

# EDITORIAL FOR MARCH 2017

## HOMOEOPATHY FOR DIABETIC RETINOPATHY

Diabetic retinopathy is a common complication of diabetes which affects the small blood vessels in the lining of retina.

Diabetic retinopathy can cause the blood vessels in the retina to leak or become blocked and damage your sight. Anybody with diabetes, either Type 1 or Type 2, is at risk of developing diabetic retinopathy. When someone has diabetes, over time the blood vessels in the retina become thicker and the blood flowing in the blood vessels slows down. In the early stages, diabetic retinopathy will not affect the sight, but if the changes get worse, eventually the sight will be affected.

The categories of retinopathy are:

### **Background retinopathy**

Background retinopathy occurs in the early stages and damage is limited to tiny bulges (micro aneurysms) in the blood vessel walls. Although these can leak blood and fluid they do not usually affect vision.

### **Pre-proliferative diabetic retinopathy is detected**

This is where there are changes detected in the retina that do not require treatment but need to be monitored closely as there is a risk that they may progress and affect the eyesight.

### **Proliferative diabetic retinopathy**

Proliferative diabetic retinopathy occurs where fragile new blood vessels form on the surface of the retina over time. These abnormal vessels can bleed or develop scar tissue causing severe loss of sight.

### **Diabetic macular oedema**

Diabetic macular oedema occurs where leaky blood vessels affect the part of the retina called the macula. If fluid leaks from these vessels and affects the centre of the macula, the sight will be affected. This is the more common eye change.

### **Case 1.**

A businessman 55 years known diabetic for 12 years on allopathic medications Tab.Amaryl 2mg. once a day and Tab.Glyciphage twice a day but very poor control on sweets. He is also hypertensive for 15 years and takes tablet amlapres 1 tablet two times a day. He has poor control on his salt intake. He is a foodie hence can't control eating rich food but esp. loves sour foods, sour fruits and puts lots of vinegar in his chinese fried rice or chow mein. Had a not so very good childhood as parents were quarrelling so not much love from parents, did all his education up to masters in commerce with his own money and later got married, wife is very obstinate and ignorant hence relationship is not so close. He is extremely successful in his business, loves travelling, he loves to smoke (3-4 cigarettes) since last 25 years. Emotionally he feels unloved by his loved ones hence drowns himself in business matter, he becomes extremely nervous always thinks negative, whenever family matters arise, anxiety something bad is going to happen is one of his strongest symptoms. In his chief complaint, he has dimness vision, burning in eyes, photophobia, black spots in front of vision, and scotomas. He consulted an ophthalmologist, he examined and came to conclusion that he suffers from diabetic retinopathy and need laser treatment. Patient wanted to avoid surgical intervention and hence consulted me. I selected following symptoms

MIND - ANXIETY - health; about

MIND - FEAR - happen, something will

MIND - FEAR - misfortune, of

MIND - FORSAKEN feeling

EYE - DULLNESS

EYE - HEAVINESS

EYE - PAIN - burning

EYE - PAIN - weeping; after

EYE - PHOTOPHOBIA

VISION - COLORS before the eyes - black - spots

VISION - DIM

GENERALS - CIRCULATION; complaints of the blood

GENERALS - FOOD and DRINKS - sour food, acids - desire

GENERALS - FOOD and DRINKS - vinegar - amel.

GENERALS - HYPERTENSION

GENERALS - TOBACCO - chewing tobacco; from

The screenshot shows a software interface with a search bar at the top left (125% magnification, HHC VIEW) and user avatars (J. Sherr, Luc, Rajan's Miasms) at the top right. A list of 16 symptoms is displayed on the left, each with a count in parentheses. To the right of the list is a data table with 10 columns labeled 'tab.', 'sulph.', 'lyc.', 'ign.', 'calc.', 'nat-m.', 'ars.', 'phos.', 'sep.', and 'cau.'. The table contains numerical values for each symptom across these columns.

	tab.	sulph.	lyc.	ign.	calc.	nat-m.	ars.	phos.	sep.	cau.
1. MIND - ANXIETY - health; about (111) 1	1	1	3	1	2	1	1	2	1	-
2. MIND - FEAR - happen, something will (125) 1	1	2	2	1	3	2	2	3	2	3
3. MIND - FEAR - misfortune, of (122) 1	1	1	-	1	2	1	1	1	-	2
4. MIND - FORSAKEN feeling (197) 1	1	1	1	2	1	2	2	2	1	1
5. EYE - DULLNESS (133) 1	1	2	2	-	1	-	1	1	1	1
6. EYE - HEAVINESS (125) 1	1	2	1	-	-	2	-	-	2	1
7. EYE - PAIN - burning (290) 1	1	3	2	2	3	3	3	2	2	2
8. EYE - PAIN - weeping; after (3) 1	1	-	-	-	-	-	-	-	-	-
9. EYE - PHOTOPHOBIA (259) 1	2	3	3	2	3	3	3	2	2	2
10. VISION - COLORS before the eyes - black - spots (107) 1	1	3	2	1	2	3	-	2	3	2
11. VISION - DIM (325) 1	1	3	3	2	3	2	2	3	3	3
12. GENERALS - CIRCULATION; complaints of the blood (172) 1	1	3	3	3	3	3	3	2	3	3
13. GENERALS - FOOD and DRINKS - sour food, acids - desire (180) 1	-	2	1	2	2	2	2	2	2	1
14. GENERALS - FOOD and DRINKS - vinegar - amel. (16) 1	1	-	-	1	-	-	-	-	-	-
15. GENERALS - HYPERTENSION (159) 1	1	1	1	1	1	1	1	1	1	1
16. GENERALS - TOBACCO - chewing tobacco; from (9) 1	1	-	1	1	-	-	3	-	-	-

## **Prescription**

Tabacum 30C

5 cup method

1 teaspoonful three times a day

For 3 months

And ophthalmologist opinion was taken and it showed marked improvement

Further 2 months of treatment, with strict diet restriction helped him overcome this complication successfully.

## **GOLDEN TIPS OF TABACUM FROM MY PRACTICE**

- Angina pectoris. And coronary sclerosis and high blood pressure. [Phatak]
- Constant nausea, vomiting on least motion. Nausea and much spitting. Slightest movement causes horrible nausea. Vomiting of water only, during which it was green and yellow before eyes. If he sits still he can keep off vomiting, but when he moves vomiting comes on." [Hughes]
- Excessive vertigo and nausea and copious [cold] sweat.
- Faintness in close room.
- Great disinclination for work.
- I have frequently prescribed it most successfully to those medical students, who had worked hard in their studies and smoked hard, but finally could not hear with comprehension nor study any longer." [Guernsey]
- Meniere's disease with feeling of seasickness. [Phatak]
- Motion sickness [car, boat].
- Oversensitive to smell of wine.
- Pains appear suddenly.

- Profuse, free secretions.
- Sudden cold sweat.
- Vertigo < opening eyes. [compare lobelia] accompanied by vomiting; perspiration; lachrymation; salivation, etc.

What can you do to minimise your risks of diabetic retinopathy?

Control your blood sugar and blood pressure

Take constitutional homoeopathic medicine regularly.

Get yearly eye check-up for any changes in retina.