

# Homoeopathy in Diabetic Foot

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## ABSTRACT

Diabetes mellitus is chronic disorder. Due to poor diabetes control leads to one of the complications like neurological impairment because of which there may be ulceration over the foot and legs called as Diabetic foot ulcer. Most of the cases may even lead to foot amputation. Homoeopathy plays a major role in treating cases of Diabetic foot ulcer.

**Keywords:** Diabetic foot ulcer, Diabetes, Homoeopathy

## INTRODUCTION

Diabetes is most common chronic disorder, when this chronic condition is not within the limits this leads to one of the complications such like diabetic foot ulcer. Even a small wound over the foot because of the uncontrolled diabetes this small wound leads to for towards a diabetic ulceration. Lifetime risk of prone towards foot ulceration is around 20-40% those who are already suffering with Diabetes. Contributing causes towards diabetic foot ulcer peripheral neuropathy, peripheral arterial disease, Immunosuppression. Patients with diabetic's foot ulcer health condition is in stake towards amputation. This leads to severe morbidity and mortality. Due to impaired metabolic mechanism, there is increased infection and recurrence of infection due to series of mechanisms include decreased cells and growth factor response with diminished peripheral blood flow and decreased local angiogenesis. Finally this leads to peripheral arterial diseases, ulceration, showing gangrenous changes and ultimately

amputation. Everyone suffering with diabetes do not develop sore or foot ulcer. It is all based on personal foot care, prevention, detecting at earliest and treating if needed and also to maintain sugar levels, if not wound progress and are worsened. There are 3types Of Diabetic foot ulcers

### 1. Neuropathic

These wounds develop due to peripheral neuropathy, meaning a person loses sensation and cannot feel pain.

### 2. Ischemic

These injuries develop due to ischemia, which occurs when part of the body does not receive sufficient blood flow.

### 3. Neuroischemic

This refers to wounds developing from both neuropathy and ischemia.

### Causes

- High Sugar Levels
- Peripheral Neuropathy
- Poor Circulation
- Irritation Or Recurrent Wounds on The Feet

### Risk Factors

- Older Age
- Longer Duration of Diabetes
- Smoking
- Obesity
- Hypertension
- White Blood Cells Count Changes
- Poor Circulation in Extremities, Such As The Feet

- inflammation

### Symptoms

1. Changes to the skin or toenails, such as cuts, blisters, calluses or sores
2. Discharge of fluid or pus and foul smell
3. Redness, swelling, and skin discoloration
4. Pain, warm sensation, and firmness around the wound
5. Forming of black tissue around the ulcer
6. Hardening of the skin

“Wagners classification” for Diabetic foot ulcer

- **Grade 0:** Skin intact, but the foot is at risk
- **Grade 1:** Superficial ulcer
- **Grade 2:** Deeper ulcer
- **Grade 3:** Deeper tissue involvement with abscess
- **Grade 4:** Portion of the foot is gangrenous
- **Grade 5:** Extensive gangrene involving the entire foot

### General treatment

- Wash the affected area with mild soap.
- Drink plenty of fluids. Ask your healthcare provider how much water you should drink every day.
- Keep the wound clean and dry.
- Change the bandages as directed.
- Follow a healthy diet, as recommended by your healthcare provider.
- Exercise regularly, under your healthcare provider’s care.
- Wear appropriate shoes.

### Homeopathic Management

#### 1. **Abroma Augusta**

Abroma Augusta is the top natural Homeopathic medicine to treat Diabetes Mellitus. Its use is highly recommended in those patients who are losing flesh and suffer from extreme weakness due to Diabetes Mellitus. The patients have increased thirst with dryness of mouth. They also have an

increased appetite and the urination is very frequent day and night. Excessive weakness is felt after urination. Homeopathic medicine Abroma Augusta is also of great help in treating sleeplessness in a person with Diabetes. Another sphere in which this Homeopathic remedy yields good results is skin complaints like boils and carbuncles in a diabetic patient. Burning sensation in the whole body is a prominent general symptom that can be found in persons requiring Abroma Augusta.

#### 2. **Phosphorous**

Phosphorus is a natural Homeopathic medicine of great help for treating Diabetes Mellitus, with weakness in vision. Homeopathic medicine Phosphorus is a remedy of great help for weakness of vision in a diabetic patient. They are very well indicated in Diabetic foot ulcers with severe burning sensation.

#### 3. **Syzygium Jambolanum**

Syzygium Jambolanum is among the best natural Homeopathic remedies for the treatment of Diabetes Mellitus. It acts promptly and efficiently in decreasing the sugar levels. Excessive thirst and excessive urination are always present in the patient. Homeopathic medicine Syzygium Jambolanum also gives wonderful results in treatment of long-standing ulcers in a diabetic patient.

#### 4. **Phosphoric Acid**

Phosphoric Acid is an excellent natural Homeopathic remedy for extreme weakness, either mental or physical, in a diabetic patient. Such patients feel exhausted all the time. They have a weak memory and are forgetful. Some sort of history of grief may be found in patients requiring this Homeopathic medicine. For numbness of feet in patients of Diabetes Mellitus,

Phosphoric Acid is the best Homeopathic remedy.

#### 5. **Gymnema Sylvestre**

Gymnema Sylvestre is a natural Homeopathic medicine of great help for patients of Diabetes Mellitus who are losing weight with weakness and exhaustion. In such patients, this Homeopathic remedy works as a tonic resulting in improvement of overall health. With Homeopathic medicine Gymnema Sylvestre, the patient puts on weight and feels energetic.

#### 6. **Conium**

Conium can be another useful homeopathic medicine for diabetes and diabetic foot ulcers. It is derived from a flowering plant called Hemlock. Instead of working directly on the diabetic foot ulcer, it works on the nerves in the body. It treats the numbness and loss of sensation caused due to prolonged diabetes. Therefore, it helps to identify diabetic foot wounds in the initial stages only. However, you should not take this medicine without proper consultation with a homeopathic doctor. Otherwise, it can have severe side-effects that can act like a poison in excess amounts.

#### 7. **Calendula**

Calendula is a homeopathic medicine with numerous benefits in the case of diabetic foot ulcers. This homeopathic remedy is derived from a plant commonly known as "Pot Marigold". For treating diabetic foot ulcers, calendula works best when you use it topically. Calendula gels or sprays directly on the diabetic foot ulcer produce great results and hasten the healing of the wound. Calendula extract has anti-inflammatory, antioxidant, and anti-microbial effects. Thus, homeopathic remedy prevents and treats infections in the diabetic foot ulcer. Calendula reduces the foul odor of the foot ulcer and facilitates the growth of

new tissues, thereby promoting faster healing.

#### 8. **Aconitum Napellus**

Aconitum Napellus is a medicine that is made from the Aconitum plant. The roots of this plant have medicinal properties. Aconitum Napellus is very often used in the management of diabetic foot ulcers. Aconitum Napellus is widely prescribed for the treatment of acute foot ulcers. It reduces the redness, soreness, and swelling of the foot ulcer. Aconitum Napellus also subsides the numbness, burning, and tingling sensation of the foot wound and promotes wound healing.

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