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Diabetic Neuropathy in homeopathy

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ABSTRACT

The review article focus on Diabetic neuropathy (DN) refers to symptoms and signs of neuropathy in a patient with diabetes in whom other causes of neuropathy have been excluded. Distal symmetrical neuropathy is the commonest accounting for 75% DN. Asymmetrical neuropathies may involve cranial nerves, thoracic or limb nerves; are of acute onset resulting from ischaemic infarction of vasa nervosa. Asymmetric neuropathies in diabetic patients should be investigated for entrapment neuropathy. Diabetic amyotrophy, initially considered to result from metabolic changes, and later ischaemia, is now attributed to immunological changes.. The homeopathy treatment of autonomic neuropathy is symptomatic.

Keywords: Diabetic Neuropathy, homeopathy

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Introduction

Neuropathy is defined as any medical condition related to nerves. Nerves are the basic unit of wiring system of body which carry sensations from one organ to another in the form of electrical signals. These neurons can be damaged by other systemic diseases (diabetes, leprosy), vitamin deficiency, medication (chemotherapy), traumatic injury, immune system diseases, excessive alcohol etc. The symptoms that result from such an injury or inflammation include numbness, tingling, burning, sharp stitching pain and weakness in the distribution area of affecting nerve. When damage occurs in the nerves related to the extremities i.e. hands and feet is called peripheral neuropathy.



Symptoms of diabetic neuropathy?

It's common for symptoms of neuropathy to appear gradually. In many cases, the first type of nerve damage to occur involves the nerves of the feet. This can lead to symptoms such as the sensation of pins and needles in your feet. Symptoms vary depending on the nerves affected. Common signs and symptoms of diabetic neuropathy include:

- sensitivity to touch
- loss of sense of touch
- difficulty with coordination when walking
- numbness or pain in your extremities
- muscle weakness or wasting
- nausea and indigestion
- diarrhea or constipation

- dizziness upon standing
- excessive sweating
- vaginal dryness in women and erectile dysfunction in men

Different types of diabetic neuropathy

The term neuropathy is used to describe several types of nerve damage. In people with diabetes, there are four main types of neuropathy you may develop.

Peripheral neuropathy: The most common form of neuropathy is peripheral neuropathy. Peripheral neuropathy usually affects the feet and legs, but it can also affect the arms or hands. Symptoms are varied, and can be mild to severe. They include:

- Numbness
- tingling or burning sensations
- extreme sensitivity to touch
- insensitivity to hot and cold temperatures
- pain or cramping

Peripheral neuropathy can also cause muscle weakness and the loss of reflexes, which may lead to changes in your mobility, gait, and balance. Changes in walking sometimes cause foot deformities and foot injuries.

In people with diabetes, the combination of neuropathy and poor blood circulation makes it more difficult for wounds to heal. This leads to greater risk of complications from foot injuries. If you have peripheral neuropathy, you may not feel an injury or sore on your foot. This can increase your risk of the injury becoming infected. Longer healing times can also increase your risk for infection. In extreme cases, infection can lead to amputation.

Autonomic neuropathy: The autonomic nervous system runs the involuntary systems — the systems you have no conscious control over — of the body. Many body organs and muscles are controlled by this system, including your:

- digestive system
- sweat glands
- sex organs

- cardiovascular system
- bladder

Nerve damage to the digestive system may cause constipation, trouble swallowing, or gastroparesis. Gastroparesis is a disorder that causes a delay in digestion and may worsen over time, leading to frequent nausea and vomiting. Delayed digestion often makes monitoring glucose levels more difficult, too. Additionally, symptoms of hypoglycemia, like sweating and heart palpitations, may be masked in people with autonomic neuropathy. This may also make it difficult to determine when your blood glucose levels are too low.

Autonomic neuropathy may also cause sexual problems. Men may have erectile dysfunction, and women may experience vaginal dryness or have difficulty achieving orgasm. Neuropathy in the bladder may cause incontinence or make it more difficult to fully empty your bladder.

Nerve damage to the cardiovascular system can cause changes in your heart rate and blood pressure. People with type 2 diabetes may experience a drop in blood pressure after sitting or standing, causing them to feel dizzy and light-headed.

Cardiovascular autonomic neuropathy is a leading risk factor for death. Autonomic neuropathy often makes it difficult to identify some of the symptoms of a heart attack. If you have autonomic neuropathy, you should know the other warning signs for heart attack, including:

- profuse sweating
- pain in the arm, back, neck, jaw, or stomach
- shortness of breath
- nausea
- light-headedness

Proximal neuropathy: A less common form of neuropathy is proximal neuropathy, seen in older adults with type 2 diabetes. It most commonly affects the hips, thighs, and legs. Diabetic amyotrophy usually affects only one side of the body.

In severe cases, proximal neuropathy may cause you to lose enough muscle tone that you no longer have the ability to go from a sitting to a standing position without assistance. This type of nerve damage is often painful.

Focal neuropathy: The final type of neuropathy is focal neuropathy, or mononeuropathy. This type of neuropathy occurs when there's damage to one specific nerve or group of nerves, causing weakness in the affected area. It appears suddenly and is usually very painful. Focal neuropathy may affect the head, upper body, or legs. Unlike the other forms of neuropathy, this type usually goes away in a few weeks or months, and leaves no lasting damage. Symptoms of focal neuropathy include:

- an inability to focus
- double vision
- aching behind the eyes
- Bell's palsy (one-sided facial paralysis)
- carpal tunnel syndrome
- pain in isolated areas, like the front of the thigh, lower back, pelvic region, chest, stomach, inside the foot, or shin

Causes diabetic neuropathy?

Diabetic neuropathy is caused by high blood sugar levels sustained over a long period of time. Other factors can lead to nerve damage, such as:

- damage to the blood vessels, such as damage done by high cholesterol levels
- mechanical injury, such as injuries caused by carpal tunnel syndrome
- lifestyle factors, such as smoking or alcohol use

Low levels of vitamin B-12 can also lead to neuropathy. Metformin (Glucophage), a common medicine used to manage the symptoms of diabetes, can cause lower levels of vitamin B-12. Talk to your doctor if you're concerned about vitamin deficiency. A simple blood test can identify any vitamin deficiencies.

Diabetes is the most common cause of chronic peripheral neuropathy. It happens when high

blood sugar levels damage the nerves. Other medical conditions and injuries include:

- Chronic kidney disease: if the kidneys are not functioning normally, an imbalance of salts and chemicals can cause peripheral neuropathy.
- Injuries: Broken bones and tight plaster casts can put pressure directly on the nerves.
- Infections: Shingles, HIV infection, Lyme disease, and others can lead to nerve damage.
- Guillain-Barré syndrome: This is a specific type of peripheral neuropathy, triggered by infection.
- some autoimmune disorders: These include rheumatoid arthritis and systemic lupus erythematosus (SLE).

Other causes include:

- excessive alcohol intake
- some drugs, for example, chemotherapy and HIV treatment
- B12 or folate vitamin deficiencies
- poisons, such as insecticides and solvents
- some kinds of cancer, including lymphoma and multiple myeloma
- chronic liver disease
- Disorders of the small blood vessels can reduce blood supply to the nerves, resulting in nerve tissue damage.
- Neuromas, benign tumors that affect nerve tissue, can lead to neuropathic pain.

What is the treatment of Neuropathy?

General measures In general, treatment of neuropathy involves adopting healthy habits to reduce further adverse effects, such as:

- Any underlying diseases like diabetes or leprosy, deficiencies, toxicity is usually treated or controlled first.
- Maintaining an optimal weight

- Avoiding exposure to toxins
- Exercise: active and passive forms of exercise can reduce cramps, improve muscle strength, and prevent muscle wasting in paralyzed limbs.
- Diet and Nutrition: various dietary strategies can improve gastrointestinal symptoms
- Correcting vitamin deficiencies like Vitamin B12 deficiency.
- Limiting or avoiding alcohol consumption can help in alcoholic neuropathy.
- Quitting smoking is important because smoking constricts the blood vessels that supply nutrients to the peripheral nerves and can worsen neuropathic symptoms.
- Self-care skills such as meticulous foot care and careful wound treatment in people with diabetes and others who have an impaired ability to feel pain, can alleviate symptoms and improve quality of life.

Homeopathy Treatment for Neuropathy:

Following homeopathic remedies are used to treat neuropathy:

- Aconite
- Belladonna
- Phosphorus
- Allium cepa
- Antimonium crudum
- Arsenicum album
- Coctus grandifolia
- Cedron
- Cicuta virosa
- Coca
- Gelsenium sempervirens
- Hypericum
- Ipecacuanha
- Kalmia latifolia
- Ledum palustre
- Lycopodium
- Mercurius sol.

- Natrum muriaticum
- Nux-Vomica
- Pulsatilla
- Rhus toxicodendron
- Sepia
- Silicea
- Stannum met
- Thallium
- Urtica urens

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Conclusion:

Diabetes is a very serious disease, but the treatment doesn't have to be. Lifestyle modifications, weight loss, exercise, along with the right vitamins, supplements, and homeopathic remedies, can make a tremendous difference. But, due to the fact that natural approaches can alter the need for both insulin and insulin-control drugs, it is highly important to monitor one's glucose levels carefully, either with the help of glucose monitoring tests. The goal of any doctor or patient should be to bring high blood sugar under control and to stabilize it at a normal level. This can best be achieved by a treatment approach that encourages diabetics to become actively responsible for their own health.

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