



# Homeopathic Healing of Patients with Diabetic Foot Ulcers

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## Case Report

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## Abstract

According to WHO, foot ulceration is common, affecting up to 25% of patients with diabetes during their lifetime. Over 85% of lower limb amputations are preceded by foot ulcers and Diabetes remains a major cause of non-traumatic amputation across the world with rates being as much as 15 times higher than in the non-diabetic population. A multidisciplinary team, approach, particularly in specific diabetic foot clinics, is very successful in avoiding and treating foot complications. Prevention is the first step towards solving diabetic foot problems. Although it was estimated that an ankle is lost to diabetes somewhere in the world every 30 seconds, a more important fact is that up to 85% of all amputations in diabetes should be preventable. Regarding a long-term study in 163 diabetic patients type 1 and type 2, shows that the patients who have been seen regularly, no foot ulcer has been reported and observed, however one of the type 2 diabetic patients who had neglected to come to the clinic for about one year, experienced both feet amputation and lost 2 toes in each foot. Six Out of 10 patients who were seen just for their feet ulcers, and were treated by homeopathic remedies, experienced complete cure of their ulcers and gangrene, ie. 60%. Regarding the high efficacy of the homeopathic remedies prescribed for the patients, it is suggested to do double blind randomized clinical trials to evaluate the efficacy of the remedies in order to consider homeopathic Medicine.

**Keywords:** Homeopathic; Diabetic; Foot Ulcers; Remedies; Amputation

## Introduction

According to WHO, foot ulceration is common, affecting up to 25% of patients with diabetes during their lifetime. Over 85% of lower limb amputations are preceded by foot ulcers and Diabetes remains a major cause of non-traumatic amputation across the world with rates being as much as 15 times higher than in the non-diabetic population.

“It is unacceptable that so much disability and death are caused by leg amputations, when the solutions are clear and affordable,” said Dr Catherine Le Galès-Camus, WHO Assistant Director-General for Non-Communicable Diseases and Mental Health.

## Method

Self-controlled case series Classical homeopathy has shown its efficacy and cost effectiveness in healing patients

with diabetic foot ulcer, according to evidence presented by several homeopaths throughout the world. Three of the 6 cured patients are as follows:

### The 1st Case

A woman aged 58 with type 2 Diabetes mellitus for about 28 years. The last fasting plasma glucose before her 1st visit was 400mg/dl. She was referred to the author by a general practitioner called Dr. Salman A. in the summer of 2010. She was from Yazd province in which diabetes mellitus is very prevalent. She had poor control on her body weight and her blood glucose. A thorough case taking was done. She took 34 I.U. of regular Insulin in the morning and 35 in the evening plus 34 of N.P.H. Insulin in the morning and 30 I.U. in the evening. A single dose of two remedies, Arn. and Phos. were prescribed separately and the patient took them and was supervised for an hour at the author’s clinic.

After taking Arnica 30c no change was seen after 30 minutes so a deep acting remedy that is recommended in diabetics with foot ulcer and gangrene that was relevant to the patient's constitution was prescribed. After a week the ulcer healed completely, and a general surgeon debrided the thin superficial necrotic tissue [1-6].

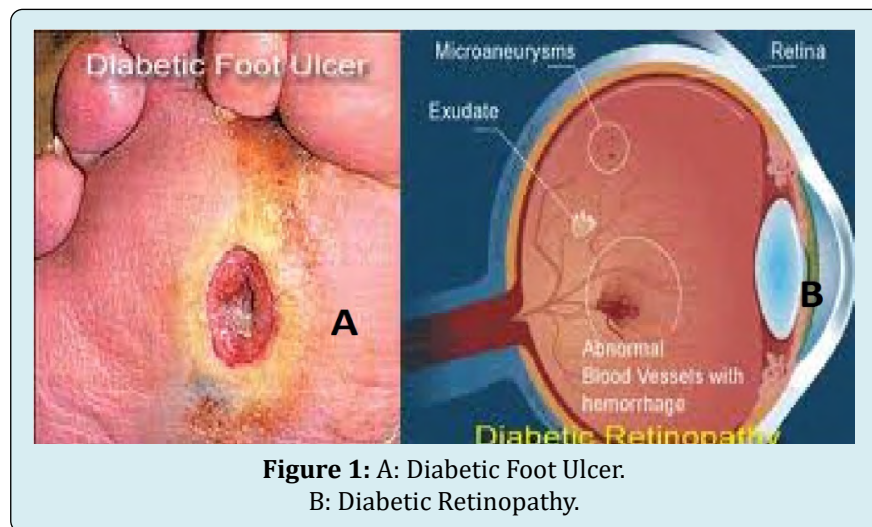
### The 2<sup>nd</sup> Case

A married man aged 37 with type 1 Diabetes mellitus and suppurative diabetic foot ulcer, from Tehran, was consulted

by the author in Sept. of 2011. After case taking, Lyc. was prescribed. It was taken by the patient. After two weeks the ulcer improved 100% and surgical debridement was done.

### The 3<sup>rd</sup> Case

A type 2 diabetic old man aged 70 from Chaboksar, a beautiful city in the northern province of Mazandaran, with diabetic foot was consulted because of Diabetic foot ulcer. A single dose of Phos. 30 c was prescribed and taken by the patient. After about two weeks the ulcer healed.



**Figure 1:** A: Diabetic Foot Ulcer.  
B: Diabetic Retinopathy.

### Conclusion

While about 15-25% of diabetic patients are afflicted by Diabetic foot ulcers and amputation occurs in a high percentage of them, the three patients have been cured by the author. It is suggested to be taken into consideration by W.H.O. and I.D.F. (International Diabetes Federation) to do clinical trials to see the results and if they are found effective enough, homeopathic remedies to be applied to cure one of the most disabling diabetes mellitus complications, i.e.

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