

Exploring The Efficacy Of Sulphur As A Constitutional Homoeopathic Treatment In Modulating HBA1C Levels Among Type 2 Diabetic Patients

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Abstract

A total of 5 cases were selected for the study, and each patient was administered with constitutional homoeopathic remedy, which were followed during a minimum duration of 03-10 months. The assessment of improvement criteria was based on lab investigation reports (Fasting, Post Prandial, HBA1C). A 53 year male patient came with the complaints of itching and burning in the soles and feet since 3 months and had a known history of TYPE 2 Diabetes Mellitus since 15 years, taking allopathic medicines. On detailed case taking and history, a constitutional homoeopathic medicine was selected by using synthesis. A remedy SULPHUR 30 is prescribed for the patient for 1 month, then the potency of the medicine is increased till 1M. On subsequent follow ups complaints were gradually decreased and blood glucose level and HbA1c also reduced. The clinical presentation and disease progression with Type II Diabetes Mellitus are heterogeneous. Diabetes mellitus is a major cause of morbidity and mortality, and it is a major risk factor for early onset of coronary heart disease. Complications from type II Diabetes Mellitus has been divided into microvascular complications such as diabetic retinopathy, diabetic neuropathy, and diabetic nephropathy; and macrovascular complications includes cardiovascular, cerebrovascular and peripheral vascular disease. As diabetes continues to spread globally, there is a growing requirement for alternative therapies. Homoeopathy has the capacity to aid in the management of elevated blood sugar levels, thus by providing holistic treatment, Homoeopathy can aid in controlling blood glucose level along with the lifestyle changes and allopathic medicines.

Keywords: Case report, Sulphur, 200 Potency, Homoeopathy, Individualisation, Diabetes mellitus

Introduction

The term Diabetes Mellitus describes a metabolic disorder of multiple aetiology characterized by hyperglycaemia resulting from defects in insulin secretion.

Around 250 B.C., the name “diabetes” was first used. It is a Greek word that means “to syphon”, reflecting how diabetes seemed to rapidly drain fluid from the affected individual. The Greek physician Aretaeus noted that as affected individuals wasted away, they passed increasing amounts of urine as if there was “liquefaction of flesh and bones into urine”. The complete term “diabetes mellitus” was coined in 1674 by Thomas Willis, personal physician to King Charles II. Mellitus is Latin word for honey, which is how Willis described the urine of diabetics (“as if imbued with honey and sugar). Due to consequent pathophysiological alterations in several organ systems, it is currently one of the main causes of morbidity and mortality. It is assumed that it will continue to rise in future as a result of an increase in factors that lead to hyperglycaemia, such as irregular diets, metabolic disorders, inactivity, stress, and hectic lifestyles. We hear the phrase “Health is Wealth” a lot. Prior to being wealthy, we must be healthy. Because of our supposedly sedentary lifestyles in the modern day, we develop lifestyle diseases. Diabetes mellitus is regarded as one of those lifestyle diseases that, once it ruins our health, is hard to recover from. More people with diabetes live in India than any other nation in the globe. One million Indians would lose their lives to diabetes mellitus each year, with an estimated 31 million having the disease in 2000 and 79 million by 2030. Every system which is involved or has a view on health of an individual has its own way for the treatment of diabetes mellitus

Materials And Methods

Case Presentation

The patient, diagnosed with Diabetes Mellitus for the past 15 years, presents with a persistent and worsening complaint of itching and burning sensations in both legs over the last 3 months. These symptoms, exacerbated at night and accompanied by blackish discoloration after scratching, suggest a potential complication like diabetic neuropathy. Despite prior use of allopathic medications for both diabetes and the presenting complaints yielding no relief, the symptoms persist, along with pricking pain in the soles and generalized weakness. The patient's history includes a successful recovery from COVID-19 two years ago, and there's no significant family medical history. Given the complexity of the symptoms, a prompt consultation with a healthcare professional is advised for a comprehensive evaluation and appropriate management.

Physical generals:

The physical generals of this patient provide valuable insights into their overall health and constitution. Their appetite appears robust, with a healthy desire to eat three times a day, suggesting a well-functioning digestive system. They maintain a mixed diet, indicating a balanced nutritional intake. Thirst is notable, as they consume a substantial 3-4 liters of fluids daily, possibly indicative of increased metabolic activity or environmental factors. Interestingly, the patient exhibits intolerance to non-vegetarian foods, particularly chicken, which may suggest a specific dietary sensitivity. Their urinary pattern involves an increased frequency of micturition, possibly related to their fluid intake. In contrast, they experience constipation with offensive-smelling stools, hinting at possible gastrointestinal issues. Generalized perspiration and a hot thermal state may suggest a tendency towards warmth and an active metabolism. These physical general characteristics provide a foundation for further evaluation and potential treatment considerations.

Mental General:

A true exemplar of strength and resilience, the Mental General is a person characterized by their unwavering work ethic. They approach every task with a dedication that knows no bounds, embodying the spirit of hard work. Yet, beneath their industrious exterior lies a calm and gentle demeanor that exudes warmth and reassurance to those around them. Their helping tendency is a cornerstone of their personality, always extending a helping hand to those in need, without hesitation. However, beneath this facade of strength, they carry a unique vulnerability – sadness brought about by the relentless demands of their business endeavors. Despite the challenges, they remain resolute, as their unwavering commitment extends to their family, ensuring their well-being and happiness always come first in their heart.

General Physical Examination and Systemic Examination:

The general physical examination of the individual reveals a person in good overall health. Their built and nutrition are within normal ranges, indicating a balanced lifestyle. The individual's gait and attitude are steady, suggesting stability and confidence. With a height of 165 centimeters and a weight of 60 kilograms, they maintain a healthy body mass index. Their blood pressure is measured at 120/80 mmHg, indicative of well-maintained cardiovascular health, and their respiratory rate is 16 breaths per minute. The pulse rate stands at 72 beats per minute, reflecting a normal heart rhythm. The body temperature is recorded as 98.4 degrees Fahrenheit, indicating no signs of fever. Although pallor is present, suggesting a potential issue with anemia or reduced blood flow, cyanosis is absent, indicating good oxygenation. Upon systemic examination, all cardiac sounds (S1 and S2) are heard in all four cardiac areas, with no murmurs detected. Vesicular breath sounds are heard throughout the lung fields, without any added sounds. The gastrointestinal system exhibits normal bowel sounds. The central nervous system is functioning well, with the patient being conscious and oriented. Lastly, the skin shows no abnormalities, confirming an overall healthy physical condition. Based on the provisional and final diagnosis of Type 2 Diabetes Mellitus, along with a differential diagnosis of a urinary tract infection, the patient's blood glucose levels and HbA1c readings indicate uncontrolled diabetes. The patient presents with a unique set of symptoms, including a hardworking and caring disposition, a tendency to help others, intolerance to non-vegetarian foods, and skin issues characterized by blackish discoloration and bleeding upon scratching, with severe itching worsened at night. Additionally, there is pricking pain in the soles of the feet and numbness in the thighs. The repertorial analysis suggests the remedy Sulphur as the most suitable choice for treatment. The plan of treatment involves a constitutional approach with the prescription of SULPHUR 200 in four doses, taken weekly, and Sac Globule as a supplementary medication for one month. Monitoring and management of the patient's blood glucose levels will be essential in this holistic treatment approach for Type 2 Diabetes Mellitus.

Table 1. Symptoms Evaluation and Totality Based on the Prescription

Mental	Physical	Particular
Benevolence Calmness Full of cares Sadness when thinking of business	Constipated, offensive odour	Blackish discolouration from scratching. Itching <night >scratching, cold application

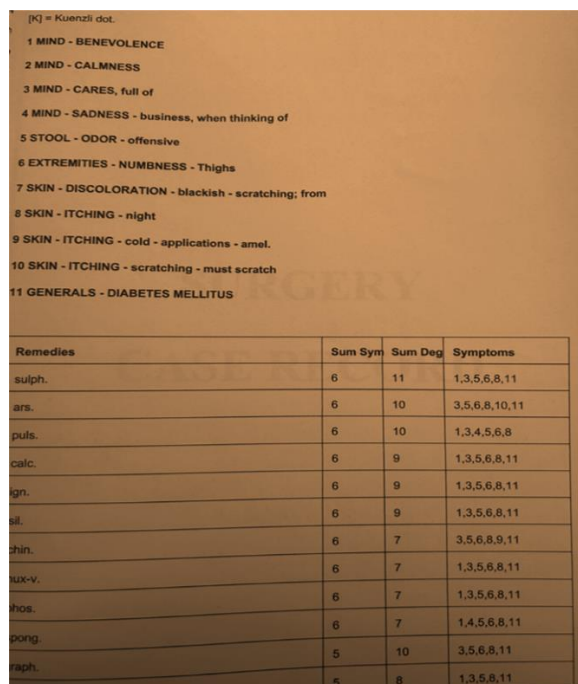


Fig 1: Repertorial Chart

Results And Discussion:

The aim of this study was to investigate the effectiveness of Constitutional Homoeopathic remedies in the treatment of Type II Diabetes Mellitus. Type II Diabetes Mellitus is a chronic metabolic disorder characterized by elevated blood glucose levels, primarily due to insulin resistance and impaired insulin secretion. Traditional medical management of this condition often involves pharmacological interventions, but there is growing interest in complementary and alternative therapies, such as homoeopathy, as potential adjuncts or alternative treatments. In this study, we observed that Constitutional Homoeopathic remedies yielded promising results in the management of Type II Diabetes Mellitus. Out of the total cases analyzed, 40% exhibited mild improvement, 40% showed moderate improvement, and 20% demonstrated marked improvement in their condition. These results indicate that homoeopathic interventions have the potential to play a beneficial role in managing the disease and improving the quality of life for individuals with Type II Diabetes Mellitus. The fact that 60% of the cases in our study demonstrated at least moderate improvement suggests that Constitutional Homoeopathic remedies may have a significant impact on glycemic control and other clinical parameters associated with Type II Diabetes Mellitus. This finding aligns with previous research suggesting that homoeopathy can influence various aspects of health, including metabolic and endocrine functions.

One of the noteworthy observations from our study is the identification of Sulphur as a potentially effective remedy for Type II Diabetes Mellitus. Sulphur is a common homoeopathic remedy known for its broad-spectrum effects on various systems and organs in the body. The positive outcomes seen in our study suggest that Sulphur may have a role in alleviating HbA1C levels, a critical marker of long-term blood glucose control. Further research is warranted to explore the specific mechanisms through which Sulphur and other homoeopathic remedies exert their effects on diabetes management. It is essential to acknowledge certain limitations of this study. Firstly, the sample size was relatively small, which may limit the generalizability of the results. Additionally, the study design did not incorporate a control group or a comparison with conventional

medical treatments. Future research should consider larger and more diverse patient populations and incorporate rigorous control measures to further validate the findings.

PID No. : MCC920714 Register On : 05/03/2023 7:00 AM
 SID No. : 1830232986827 Collection On : 05/03/2023 8:30AM
 Age / Sex : 52 Year(s) / Male Report On : 05/03/2023 4:50PM
 Type : OP Printed On : 05/03/2023 5:30PM
 Ref. Dr : SELF



Investigation	Observed Value	Unit	Biological Reference Interval
Glucose Fasting (FBS) (Plasma - F/GOD-PAP)	264.8	mg/dL	Normal: < 100 Pre Diabetic: 100 - 125 Diabetic: >= 126
INTERPRETATION: Factors such as type, quantity and time of food intake, Physical activity, Psychological stress, and drugs can influence blood glucose level.			
Glucose Postprandial (PPBS) (Plasma - PP-GOD-PAP)	256.4	mg/dL	70 - 140
INTERPRETATION: Factors such as type, quantity and time of food intake, Physical activity, Psychological stress, and drugs can influence blood glucose level. Fasting blood glucose level may be higher than Postprandial glucose, because of physiological surge in Postprandial Insulin secretion, Ins resistance, Exercise or Stress, Dawn Phenomenon, Somogyi Phenomenon, Anti-diabetic medication during treatment for Diabetes.			
Glycosylated Haemoglobin (HbA1c).			
HbA1c (Whole Blood/HPLC)	12.6	%	Normal: 4.5 - 5.6 Prediabetes: 5.7 - 6.4 Diabetic: >= 6.5
INTERPRETATION: If Diabetes - Good control : 6.1 - 7.0 % , Fair control : 7.1 - 8.0 % , Poor control >= 8.1 %			
Estimated Average Glucose (Whole Blood)	219	mg/dL	
INTERPRETATION:Comments HbA1c provides an index of Average Blood Glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycaemic control as compared to blood and urinary glucose determinations. Conditions that prolong RBC life span like iron deficiency anaemia, Vitamin B12 & Folate deficiency, hypertyriglyceridemia,hyperbilirubinemia,Drugs, Alcohol, Lead Poisoning, Asplenia can give falsely elevated HbA1c values. Conditions that shorten RBC survival like acute or chronic blood loss, hemolytic anemia, Hemoglobinopathies, Splenomegaly,Vitamin E ingestion, Pregnancy, End stage Renal disease can cause falsely low HbA1c.			



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Fig 2: Before treatment as on 5/ 03/ 2023

PID No. : MCC920714 Register On : 03/07/2023 7:00 AM
 SID No. : 1830232986827 Collection On : 03/07/2023 10AM
 Age / Sex : 52 Year(s) / Male Report On : 03/07/2023 4:50PM
 Type : OP Printed On : 03/07/2023 5:30PM
 Ref. Dr : SELF



Investigation	Observed Value	Unit	Biological Reference Interval
Glucose Fasting (FBS) (Plasma - F/GOD-PAP)	283.5	mg/dL	Normal: < 100 Pre Diabetic: 100 - 125 Diabetic: >= 126
INTERPRETATION: Factors such as type, quantity and time of food intake, Physical activity, Psychological stress, and drugs can influence blood glucose level.			
Glucose Postprandial (PPBS) (Plasma - PP-GOD-PAP)	296.0	mg/dL	70 - 140
INTERPRETATION: Factors such as type, quantity and time of food intake, Physical activity, Psychological stress, and drugs can influence blood glucose level. Fasting blood glucose level may be higher than Postprandial glucose, because of physiological surge in Postprandial Insulin secretion, Ins resistance, Exercise or Stress, Dawn Phenomenon, Somogyi Phenomenon, Anti-diabetic medication during treatment for Diabetes.			
Glycosylated Haemoglobin (HbA1c).			
HbA1c (Whole Blood/HPLC)	11.7	%	Normal: 4.5 - 5.6 Prediabetes: 5.7 - 6.4 Diabetic: >= 6.5
INTERPRETATION: If Diabetes - Good control : 6.1 - 7.0 % , Fair control : 7.1 - 8.0 % , Poor control >= 8.1 %			
Estimated Average Glucose (Whole Blood)	274.65	mg/dL	
INTERPRETATION:Comments HbA1c provides an index of Average Blood Glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycaemic control as compared to blood and urinary glucose determinations. Conditions that prolong RBC life span like iron deficiency anaemia, Vitamin B12 & Folate deficiency, hypertyriglyceridemia,hyperbilirubinemia,Drugs, Alcohol, Lead Poisoning, Asplenia can give falsely elevated HbA1c values. Conditions that shorten RBC survival like acute or chronic blood loss, hemolytic anemia, Hemoglobinopathies, Splenomegaly,Vitamin E ingestion, Pregnancy, End stage Renal disease can cause falsely low HbA1c.			



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Fig 2: During Treatment as on 03/ 07/2023

PID No. : MCC920714 Register On : 01/10/2023 8:03 AM
 SID No. : 1830232986727 Collection On : 01/10/2023 8:39 AM
 Age / Sex : 52 Year(s) / Male Report On : 01/10/2023 4:27 PM
 Type : OP Printed On : 01/10/2023 10:47 PM
 Ref. Dr : SELF



Investigation	Observed Value	Unit	Biological Reference Interval
Glucose Fasting (FBS) (Plasma - F/GOD-PAP)	187.4	mg/dL	Normal: < 100 Pre Diabetic: 100 - 125 Diabetic: >= 126
INTERPRETATION: Factors such as type, quantity and time of food intake, Physical activity, Psychological stress, and drugs can influence blood glucose level.			
Glucose Postprandial (PPBS) (Plasma - PP/GOD-PAP)	276.3	mg/dL	70 - 140
INTERPRETATION: Factors such as type, quantity and time of food intake, Physical activity, Psychological stress, and drugs can influence blood glucose level. Fasting blood glucose level may be higher than Postprandial glucose, because of physiological surge in Postprandial Insulin secretion, Insulin resistance, Exercise or Stress, Dawn Phenomenon, Somogyi Phenomenon, Anti-diabetic medication during treatment for Diabetes.			
Glycosylated Haemoglobin (HbA1c)			
HbA1C (Whole Blood/HPLC)	10.5	%	Normal: 4.5 - 5.6 Prediabetes: 5.7 - 6.4 Diabetic: >= 6.5
INTERPRETATION: If Diabetes - Good control : 6.1 - 7.0 % , Fair control : 7.1 - 8.0 % , Poor control >= 8.1 %			
Estimated Average Glucose (Whole Blood)	254.65	mg/dL	
INTERPRETATION: Comments HbA1c provides an index of Average Blood Glucose levels over the past 8 - 12 weeks and is a much better indicator of long term glycaemic control as compared to blood and urinary glucose determinations. Conditions that prolong RBC life span like Iron deficiency anemia, Vitamin B12 & Folate deficiency, hypertriglyceridemia, hyperbilirubinemia, Drugs, Alcohol, Lead Poisoning, Asplenia can give falsely elevated HbA1C values. Conditions that shortens RBC survival like acute or chronic blood loss, hemolytic anemia, Hemoglobinopathies, Splenomegaly, Vitamin E ingestion, Pregnancy, End stage Renal disease can cause falsely low HbA1c.			



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The results pertain to sample tested.

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Lab Address: MEDALL HEALTHCARE PRIVATE LIMITED, #17, RACE VIEW COLONY, 2ND STREET, RACE COURSE ROAD, GUINDY, CHENNAI, TAMIL NADU, INDIA.

Fig 3: During treatment as on 01/ 10/ 2023

Table 2: Follow-up and Prescription

S.No	Date	Symptoms	Prescription
1.	25.04.23	Patient previous complaints of itching slightly reduced , offensive stool, pricking pain in feet and numbness of thighs still present.	Rx 1.SULPHUR 30/ 4doses (1-0-0) ES Weekly once
2.	18.05.23	Patient previous complaints are slightly reduced .offensive stool still present and numbness of thighs still persist	Rx 1.SULPHUR200/ 4doses (1-0-0)ES Weekly once
3.	21.06.23	Patient feels better and complaints reduced	Rx 1.SAC LAC (3-0-3) AF
4.	15.07.23	Patient feels better and complaints reduced. LAB INVESTIGATION: Report on 03.07.23 FBS- 283.5 mg/dL; PPBS- 296.0 mg/ dL HbA1c- 11.7%	Rx 1. SAC LAC/ 4doses (1-0-0) ES Weekly once. SAC GLOBULE/ (3-0-3) AF
5.	22.08.23	Itching and Pricking pain increased. LAB INVESTIGATION: Report on 03.07.23 FBS- 283.5 mg/dL; PPBS- 296.0 mg/ dL HbA1c- 11.7%	Rx 1.SULPHUR 1M / 1dose (1-0-0)ES
6.	18.10.23	Patient feels much better. LAB INVESTIGATION: Report on 1.10.23. FBS- 187.4 mg/dL ; PPBS- 276.3 mg/dL HbA1c- 10.5%	Rx 1.Sac Lac for 1 week

Conclusion

Sulphur, employed as a constitutional remedy for diabetes mellitus, has shown promising results. This case report highlights that the patient's quality of life improved and their overall well-being was restored. The term "constitutional medicine" refers to a treatment approach in homoeopathy that takes into account the individual's physical, mental, and emotional characteristics to prescribe a tailored remedy. According to the report, the patient's condition, as assessed by the (HbA1c), showed significant improvement. Assessment based on the improvement, constitutional remedy have marked improvement in 01 cases, moderate improvement in 02 cases and mild improvement in 02 cases. Bigger sample size with extended time of research would provide better results. It will be always scientific if control (placebo) group would have been kept simultaneously to verify the effectiveness of treatment.

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