

A Case of Diabetic Foot Ulcer

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ABSTRACT

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A patient with diabetic foot ulcer presenting with complaints of ulceration and pain in great toe and second toe of the right foot reported in the OPD of the life style disorder clinic Sambalpur, Odisha. Patient had not taken any kind of treatment before coming to LSD clinic. On the basis of presenting symptoms Lycopodium 30C was given to the patient, which was extremely effective in completely curing both the ulcer and control of blood sugar level as well.

Keywords: Homoeopathy, Lycopodium, Diabetic Foot Ulcer

INTRODUCTION

Diabetes is a metabolic disease¹ in which a person has high blood sugar levels² (fasting plasma sugar ≥ 126 mg/dl or 2-hour after 75 g glucose load ≥ 200 mg/dl),² as a result of defects in insulin secretion from β - cells of pancreas or peripheral action of insulin (insulin resistance) or both.³

Some common symptoms of diabetes include:

- Frequent urge to urinate, excessive urination (Polyuria),⁴
- Feeling excessive thirsty (Polydipsia),⁴
- Feeling hungry more –sometimes even after eating (increased hunger),³
- Extreme tiredness,³
- Blurred vision in the eyes(retinopathy),²
- Slow healing of even minor wounds (non-healing ulcers),³

- Continuous and rapid weight loss, even after eating large meals,³

- Numbness, tingling and pain in the hands and feet (neuropathy)²

Criteria for Diagnosing Diabetes and pre diabetes (state before appearance of diabetes) (Table 1).

CASE PRESENTATION

A male farmer who was 70 years old came to LSD Clinic with the following problems-ulceration⁵ on right great toe and second toe with pain at night along with the other diabetes symptoms like frequency of micturition especially from 4 to 8 pm, weakness, itching in urethral meatus. Patient also experienced increased appetite and thirst.

These complaints were there for 30 days and worsening day by day. As per the above symptoms 2 doses of lycopodium

Table 1: Criteria for Diagnosing Diabetes and pre diabetes (state before appearance of diabetes)

Diagnosis	Fasting Glucose (mg/dl)	2-hour Post-Glucose Load (mg/dl)
Diabetes mellitus	$\geq 126^3$	$\geq 200^3$
Impaired Glucose Tolerance (pre diabetes)	< 110	>140 to <200
Impaired Fasting Glucose (pre diabetes)	≥ 110 to $<126^3$	>140 to <200 ³

30C, one dose once in a week within the first three week was given.

Family history: There was no family history of diabetes or any other major disease.

Medicinal History: No medicines were taken before.

Personal History: He had the dietary habit of taking rice, sweets, milk, meat and fish.

Totality of symptoms: The totality of symptoms arrived were right sided complaints,⁶ gangrenous ulcer in foot, painful at night, burning, cupidity, aversion of being approached,⁸ anxious with weariness of life, fear of being alone,⁶ apprehension,⁷ fear of death,⁸ desire for sweets,⁷ 4 to 8 pm aggravation⁶ of some complaints like frequency of micturition.

On Examination: Ulceration on great toe and second toe of the right foot.

Investigations done (by blood glucose monitor)

- Blood sugar fasting 204 mg/dl
- Blood sugar post prandial 440 mg/dl

Repertorisation: The repertorisation was done using RADAR 10 (Complete Repertory). Lycopodium was the highest scoring medicine. (Figure 1)

Prescription: After case taking, repertorisation and finally by the use of Homoeopathic materia medica, 1 dose of Lycopodium 30C was given on the day of first visit. Placebo was also given for 7 days.

General Management: The advice was given to the patient to not to take sweets, avoid oily food, clean the wound regularly and take bed rest.

Follow ups: After first visit he was called in follow ups once every week. In the first follow-up the patient said that the pain in ulcers is reducing gradually and relief of some other complaints, placebo prescribed. During the second follow-up, one dose of Lycopodium 30C was prescribed as he complained of frequency of micturition at 4 to 8 PM. Placebo was also given along with the medicine. In the third follow-up visit the patient felt better so was given placebo again. In the fourth follow-up visit, patient was continuously improving hence placebo was prescribed. In the fifth follow up it was cured completely (Figure 2 and 3).

DISCUSSION

The case described here highlights the importance and usefulness of

Clipboard 1																									
1. EXTREMITIES - ULCERS - gangrenous - lower limbs																									
2. EXTREMITIES - ULCERS - lower limbs - feet																									
3. EXTREMITIES - ULCERS - painful - lower limbs - night																									
4. EXTREMITIES - ULCERS - painful - burning - lower limbs																									
5. GENERALITIES - FOOD and drinks - sweets - desires																									
6. MIND - GREED, cupidity																									
7. MIND - APPROACHED, aversion of being																									
8. MIND - ANXIETY - weariness of life, with																									
9. MIND - FEAR - alone, of being																									
10. MIND - FEAR - death, of																									

Figure 1: Repertorisation



Figure 2: Before and During Treatment



Figure 3: After treatment

homoeopathic medicines in the treatment of diabetic foot ulcer. Patient had not taken

any kind of treatment before coming to us.

The patient was responded homoeopathic

treatment very well and got complete cure of his diabetic foot ulcer, with the control of blood sugar as well. On the basis of presenting complaints one dose of *Lycopodium clavatum*, was prescribed. *Arsenic album*, *Pulsatilla nigricans*, *Merc sol*, *Nitric acid*, *Sulphur*, *Causticum*, and *Silicea* were other high scoring medicines. These drugs can be differentiated from *Lycopodium clavatum* are *Arsenic album*, *Pulsatilla nigricans*, *Merc sol*, *Nitric acid*, *Sulphur*, *Causticum* and *Silicea* on the basis of following rubrics (RADAR 10 Complete Repertory).

Lycopodium clavatum- Ulcers-gangrenous- lower limb, Ulcers-lower limbs-feet, Ulcers- painful – lower limbs-night, Ulcers- painful- burning- lower limbs, Food and drinks- sweets- desires, Greed – cupidity, Approached- aversion of being, Anxiety – weariness of life with, Fear – alone of being, Fear – death of.

Arsenic album - Ulcers-gangrenous- lower limb, Ulcers-lower limbs-feet, Ulcers- painful- burning- lower limbs, Food and drinks- sweets- desires, Greed – cupidity, Fear – alone of being, Fear – death of.

Pulsatilla- Ulcers-lower limbs-feet, Ulcers- painful- burning- lower limbs, Food and drinks- sweets- desires, Greed – cupidity, Approached- aversion of being, Anxiety – weariness of life with, Fear – death of.

Merc sol- Ulcers-lower limbs-feet, Ulcers- painful- burning- lower limbs, Food and

drinks- sweets- desires, Greed – cupidity, Approached- aversion of being, Anxiety – weariness of life with, Fear – death of.

Nitric acid- Ulcers-lower limbs-feet, Ulcers- painful- burning- lower limbs, Food and drinks- sweets- desires, Greed – cupidity, Approached- aversion of being, Anxiety – weariness of life with, Fear – death of.

Sulphur- Ulcers-lower limbs-feet, Ulcers- painful- burning- lower limbs, Food and drinks- sweets- desires, Greed – cupidity, Approached- aversion of being, Fear – death of.

Causticum- Ulcers-gangrenous- lower limb, Ulcers- painful- burning- lower limbs, Greed – cupidity, Approached- aversion of being, Anxiety – weariness of life with, Fear – death of.

Silicea - lower limbs-feet, Ulcers- painful- burning- lower limbs, Food and drinks- sweets- desires, Greed – cupidity, Anxiety – weariness of life with, Fear – alone of being,

The ulcers viz., one in great toe and another in second toe of the right foot were cured completely with only two doses of *Lycopodium*. It is clearly shown by the repertorisation that total marks scored in favour of *Lycopodium* was 32 whereas the next highest scoring medicine, *Arsenic album* only scored 24. In this case, *Lycopodium* covered the mental symptoms such as Greed – cupidity, Approached-

aversion of being, Anxiety – weariness of life with, Fear – alone of being, Fear – death of with other physical symptoms like Ulcers-gangrenous- lower limb, Ulcers- lower limbs-feet, Ulcers- painful – lower limbs- night, Ulcers- painful- burning- lower limbs, Food and drinks- sweets- desires.

The 30th potency was found to be useful in this case. Only two 30C⁹ doses were required for curing the case of diabetic foot ulcer as well as blood glucose level. Interestingly, in only a short period, that is, only one month and seven days of treatment, the pictures provided above revealed no ulcers in any of the toe. Also, the patient showed significant improvement regarding mental and other physical symptoms.

From Miasmatic perspective, it has been reported that there are latent symptoms¹⁰ of all miasms throughout the whole pathology of affected part and patient. Of the true chronic miasms, psora, syphilis and sycosis take an active part in the production of diseases like this. In Miasmatic Prescribing, *Lycopodium* covers psoric¹⁰ (+++), syphilitic¹⁰ (++) and psychotic¹⁰ (++) miasm. This case also identifies usefulness of *Lycopodium* in multi miasmatic¹⁰ presentation.

The case given here also seems important because there were two diabetic foot ulcers, one on the great toe another on second toe

of the right foot, both of them cured completely. This case also put forward the importance of homoeopathic principal of individualisation in homoeopathic prescription. However, it would not be appropriate to make a general opinion for all other cases on the basis of this study.

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