, sour vomiting (12).

Conclusion

Homeopathy is one of the alternative medicinal system which has more number of medicinal plants used for many diseases. Hence there are more number of evidences that Homeopathy having many medicinal plants and have the property of anti-diabetic activity which helps in the management of diabetes. The Plant sourced medicines used in this review are used by Homeopaths in India and all over the world. From this review it is proved that Homeopathy system of medicine having more Plant sourced medicines for Diabetes Mellitus.

Acknowledgement

I am thankful to Sri Sairam Homoeopathy Medical College and Research Centre for providing support.

Conflicts Interested

The author declared no potential conflicts of interest concerning the Authorship and Publication of this article.

References

1. Homeopathy, a popular therapy worldwide. <https://www.monhomeomonchoix.fr/en/news/homeopathy-a-popular-therapy-worldwide>
2. Introduction to Homeopathic Pharmacopeia. https://www.nhp.gov.in/introduction-to-homeopathic-pharmacopeia_mtl
3. Arceusz, Agnieszka, Radecka, Iwona, Wesolowski, Marek, Identification Of Diversity In Elements Content In Medicinal Plants Belonging To Different Plant Families, Food Chemistry, 120:52-58.
4. Kirithikar K.R., Basu B.D. Indian Medicinal Plants. International book distributors, Dehradun, India, 1995:1:371-372.

5. Homoeopathic Pharmacopoeia of India (HPI) – Slide Share. <https://www.slideshare.net/rahul879/homoeopathic-pharmacopoeia-of-india-hpi>
6. IDF Diabetes Atlas | Tenth Edition. <https://diabetesatlas.org/>
7. Davidson., Nicholas A. Boon., Nicki., Davidson's Principles And Practice Of Medicine, An Imprint Of Elsevier Limited, 2006, 414-419.
8. Diabetes: Types, Risk factors, Symptoms, Tests, Treatment. <https://my.clevelandclinic.org/health/diseases/7104-diabetes-mellitus-an-overview>
9. Complications of Diabetes: acute and chronic- Pubmed. <https://pubmed.ncbi.nlm.nih.gov/1840972/>
10. Diabetes mellitus and Homoeopathic approach. https://www.nhp.gov.in/diabetes-mellitus-and-homeopathic-approach_mtl
11. Efficacy of Homoeopathic Remedies In Management of Type 2 Diabetes Mellitus: A Clinical Study, Siva Rami Reddy E1 *, Dr. Parveen Kumar Sharma, Dr. Charanjeet Singh. World Journal of Pharmaceutical Research SJIF Impact Factor 8.084 Volume 9, Issue 4, 1635-1649. Research Article ISSN 2277– 7105.
12. John Henry Clarke, A Dictionary of Practical Materia Medica, Materia medica – Vol.1 and Vol.2, The Homoeopathic Publishing Company, 1902.
13. William BoerickeBoericke, New manual of Homoeopathic Materia Medica & Repertory, Augmented edition, B. Jain Publishers (P) Ltd, 2000.
14. Syzygium Jambolanum (syz.jam) Botanical name. <http://www.hplism.nic.in/sites/default/files/syzygium-jambolanum.pdf>
15. Deokate UA, Khadabadi SS. Pharmacology and phytochemistry of *Coccinia indica*, Journal of Pharmacognosy and Phytotherapy, 2011;3:155-159.
16. *Cephalandra indica*: A Medicinal Miracle – Biotech Articles. Goldy yadav. <https://www.biotecharticles.com/Healthcare-Article/Cephalandra-Indica-A-Medicinal-Miracle-526.html#:~:text=Botanical%20name%3A%20Cephalandra%20indica%20noudin.&text=Coccinia%20indica%20C%20Coccinia%20cordifolia%20C%20Coccinia%20grandis.&text=Siddha%20Tamil%3A%20Kovvai>
17. *Gymnema* – The University of Texas at EL Paso. <https://www.utep.edu/herbal-safety/herbal-facts/herbal%20facts%20sheet/gymnema%20.html>
18. SWAMP PINK Scientific name: *Helonias bullata* Linnaeus. https://gakrakow.github.io/profiles/helonias_bullata.pdf.
19. *Rhus aromatica* – Wikipedia. https://en.wikipedia.org/wiki/Rhus_aromatica
20. *Eupatorium purpureum* L. – The Plant list. <http://www.theplantlist.org/tpl1.1/record/gcc-130198>.
21. Devil's Cotton – *Abroma augusta* – Flowers of India. <http://www.flowersofindia.net/catalog/slides/Devil's%20Cotton.html>
22. *Chimaphila Umbellata* Pipsissewa PFAF – Plant Database. <https://pfaf.org/user/Plant.aspx?LatinName=Chimaphila+umbellata>