

DIABETES INSIPIDUS AND HOMOEOPATHY

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ABSTRACT:

In the cases of diabetes insipidus there is no proven cause by which we can give complete relief to the patient so that in these cases we can give either give symptomatic treatment to the person or can take therapeutic approach for this disease condition. As it is idiopathic in origin most of the time, we can't find the root cause of the disease. We must go with symptoms only. So according to patient's need we can approach to homoeopathic medicine with therapeutic approach with symptomatology. As these medicines acts on symptoms only there is no further response to person 's health.

KEY WORDS:

Diabetes Insipidus, body fluid irregular, ADH, Role of medicine, symptomatic relief.

INTRODUCTION:

Diabetes Insipidus is a disorder of salt and water metabolism marked by intense thirst and heavy urination. ¹

Diabetes insipidus occurs when the body can't regulate how it handles fluids. The condition is caused by a hormonal abnormality and isn't related to diabetes. ⁵

Diabetes insipidus is a rare but treatable condition in which your body produces too much urine and can't properly retain water. Diabetes insipidus can be chronic (life-long) or temporary and mild or severe depending on the cause. ³

Diabetes insipidus is mostly caused by an issue with a hormone called antidiuretic hormone (ADH, or vasopressin) – either your body doesn't make enough of ADH, or your kidneys don't use it properly. ⁴

People with diabetes insipidus urinate large volumes of urine several times a day and drink large amounts of water because they feel constantly thirsty... you have diabetes insipidus and don't drink enough fluid to replace water loss through urine, you can become dehydrated, which is dangerous to your health. ³Because of this, diabetes insipidus is a serious condition that requires medical treatment. ³

REVIEW OF LITERATURE:**Definition:**

Diabetes insipidus is an uncommon problem that causes the fluids in the body to become out of balance. That prompts the body to make large amounts of urine. It also causes a feeling of being very thirsty even after having something to drink. ⁴

Diabetes insipidus is caused by problems with a hormone called vasopressin (AVP), also called antidiuretic hormone (ADH). AVP plays a key role in regulating the amount of fluid in the body. It's produced by specialist nerve cells in a part of the brain known as the hypothalamus. ⁵

WHAT IS ANTIDIURETIC HORMONE (ADH OR VASOPRESSIN):

Antidiuretic hormone (ADH, or vasopressin) is a hormone that your hypothalamus makes, and your pituitary gland stores and releases. ⁴

Hormones are chemicals that coordinate different functions in your body by carrying messages through your blood to your organs, skin, muscles, and other tissues. These signals tell your body what to do and when to do it. ⁴

Your hypothalamus is the part of your brain that controls your autonomic nervous system and the activity of your pituitary gland. It makes ADH and then sends it to your pituitary gland for storage and release. ⁵

Your pituitary gland is a small gland located at the base of your brain below your hypothalamus. It's a part of your endocrine system and oversees making, storing, and releasing many different important hormones:

ADH helps regulate the water balance in your body by controlling the amount of water your kidneys reabsorb while they're filtering waste out of your blood. Your body normally produces and releases more ADH when you're dehydrated or losing blood pressure. The increase in ADH tells your kidneys to hold onto more water instead of releasing it in your urine. ¹

In most cases of diabetes insipidus, your hypothalamus isn't making enough ADH, your pituitary gland isn't releasing enough ADH, or your kidneys aren't properly using ADH. This causes frequent and excessive water loss through your urine. ²

As an example, if a person without diabetes insipidus were in the desert with no access to water, their body would produce more ADH and retain as much water as possible. A person with diabetes insipidus would continue to urinate water and would quickly become dehydrated. ²

TYPES OF DIABETES INSIPIDUS:

THERE IS FOUR TYPES OF DIABETES INSIPIDUS AND THEY ARE:

1. CENTRAL DIABETES INSIPIDUS
2. NEPHROGENIC DIABETES INSIPIDUS
3. DIPSOGENIC DIABETES INSIPIDUS
4. GESTATIONAL DIABETES INSIPIDUS

- **Central diabetes insipidus:** This is the most common type of diabetes insipidus. It happens when you don't have enough antidiuretic hormone (ADH, or vasopressin). Your hypothalamus produces ADH, but your pituitary gland stores and releases it. You can get central diabetes insipidus if your pituitary gland or hypothalamus is damaged. ³
- **Nephrogenic diabetes insipidus:** This type of diabetes insipidus happens when your pituitary gland releases enough ADH, but your kidneys don't respond to it properly and can't retain water. ⁵
- **Dipsogenic diabetes insipidus:** In this type of diabetes insipidus, an issue with your hypothalamus unrelated to ADH production causes you to thirsty and drink more liquids. Because of this, you may need to pee often. ⁶
- **Gestational diabetes insipidus:** This is a rare, temporary condition that can develop during pregnancy. Gestational diabetes insipidus happens occurs when your placenta, a temporary organ that provides nourishment to your baby, makes too much of an enzyme that breaks down your ADH. People who are pregnant with more than one baby are more likely to develop the condition. ⁶

CAUSES OF DIFFERENT TYPES OF DIABETES INSIPIDUS:

In general, diabetes insipidus is caused by problems with how your body makes or uses antidiuretic hormone (ADH, or vasopressin), which helps your kidneys balance the amount of fluid in your body. The exact causes vary for the different types of diabetes insipidus. Sometimes, healthcare providers can't determine the cause. ⁵

- **Causes of central diabetes insipidus**
- Central diabetes insipidus happens when there's an issue with your hypothalamus or pituitary gland. Specific causes include:
 - Damage to your hypothalamus or your pituitary gland from surgery.
 - Damage to your hypothalamus or pituitary gland from a head injury, particularly basal skull fractures.
 - Inflammation (granulomas) from sarcoidosis or tuberculosis.
 - Tumours that affect your hypothalamus or pituitary gland.
 - An autoimmune reaction that causes your immune system to damage healthy cells that make an antidiuretic hormone (ADH).
 - An inherited gene mutation on chromosome 20.
- **Causes of nephrogenic diabetes insipidus**
- Nephrogenic diabetes insipidus happens when your kidneys don't use antidiuretic hormone (ADH, or vasopressin) properly. Specific causes include:
 - Certain medications, such as lithium and tetracycline.
 - Low levels of potassium in your blood (hypokalaemia).
 - High levels of calcium in your blood (hypercalcemia).
 - A blocked urinary tract.
 - An inherited gene mutation. The hereditary form of nephrogenic diabetes insipidus can be caused by mutations in at least two genes. About 90% of hereditary nephrogenic diabetes insipidus cases are due to mutations in the AVPR2. Most of the remaining 10% of cases are due to mutations in the AQP2 gene.

- Chronic kidney disease (this is a rare cause).
- **Causes of dipsogenic diabetes insipidus**
- Dipsogenic diabetes insipidus (also known as primary polydipsia) happens when there's an issue with your hypothalamus unrelated to ADH production that causes you to feel thirsty and drink more liquids. Specific causes include:
 - Damage to your hypothalamus from surgery, infection, inflammation, a tumour or a head injury.
 - Certain mental health conditions, including schizophrenia and obsessive-compulsive disorder.
- **Causes of gestational diabetes insipidus**
- Gestational diabetes insipidus is a rare condition that affects people who are pregnant. It happens when your placenta makes too much of a certain enzyme that breaks down your antidiuretic hormone (ADH, or vasopressin). If you're pregnant with more than one baby, you're more likely to develop gestational diabetes insipidus because you have more placental tissue.
- **SIGNS AND SYMPTOMS OF DI:**
 - **The main symptoms of diabetes insipidus include:**
 - Needing to pee often, including through the night.
 - Passing large amounts of light- coloured or clear urine each time you urinate.
 - Feeling very thirsty and drinking liquids very often.
 - While most people produce one to three quarts of urine a day, people with diabetes insipidus can produce up to 20 quarts of urine a day.
 - If diabetes insipidus isn't treated or if a person with diabetes insipidus stops drinking fluids, it can quickly lead to dehydration.
 - Symptoms of dehydration include:
 - Feeling dizzy or lightheaded.
 - Feeling tired.
 - Having a dry mouth, lips and eyes
 - Difficulty performing simple men tasks.
 - Nausea.
 - Fainting.
 - If you're experiencing extreme thirst and frequent urination and/or dehydration, it's important to go to the hospital as soon as possible.
- **DIAGNOSTIC TESTS FOR DIABETES INSIPIDUS:**
 - Blood test to check antidiuretic hormone (ADH, or vasopressin) levels. ⁵
 - Blood test to check glucose level rule out diabetes mellitus.
 - Urinalysis to check osmolality (the concentration of your urine) and/or to check for ketones, which could indicate diabetes mellitus. ⁵

- Imaging tests, such as an MRI, to see if issues with your pituitary gland or hypothalamus are causing your diabetes insipidus. ⁵
- **HOMOEOPATHIC THERAPEUTIC APPROACH FOR TREATMENT OF DI:**
- **PHOSPHORIC ACID**
- Phosphoric acid is another natural homeopathic medicine for treating diabetes. Generally, it treats diabetes if it is of nerve origin. The homeopathic doctor may prescribe phosphoric acid when diabetes patients suffer from frequent urination. Along with that, if the urine colour is milky, it indicates a high amount of sugar in the urine. Phosphoric acid can treat diabetes when it is in the rudimentary stage. ⁸
- **CONIUM**
- Conium can treat numbness of feet and hands and nerve damage due to high blood sugar levels. It also treats muscular weakness in the lower part of your body. Conium is also known as poisonous hemlock. It is highly toxic. Though conium does not affect the intellectual part of the body, it acts feebly on the spinal cord. Therefore, it helps in treating neuromuscular problems due to high glucose levels. It promotes better sleep and helps in relieving the pain due to neuropathy. ⁷
- **URANIUM NITRICUM:**
- It is a chief diuretic homeopathic remedy for diabetes. It helps to treat urination with incontinence of urine, enuresis, and burning in the urethra due to a rise in blood glucose levels. Uranium Nitricum homeopathic medicine helps treat high blood sugar levels, high blood pressure, and fatty liver conditions. Take the dosage of Uranium nitricum only after the prescription of a doctor. Altering your eating and sleeping habits can also work wonders to regulate your blood sugar levels. Regular follow-up from lifestyle coaches can help you attain your goal faster. ⁷
- **ABROMA AUGUSTA:**
- It is the most popular diabetes medicine in homeopathy. The doctor prescribes Abroma Augusta to diabetic patients who feel extreme weakness due to loss of muscle weight. While walking is extremely important, muscle-building exercises go a long way in reversing your diabetes. A Personal Fitness Coach along with a Diet Coach can help you gain muscle weight by providing a perfect workout regimen and the best diet plan, customized according to your body requirements and without hampering your daily routine. It is also beneficial for patients experiencing thirst with dryness in the mouth, frequent urination, and an increased appetite. Many diabetes patients suffer from sleeplessness also due to high blood sugar levels. ⁸
- **CEPHALANDRA INDICA:**
- Cephalandra Indica is useful in treating diabetes mellitus as well as diabetes insipidus. This is indicated when the patient is unable to retain urine, may have incontinence, and passes large quantities of clear urine. This is also indicated when diabetics suffer from boils, burning pains, and giddiness. ⁸

- **SYZYGIUM JUMBOLANUM:**

- Syzygium is a powerful remedy that helps reduce the secretion of sugar in the urine. This is indicated when diabetics complain of prickly heat in the upper part of the body and have small red pimples that itch a lot. There is also increased thirst, weakness, and loss of weight in the patients. The urine report shows that the specific gravity is very high. This is also a good remedy for diabetic ulcer and old long-standing ulcers.⁹

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