

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

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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

Age/Sex

Ref. By

Client Name

Passport No.

: Ms. Pushpaben Dilipbhai Patel

: 54 Years / Female

: Dr. VIJAY PARMAR B.H.M.S.

:

:

Reg. No

Reg. Date

Collected On

Report Date

: 408100001



: 01-Aug-2024 08:46 AM


: 01-Aug-2024 08:46 AM

: 01-Aug-2024

Test	Result	Unit	Biological Ref. Interval
PLASMA GLUCOSE			
Specimen: Fluoride Plasma			
* Fasting Blood Sugar (FBS)	221	mg/dL	70 - 110
Glucose Oxidase- Peroxidase			
* Urine Glucose -F	Present (+)		
Glucose Oxidase- Peroxidase			
* Urine Acetone -F	Nil		
120 MIN.PLASMA GLUCOSE			
* Post Prandial Blood Sugar (PPBS)	276	mg/dL	70 - 140
Glucose Oxidase- Peroxidase			
* Urine Glucose- PP	Present (++)		
Glucose Oxidase- Peroxidase			
* Urine Acetone- PP	Nil		

FBS=221, PP2BS=276





TEST REPORT

Name

Age/Sex

Ref. By

Client Name

Passport No.

: Ms. Pushpaben Dilipbhai Patel

: 54 Years / Female

: Dr. VIJAY PARMAR B.H.M.S.

:

:

Reg. No

Reg. Date

Collected On

Report Date

: 408100631



: 29-Aug-2024 08:18 AM


: 29-Aug-2024 08:18 AM

: 29-Aug-2024

Test	Result	Unit	Biological Ref. Interval
PLASMA GLUCOSE			
Specimen: Fluoride Plasma			
* Fasting Blood Sugar (FBS)	182	mg/dL	70 - 110
Glucose Oxidase- Peroxidase			
* Urine Glucose -F	Nil		
Glucose Oxidase- Peroxidase			
* Urine Acetone -F	Nil		
120 MIN.PLASMA GLUCOSE			
* Post Prandial Blood Sugar (PPBS)	282	mg/dL	70 - 140
Glucose Oxidase- Peroxidase			
* Urine Glucose- PP	Present (+)		
Glucose Oxidase- Peroxidase			
* Urine Acetone- PP	Nil		

FBS=182, PP2BS=282





TEST REPORT

Name

Age/Sex

Ref. By

Client Name

Passport No.

: Ms. Pushpaben Dilipbhai Patel

: 54 Years / Female

: Dr. VIJAY PARMAR B.H.M.S.

:

:

Reg. No

Reg. Date

Collected On

Report Date

: 411100299



: 26-Nov-2024 08:41 AM

: 26-Nov-2024 08:42 AM

: 26-Nov-2024

Test	Result	Unit	Biological Ref. Interval
PLASMA GLUCOSE			
Specimen: Fluoride Plasma			
* Fasting Blood Sugar (FBS)	158	mg/dL	70 - 110
Glucose Oxidase- Peroxidase			
* Urine Glucose -F	Not voided		
Glucose Oxidase- Peroxidase			
* Urine Acetone -F	Not voided		
120 MIN.PLASMA GLUCOSE			
* Post Prandial Blood Sugar (PPBS)	200	mg/dL	70 - 140
Glucose Oxidase- Peroxidase			
* Urine Glucose- PP	Not voided		
Glucose Oxidase- Peroxidase			
* Urine Acetone- PP	Not voided		



FBS=158, PP2BS=200

TEST REPORT			
Name	: Ms. Pushaben Dilipbhai Patel	Reg. No	: 502100196
Age/Sex	: 54 Years / Female	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)	125	mg/dL	70 - 110
* Urine Glucose - F	Nil		
* Urine Acetone - F	Nil		
120 MIN PLASMA GLUCOSE			
* Post Prandial Blood Sugar (PPBS)	150	mg/dL	70 - 140
* Urine Glucose- PP	Nil		
* Urine Acetone- PP	Nil		

FBS=125, PP2BS=150

TEST REPORT			
Name	: Ms. Pushaben Dilipbhai Patel	Reg. No	: 504100060
Age/Sex	: 54 Years / Female	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)	109	mg/dL	70 - 110
* Urine Glucose - F	Not voided		
* Urine Acetone - F	Not voided		
120 MIN PLASMA GLUCOSE			
* Post Prandial Blood Sugar (PPBS)	130	mg/dL	70 - 140
* Urine Glucose- PP	Not voided		
* Urine Acetone- PP	Not voided		

FBS=109, PP2BS=130

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.

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