

Homeopathic Management of a Newly Diagnosed Case of Type 2 Diabetes Mellitus with Associated Psychosomatic Symptoms: A Case Report

Dr Vijay L. Parmar¹

PG Scholar

Department of case taking & Repertory

Rajkot homeopathic medical college

Rajkot, Gujarat.

Prof. Dr. Kashyap Premasawala²

MD.(HOM). CCR, Buckinghamshire Uni, UK.

HOD, Department of case taking & Repertory

Rajkot homeopathic medical college

Parul Uni, Rajkot, Gujarat.

Abstract:

This case report highlights the individualized homeopathic management of a newly diagnosed case of Type 2 Diabetes Mellitus (T2DM) in a middle-aged female patient. Presenting symptoms included hyperglycemia, generalized weakness, numbness, insomnia, and anxiety with deep-seated emotional concerns. Over a span of eight months, progressive improvement was observed in fasting and postprandial blood sugar levels, as well as in associated physical and psychological symptoms. The homeopathic remedy *PULSATILLA* was administered based on holistic totality, demonstrating notable therapeutic outcomes without any adverse effects.

Keywords: Type 2 Diabetes Mellitus, Homeopathy, Pulsatilla, Case Report, Psychosomatic Symptoms, Individualized Treatment.

1. INTRODUCTION

Diabetes Mellitus Type 2 is a chronic metabolic disorder characterized by hyperglycemia due to insulin resistance or deficiency. Conventional treatment typically includes lifestyle changes and pharmacologic intervention. However, complementary and alternative medicine, including homeopathy, is increasingly sought after for managing both metabolic control and associated emotional or psychosomatic symptoms.

This case study illustrates a patient-centric, holistic homeopathic approach to managing early-diagnosed T2DM with comorbid symptoms like insomnia, anxiety, chest discomfort, and weakness.

2. CASE PRESENTATION

Patient Demographics:

- **Name:** XYZ
- **Age:** Middle-aged female
- **Date of First Consultation:** 01.08.2024
- **Diagnosis:** Type 2 Diabetes Mellitus (T2DM), newly diagnosed
- **FBS:** 221 mg/dL
- **PPBS:** 276 mg/dL

Chief Complaints:

- Persistent weakness, especially in the morning
- Generalized numbness

- Sleeplessness for over a month
- Occasional chest discomfort and cough
- Anxiety related to family and social responsibilities

Past Medical History:

- Viral fever one-month prior
- Prurigo on hands two years' back

Family History:

- Father: Diabetes Mellitus
- Mother: Hypertension

Constitutional Details:

- **Thermal:** Ambi Thermal.
- **Thirst:** Increased
- **Appetite:** Good; tolerates hunger
- **Sleep:** Initially disturbed, improved later
- **Dreams:** Not specific
- **Sun Sensitivity:** Tolerated
- **Clothing/Riding Sensitivity:** Dislikes crowded or shaky environments

Mental/Emotional State:

- Deep worry and care for children, especially about son's marriage.
- Anxiety with inconsolable sobbing.
- Childhood noted for naive and emotional vulnerability.
- Socially active and respected, yet personally burdened.
- childhood: My relative say I was selfish.
- I was naive, I use to reveal secret so nobody tells me, easily believe what others say about anything, its present since childhood. [credulous]

RUBRIC

DIABETES
FORSAKEN feeling
CONSOLATION amel.
CREDULOUS

| | Puls | Ars | Carc | Gels | Hell | Sac-alb | Aur |
|-----------------|------|-----|------|------|------|---------|-----|
| Weighted | 9 | 3 | 3 | 3 | 3 | 4 | 4 |
| Rubrics covered | 4 | 3 | 3 | 3 | 3 | 3 | 2 |
| Rubric grades | 9 | 3 | 3 | 3 | 3 | 4 | 4 |
| Generals | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Mentals | 3 | 1 | 1 | 1 | 1 | 2 | 3 |
| Mentals | 3 | 1 | 1 | 1 | 1 | 1 | |
| Mentals | 2 | | | | | | |

3. TREATMENT AND FOLLOW-UP

Initial Prescription:

- *Pulsatilla* 200 (3 doses) + *Saccharum Lactis* placebo (4 dram, TDS)
- Date: 01.08.2024

Follow-up Data:

| Date | FBS (mg/dL) | PPBS (mg/dL) | Prescription | Observations |
|----------|-------------|--------------|----------------|------------------------------------|
| 29.08.24 | 182 | 282 | SL | Slight improvement |
| 23.09.24 | 172 | 222 | SL | itching reported |
| 11.11.24 | 122 | 179 | SL | Continued improvement |
| 27.11.24 | 158 | 200 | Pulsatilla 200 | Physical exhaustion expressed |
| 28.12.24 | 139 | 141 | SL | Significant improvement |
| 18.02.25 | 125 | 150 | SL | Dry skin reported |
| 18.04.25 | 109 | 130 | SL | Stable condition, general wellness |



| TEST REPORT | | | |
|--|--------------|-------------------------------------|--------------------------|
| Name : [REDACTED] | | Reg. No : 408100001 | |
| Age/Sex : 54 Years / Female | | Ref. Id | |
| Ref. By : Dr. VIJAY PARMAR B.H.M.S. | | Reg. Date : 01-Aug-2024 08:46 AM | |
| Client Name : | | Collected On : 01-Aug-2024 08:46 AM | |
| Passport No. : | | Report Date : 01-Aug-2024 | |
| Test | Result | Unit | Biological Ref. Interval |
| PLASMA GLUCOSE | | | |
| Specimen: Fluoride Plasma | | | |
| * Fasting Blood Sugar (FBS) Glucose Oxidase-Peroxidase | 221 | mg/dL | 70 - 110 |
| * Urine Glucose -F Glucose Oxidase-Peroxidase | Present (+) | | |
| * Urine Acetone -F | Nil | | |
| 120 MIN.PLASMA GLUCOSE | | | |
| * Post Prandial Blood Sugar (PPBS) Glucose Oxidase-Peroxidase | 276 | mg/dL | 70 - 140 |
| * Urine Glucose- PP Glucose Oxidase-Peroxidase | Present (++) | | |
| * Urine Acetone- PP | Nil | | |



| TEST REPORT | | | |
|--|-------------|-------------------------------------|--------------------------|
| Name : [REDACTED] | | Reg. No : 408100631 | |
| Age/Sex : 54 Years / Female | | Ref. Id | |
| Ref. By : Dr. VIJAY PARMAR B.H.M.S. | | Reg. Date : 29-Aug-2024 08:18 AM | |
| Client Name : | | Collected On : 29-Aug-2024 08:18 AM | |
| Passport No. : | | Report Date : 29-Aug-2024 | |
| Test | Result | Unit | Biological Ref. Interval |
| PLASMA GLUCOSE | | | |
| Specimen: Fluoride Plasma | | | |
| * Fasting Blood Sugar (FBS) Glucose Oxidase-Peroxidase | 182 | mg/dL | 70 - 110 |
| * Urine Glucose -F Glucose Oxidase-Peroxidase | Nil | | |
| * Urine Acetone -F | Nil | | |
| 120 MIN.PLASMA GLUCOSE | | | |
| * Post Prandial Blood Sugar (PPBS) Glucose Oxidase-Peroxidase | 282 | mg/dL | 70 - 140 |
| * Urine Glucose- PP Glucose Oxidase-Peroxidase | Present (+) | | |
| * Urine Acetone- PP | Nil | | |



| TEST REPORT | | | |
|---|---------------------------|---------|-------------------------------------|
| Name | [REDACTED] | | Reg. No : 411100299 |
| Age/Sex | 54 Years / Female | Ref. Id | Reg. Date : 26-Nov-2024 08:41 AM |
| Ref. By | Dr. VIJAY PARMAR B.H.M.S. | | Collected On : 26-Nov-2024 08:42 AM |
| Client Name | | | Report Date : 26-Nov-2024 |
| Passport No. | | | |
| Test | Result | Unit | Biological Ref. Interval |
| PLASMA GLUCOSE | | | |
| Specimen: Fluoride Plasma | | | |
| * Fasting Blood Sugar (FBS) <small>Glucose Oxidase-Peroxidase</small> | 158 | mg/dL | 70 - 110 |
| * Urine Glucose -F <small>Glucose Oxidase-Peroxidase</small> | Not voided | | |
| * Urine Acetone -F | Not voided | | |
| 120 MIN. PLASMA GLUCOSE | | | |
| * Post Prandial Blood Sugar (PPBS) <small>Glucose Oxidase-Peroxidase</small> | 200 | mg/dL | 70 - 140 |
| * Urine Glucose- PP <small>Glucose Oxidase-Peroxidase</small> | Not voided | | |
| * Urine Acetone- PP | Not voided | | |



| TEST REPORT | | | |
|---|---------------------------|---------|-------------------------------------|
| Name | [REDACTED] | | Reg. No : 502100196 |
| Age/Sex | 54 Years / Female | Ref. Id | Reg. Date : 15-Feb-2025 08:59 AM |
| Ref. By | Dr. VIJAY PARMAR B.H.M.S. | | Collected On : 15-Feb-2025 08:59 AM |
| Client Name | | | Report Date : 15-Feb-2025 |
| Passport No. | | | |
| Test | Result | Unit | Biological Ref. Interval |
| PLASMA GLUCOSE | | | |
| Specimen: Fluoride Plasma | | | |
| * Fasting Blood Sugar (FBS) <small>Glucose Oxidase-Peroxidase</small> | 125 | mg/dL | 70 - 110 |
| * Urine Glucose -F <small>Glucose Oxidase-Peroxidase</small> | Nil | | |
| * Urine Acetone -F | Nil | | |
| 120 MIN. PLASMA GLUCOSE | | | |
| * Post Prandial Blood Sugar (PPBS) <small>Glucose Oxidase-Peroxidase</small> | 150 | mg/dL | 70 - 140 |
| * Urine Glucose- PP <small>Glucose Oxidase-Peroxidase</small> | Nil | | |
| * Urine Acetone- PP | Nil | | |



| TEST REPORT | | | |
|---|---------------------------|---------|-------------------------------------|
| Name | [REDACTED] | | Reg. No : 504100050 |
| Age/Sex | 54 Years / Female | Ref. Id | Reg. Date : 04-Apr-2025 08:45 AM |
| Ref. By | Dr. VIJAY PARMAR B.H.M.S. | | Collected On : 04-Apr-2025 08:45 AM |
| Client Name | | | Report Date : 04-Apr-2025 |
| Passport No. | | | |
| Test | Result | Unit | Biological Ref. Interval |
| PLASMA GLUCOSE | | | |
| Specimen: Fluoride Plasma | | | |
| * Fasting Blood Sugar (FBS) <small>Glucose Oxidase-Peroxidase</small> | 109 | mg/dL | 70 - 110 |
| * Urine Glucose -F <small>Glucose Oxidase-Peroxidase</small> | Not voided | | |
| * Urine Acetone -F | Not voided | | |
| 120 MIN. PLASMA GLUCOSE | | | |
| * Post Prandial Blood Sugar (PPBS) <small>Glucose Oxidase-Peroxidase</small> | 130 | mg/dL | 70 - 140 |
| * Urine Glucose- PP <small>Glucose Oxidase-Peroxidase</small> | Not voided | | |
| * Urine Acetone- PP | Not voided | | |

4. DISCUSSION

This case demonstrates a successful homeopathic intervention for T2DM and its associated psychosomatic manifestations. The holistic understanding of the patient's mental, emotional, and physical symptoms guided remedy selection.

- *Pulsatilla* was selected for emotional lability and consolation amelioration, constitutional totality: strong sense of responsibility, emotional vulnerability, aggravation by heat, and psychosomatic presentation. Homeopathy facilitated improved glycemic control, emotional stabilization, and enhanced general well-being, without the need for conventional hypoglycaemics.

5. CONCLUSION

Individualized homeopathic management, when applied thoughtfully, can provide effective complementary care in early-diagnosed Type 2 Diabetes Mellitus. The case supports the role of holistic prescribing in addressing both physical and emotional components of chronic illness.

Further studies with controlled methodology are warranted to validate these findings on a broader scale.