

EDITORIAL FOR JULY 2017

DIABETIC NEPHROPATHY TREATED WITH HOMOEOPATHY

Diabetic nephropathy is a clinical syndrome characterized by the following:

A) Persistent albuminuria (>300 mg/d or >200 µg/min) that is confirmed on at least 2 occasions 3-6 months apart.

B) Progressive decline in the glomerular filtration rate (GFR).

C) Elevated arterial blood pressure

Case: 18th August 1986

A lady 45 years old married for 12 years having no children comes to me with high creatinine 8.6 mgs and blood urea 167 mg. with type 2 diabetes on oral anti diabetic drugs, this was a ongoing process since last 4 years she was asked to undergo operation for A-V fistula so that hemo dialysis can be started in future. The patient panicked and came to me for homoeopathic treatment. I said I can try but not guarantee you the results as lot of time as been lost. The lady work in the corporate office as a senior manager drawing a big salary. She was staying with unmarried brother in law and mother in law, her husband was a sportsman and a gymnastic instructor. She tried many treatment to get pregnant but unfortunately doctors felt that her ovary secretes low level of mullerian hormone. This was one of the grief that she had. She was very intelligent, smart and a dynamic woman but in last few years she had put lot of weight became diabetic, and now kidney failure.

Here is her life story. Born and brought up in Bombay, father strict and abusive, has one sister and one brother who are both settle abroad. Father has a cancer of stomach, mother died of heart attack. From early childhood, she was not closed to her father and this continued till today. She feels her father has always been an outsider rather than a family man, never took up the responsibility and never took the responsibility. Whenever she needs the father always ends in argument. To escape the home atmosphere, she felt in love with a man whom she gets married. But immediately regrets as he turns out to be very similar like her own father, not only that even her mother in law and brother in law are very strange in their attitude towards her, all this relation invited lot of anger, hatred, embitter towards her husband, father and in laws.

Lack of love from her own family and husband's family produced lot of emptiness in her life. She lives in the house with the husband but communication os very little. She is addicted to sweets and chocolates but because of diabetes she cannot eat much. Eating sweets gives her lot of relief in her emotions. She also craves for pungent food and coffee. She spends

money on shopping by buying branded shoes, clothes and jewellery. She sleeps on abdomen and sweats on her body while eating. Cloudy weather aggravates most of her emotions.

Based on these above symptoms, I selected following rubrics –

MIND - ANXIETY - health; about

MIND - AVERSION - family; to members of

MIND - AVERSION - men; to [= male persons] - women; in

MIND - AILMENTS FROM - disappointment

MIND - AILMENTS FROM - anger - suppressed

MIND - DELUSIONS - emptiness; of

MIND - DESPAIR - recovery, of

MIND - EMBITTERED

MIND - DISCOURAGED

MIND - ESTRANGED - family; from his

MIND - FORSAKEN feeling - father by;

MIND - SADNESS - weather - cloudy

GENERALS - FOOD and DRINKS - coffee - desire

GENERALS - FOOD and DRINKS - chocolate - desire

GENERALS - FOOD and DRINKS - pungent things - desire

GENERALS - FOOD and DRINKS - sweets - amel.

SLEEP - POSITION - abdomen, on

PERSPIRATION - EATING - while - agg.

GENERALS - UREMIA

GENERALS - DIABETES MELLITUS

Based on above symptoms, I was thinking of **AMMONIUM CARBONICUM, NATRUM MURIATICUM AND SEPIA.**

Because of her strong craving for chocolate, I had wrongly prescribed SEPIA without any results and in next six weeks her S. creatinine jumped to 8.3 mg and S. urea above 200.

Finally, AMMONIUM CARB 30C was given every 6 hourly, 5 cup method. After 6 months, following were the results of S. creatinine and S. urea.

| Duration | S. creatinine | S. Urea |
|------------------------|----------------------|----------------|
| 1 month September 1986 | 8.3 | Above 200 |
| 2 month October 1986 | 7.1 | 180 |
| 3 month November 1986 | 5.5 | 155 |
| 4 month December 1986 | 4.2 | 100 |
| 5 month January 1987 | 3.5 | 80 |
| 6 month February 1987 | 2.6 | 64 |

I was not using Am-c much and I used to wonder because the famous Dr. Benoyotosh Bhattacharya of Baroda had stated in a book that Am-c is one of the six gems among the homoeopathic medicines.

I studied Am-c more closely and I was surprised to note that it is given in innumerable rubrics. It seems to cover many cases of Asthma, emphysema, respiratory failure, uraemia, heart failure, etc. Many times, I find that when we are using Ars., we ought to be using Am-c. Carb-v is a reaction remedy. We give Carb-v in chronic respiratory conditions where the reaction is poor. But actually, Am-c seems to act better than Carb-v as a remedy to promote reaction. For patients with coryza, who have obstruction of the nose at night, I used to give Ars. with some relief. When I looked into Kent's Repertory under the rubric "Nose, Obstructed, night", I found only three remedies in bold type, viz. Am-c, Lyc. and Nux-v. I gave Am-c and found that it gave much more relief than Ars.

Since Am-c has 3 a.m. aggravation and is agg. by dampness, I think it might be more useful than Kali-c in Bombay.

Am-c is very useful in old age. We give Carb-v to old people but Am-c may be equally good. You will find in the Repertory under "Obesity in old people", only Kali-c but Am-c also covers obesity and old people. So, many times when we give Kali-c, we have to consider if Am-c would be better.