

## Diabetes Epidemic- Heart Health & Homoeopathy

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**Abstract:** The famous singer KK died of heart attack, another TV actor died of heart attack. All these deaths are relatively at a younger age. In recent times, there has been a rise of such cases of sudden heart attacks & it is essential to understand the cause. There is a clear link between uncontrolled sugar levels & neuropathy. This phenomenon leads to masking of heart attack symptoms thus resulting in unexpected deaths. These are actually sudden cardiac arrest or arrhythmic death syndrome [3].

**Keywords:** Homoeopathy, Neuropathy, Arrhythmia, Diabetes Mellitus, Diabetes Insipidus.

### Epidemiology of Diabetes

India has the second largest number of diabetics worldwide. According to an estimate, over 74 million Indians were diagnosed with diabetes in 2021 & this is expected to rise to over 124 million by 2045. Type 2 diabetes accounts for over 90% of all diabetic cases in India [1].

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A recent study by the health ministry indicates that around 101 million people in India, comprising 11.4% of the population have diabetes. Additionally, 136 million people or 15.3% may have pre-diabetes, which can progress to diabetes within five years. This situation is alarming & can be described as a 'diabetes epidemic'. Diabetes affects approximately one in every 11 adults globally [3].

### **Diabetes & Pathology**

Diabetes significantly raises the risk of heart attacks, strokes, vision loss, kidney failure & the need for limb amputation. It can also damage blood vessels & nerves mainly when blood sugar levels are not well managed. This damage often affects nerves in legs & feet leading to neuropathy that can reduce sensation & blood flow. Uncontrolled sugar levels can also harm the cardiovascular system increasing the likelihood of heart related complications [3].

Accumulation of high blood sugar over time can lead to fatty deposits in blood vessels which is called atherosclerosis. This process increases the risk of heart attacks. Uncontrolled diabetes can lead to autonomic neuropathy that affects the nerves responsible for regulating heart rate & blood pressure. This nerve damage can result in cardiac arrest or sudden loss of heart function. Persistent high blood sugar can weaken heart muscles leading to heart failure [3].

### **Diabetes & Heart Attack**

The major concerning aspects of diabetes related neuropathy is that it can mask symptoms of a heart attack. Neuropathy can interfere with the ability to feel chest pain or discomfort. This is one of the primary warning signs of a heart attack. Individuals with diabetes & neuropathy may not experience classic symptoms leading to delayed recognition & treatment of heart attack or death [3].

The warning signs of heart complications associated with uncontrolled sugar levels include chest pain or discomfort, shortness of breath, irregular heartbeat, fatigue & weakness, swelling in legs, ankles, feet, dizziness, unexplained weight gain or fluid retention [3].

### **Management**

Precaution is the key. The latent dangers of diabetes related neuropathy, the monitoring of blood sugar levels at regular intervals while staying vigilant & aware of potential heart attack symptoms [3].

Adhering to a healthy & balanced diet, regular physical activity helps improve blood sugar control there by strengthening heart & promoting cardiovascular health [3].

Regular adherence to prescribed medications while managing stress is critical as stress can affect blood sugar levels thus contributing to heart complications. The masking of heart attack symptoms challenges early detection & timely intervention. Each diabetic must prioritize heart health by maintaining optimal blood sugar control. They should be staying aware of alternative symptoms while seeking prompt medical attention when necessary [3].

### **Homoeopathic Approach**

There are two types of diabetes, one is diabetes mellitus & the other is diabetes insipidus. Here, mellitus is discussed [4].

The lead author has picked up the drugs that are mentioned in capital letters under diabetes. These are the drugs that act in high sugar levels thereby preventing neuropathy. This neuropathy leads to heart attack. The drugs are Bovista, Helonias, Phosphorus, Phosphoric Acid, Tarentula, Terebinth & Uranium Nitricum [8].

Besides the potency medicines, the mother tinctures of Indian drugs can also be prescribed. Neuropathy is the leading cause of heart attack here & because of neuropathy, the heart muscles get weakened & heart attack occurs. Hence, the medicines that cover both diabetes & neurasthenia are to be prescribed. Under neurasthenia, the drugs in capital letters are Sepia & Sulphur [8].

There is one medicine mentioned under neuralgia with palpitation & the drug is Lachesis [8].

Besides, the specific drugs like Arsenic Bromide, Alloxan, Phaseolus, Phlorizin can also be prescribed [6].

For prevention of uncontrolled sugar levels & neuropathy, miasmatic prescribing should be done based on the predominant miasms [13].

Whenever heart attacks occur, emergency medicines like Latrodectus, Glonoin, Haematoxylon, Natrum Iod & Zinc Iod are also to be prescribed. The classic combination of Carbo Veg & Aconite can also be prescribed. Another

classis example is the combination of Cactus, Crataegus & Glonoine mother tinctures can be used. The point is that the diabetic & heart patients should carry these emergency medicines with them. This discipline will save lives [6-14].

It is also equally critical to keep the Bach flower remedy known as ‘Rescue Remedy’ as these patients can be saved from heart attacks as well [15].

Another preventive & curative medicine is the bowel nosode ‘Dysentery Compound’ which is also a heart nosode [6-14].

### Burden of the problem at National Level

**Table 1: Prevalence of Blood Sugar among adults in India [5]**

Indicator	Gender	Urban	Rural	Total
Percentage of Women age 15 years and above who have high blood sugar level (141-160mg/dl)	Female	6.7	5.9	6.1
Percentage of Women age 15 years and above who have very high blood sugar level (>160mg/dl)	Female	8.0	5.5	6.3
Percentage of Women age 15 years and above who have high or very high blood sugar level(>140mg/dl) or taking medicine to control blood sugar level	Female	16.3	12.3	13.5
Percentage of Men age 15 years and above who have high blood sugar level (141-160mg/dl)	Male	7.8	7.0	7.3
Percentage of Men age 15 years and above who have very high blood sugar level (>160mg/dl)	Male	8.5	6.5	7.2
Percentage of Men age 15 years and above who have high or very high blood sugar level(>140mg/dl) or taking medicine to control blood sugar level	Male	17.9	14.5	15.6

This reflects the magnitude of the problem in the country from the perspective of biochemistry as diabetes is a metabolic disorder with an altered biochemistry in the body. So males are more diabetic than females in India [5].

Currently, the Crude Death Rate includes Non Communicable Diseases (NCD) deaths and this trend is catching up as NCDs have the upper hand than the Communicable Diseases (CD) as a result of epidemiological transition. Diabetes is one such NCD with an improper heart in affected people [5].

In India, Homoeopathy is the third preferred system of treatment after Allopathy and Ayurveda. About 10% of the populations depend on Homoeopathy for their health issues.

Homoeopathy is used by 10% of the population in India. So, out of the 1300 million populations, 130 million use Homoeopathy or 130 million use Homoeopathy for their health issues. These 130 million consist of all age groups i.e. infant to old age [16].

A section among the 15+ age group suffers from diabetes as per NFHS 5. Considering that, it is 2/3<sup>rd</sup> of the population in India (15-65+ year age group) or 100 crore or 1000 millions. Out of this 100 crores, 27% adults are diabetic or about 27 crores are diabetic. These people are at risk from the rest 73 crores. As 130 million use homoeopathy, 2/3<sup>rd</sup> of the users will be in 15-65+ year age group or 98 million. So if homoeopathy is integrated in to the diabetic battle in India, 98 million people can be saved from being complicated diabetic cases. Application of these concepts in homoeopathy will reduce heart issues & will be a boon in this regard [5].

### Declaration of the lead author

Prof. Shankar Das, a co-author of the current article was the Ph.D. guide of the lead author at Tata Institute of Social Sciences, Mumbai. Professor D.P. Singh, another co-author of the article was the teacher of the lead author at Tata Institute of Social Sciences, Mumbai during 1995-1997. The lead author also certifies that he has expressed his personal opinion based upon his public health and clinical experiences. The treatment approach or the medicines suggested are only suggestive in nature.

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