

COVID 19, Diabetes, Homoeopathy

Tridibesh Tripathy

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Abstract

The current article touches upon the link between diabetes drugs & homoeopathy. Following that, it delves into the issue of COVID 19 that has induced the diabetic risk. Subsequently, it explores what homoeopathy can offer to deal with the high diabetic risk induced by COVID 19.

As viral issues like Mpox continues to bother human kind, the article emphasizes the role of homoeopathy to be applied on a large scale for the benefit of masses. The Essential Medicine properties of homoeopathy will only be a boon in this role.

Keywords: COVID 19, Homoeopathy, Diabetes.

INTRODUCTION

The article deals with the Non Communicable Disease (NCD) diabetes. Diabetes Mellitus has sweet tasting urine. In 1550 BC, it was mentioned in the Egyptian Papyrus. In India, Charak & Susruta reported the sweet taste of urine in polyuria states that attracted ants & other insects in 400-500BC.¹

The most prescribed anti-diabetic drug 'Metformin' is linked to 'Galega Officinalis' that was used as a herbal medicine in 19th century Europe. Galega is also used in homoeopathy as a drug for multi purposes such as anemia, backache, breastfeeding issues, breast disorders, debility, kidney, pains & malnutrition.² The plant is rich in Guanidine. In 1930s, Guanidine derivatives were in day to day practice but were with drawl due to toxicity. Metformin is 'Dimethyl Biguanide' that

re-entered the market as anti-malarial agent & currently after 67 years of its discovery, the drug is the first choice in the management of Diabetes Mellitus.³ The Alpha Glucosidase inhibitors like voglibose, acarbose & miglitol are derived from microbes. Phlorizin, a compound found in the bark of apple tree was found to be anti diabetic. In 1835, its glucosuric effect was documented. Many years later, from this observation, Sodium-Glucose co-transporter-2 (SGLT-2) inhibitors were invented. So it is seen that the study of natural substances is expected to open the door for the development of novel drugs in the modern management of diabetes in the future.^{4,5}

COVID 19 & Risk

One study found a four-fold increase in risk of developing diabetes following COVID 19. The risk was at the top during the first month post-

Author's Affiliation: ¹Visiting Professor, Master of Public Health (Community Medicine) program, Department of Social Work, Lucknow University, Lucknow, Uttar Pradesh, India.

Corresponding Author: **Tridibesh Tripathy**, Visiting Professor, Master of Public Health (Community Medicine) program, Department of Social Work, Lucknow University, Lucknow, Uttar Pradesh, India.

E-mail: tridibeshtripathy@gmail.com

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infection. The risk remained elevated in 2/3rd of the studied individuals in the second year. A paper mentions a study in the state of Telangana reported similar findings. Similarly, observations based on small number of patients are not always definitive. An example here is the use of steroids in COVID 19 raised blood sugar levels. At any time in a population, diabetes remains undetected in a significant proportion of individuals. The situation will be known when people seek medical care following COVID. Here, a reverse causality is also seen with diabetic people who are at greater risk for severe COVID 19. Here, it is also unclear whether hyperglycemia will come down after the stress of COVID 19 goes away. Hence, the link is debatable thus the need for larger studies is felt.⁶⁻⁸

The study mentions two observations. The first was that the risk was significantly higher among hospitalized patients. Vaccinated individuals had a lower risk of developing diabetes. The increased risk of diabetes involved two mechanisms. The receptors used by the virus to attach & enter human cells are also found in the insulin producing beta cells in the pancreas. Therefore the virus destroys these cells. Further, the widespread inflammation caused by COVID 19 leads to insulin resistance. Hence, the study increased the understanding of the processes linked to diabetes.⁶⁻⁸

Role of Homoeopathy

As homoeopathy has already proved its efficacy in viral infections during the pandemic, it can also play a vital role in reducing the risk of diabetes induced by COVID 19. The therapeutic system has anti-inflammatory medicines that act on the body without harming the body.^{2,9-12}

Similarly, homoeopathic medicines will help the body not only to protect itself diabetes but also from other NCDs like hypertension, insulin resistance & fatty liver. The popularity, Essential Medicine (EM) properties & cultural acceptance of homoeopathy are only catalysts in this process.^{2,9-12}

CONCLUSION

The integration of AYUSH into the domain of NCDs through the National Program for Cancer, Diabetes, Cardio Vascular accidents & Stroke (NPCDCS) will only help the masses who are at higher risk of diabetes & other NCDs.

Policies are in place & it is only a step between the MOHFW & MOAYUSH that needs to be galvanized actively.

Declaration

The lead author declares that the article is only suggestive in nature.

Conflict of interest

There is no conflict of interest regarding the article

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