

Mini Review

Complete Homeopathic Cure of Patients with Diabetic Foot Ulcers

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Background

Diabetes mellitus is considered one of the most common health consequences of obesity both in children and adults. It is estimated that more than 170 million people suffered diabetes globally in the year 2000, and this number is expected to double by 2030, according to W.H.O. website.

"It is unacceptable that so much disability and death are caused by leg amputations, when the solutions are clear and affordable," said Dr Catherine Le Galès-Camus, WHO Assistant Director-General for Non-Communicable Diseases and Mental Health.

Method: Self-controlled case series Classical homeopathy has shown its efficacy and cost effectiveness in healing patients with diabetic foot ulcer, according to evidences presented by several homeopaths throughout the world. Three of the patients who suffered the microvascular complication are presented.

The 1st Case: A woman aged 58 with type 2 Diabetes mellitus for about 28 years. The last fasting plasma glucose before her 1st visit was 400mg/dl. She was referred to the author by a general practitioner called Dr.Salman A. in the summer of 2010. She was from Yazd province in which diabetes mellitus is very prevalent. She had poor control on her body weight and her blood glucose. A thorough case taking was done. She took 34 I.U. of regular Insulin in the morning and 35 in the evening plus 34 of N.P.H. Insulin in the morning and 30 I.U. in the evening. A single dose of two remedies, Arn. and Phos. were prescribed separately and the patient took them and was supervised for an hour at the author's clinic.

After taking Arnica 30c no change was seen after 30 minutes so a deep acting remedy that is recommended in diabetics with foot ulcer and gangrene that was relevant to the patient's constitution was prescribed. After a week the ulcer healed completely and a general surgeon debrided the thin superficial necrotic tissue.

The 2nd Case: A married man aged 37 with type 1 Diabetes mellitus and suppurative diabetic foot ulcer, from Tehran, was consulted by the author in Sept. of 2011. After case taking, Lyc. was prescribed. It was taken by the patient. After two weeks the ulcer improved 100% and surgical debridement was done.

The 3rd Case: A type 2 diabetic old man aged 70 from Chabok-sar, a beautiful city in the northern province of Mazandaran, with diabetic foot was consulted because of Diabetic foot ulcer. A single dose of Phos. 30 c was prescribed and taken by the patient. After about two weeks the ulcer healed.

Conclusion

While about 15-25% of diabetic patients are afflicted by Diabetic foot ulcers and amputation occurs in a high percentage of them, the three patients have been cured by the author. It is suggested to be taken into consideration by W.H.O. and I.D.F. (International Diabetes Federation) to do clinical trials to see the results and if they are found effective enough, homeopathic remedies to be applied to cure one of the most disabling diabetes mellitus complications, i.e. Diabetic foot ulcer.