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RAPID GLYCEMIC CONTROL IN A CASE OF UNCONTROLLED TYPE 2 DIABETES MELLITUS WITH HBA1C REDUCTION FROM 14.4% TO 6.7% IN 120 DAYS THROUGH AN INTEGRATIVE MANAGEMENT APPROACH: A CASE REPORT AT DR BATRA'S

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Abstract

Type 2 Diabetes Mellitus (T2DM) remains a major metabolic disorder associated with significant morbidity and reduced quality of life. This case report presents a 55-year-old male with severely uncontrolled diabetes, persistent hyperglycemia (400–450 mg/dL), and HbA1c of 14.4%, despite being on treatment for nearly one year. The patient was enrolled in Dr Batra's Suga Control Program, where individualized homeopathic treatment was combined with intensive lifestyle counselling, dietary guidance, exercise monitoring, and regular follow-up. Within 45 days blood glucose levels reduced below 200 mg/dL, within 90 days fasting sugars approached normal values, and by 120 days HbA1c reduced to 6.7%. The patient reported marked improvement in confidence, energy levels, and overall quality of life. Simultaneously, associated psoriatic lesions showed gradual improvement.

Keywords

Type 2 Diabetes Mellitus, HbA1c, Integrative Medicine, Lifestyle Modification, Homeopathy, Psoriasis

Introduction

Type 2 Diabetes Mellitus is a chronic metabolic disease characterized by insulin resistance and progressive beta-cell dysfunction. Poor glycemic control significantly increases the risk of cardiovascular disease, nephropathy, neuropathy, retinopathy, and impaired quality of life.

Despite availability of modern anti-diabetic medications, many patients continue to struggle with adherence, lifestyle modifications, weight management, and psychological distress associated with persistently elevated blood glucose levels.

This case highlights the successful management of severe uncontrolled diabetes through a structured integrative approach focusing on patient education, lifestyle intervention, emotional support, and individualized homeopathic treatment.

Case Presentation

A 55-year-old male presented to Dr Batra's clinic primarily for psoriasis. During routine evaluation he was advised blood investigations which revealed severely uncontrolled diabetes.

At Presentation

- HbA1c: **14.4%**
- Blood Sugar Levels: **400–450 mg/dL**
- Weight: **113 kg**
- Known diabetic for 1–2 years
- No satisfactory improvement despite treatment
- Frequently experimenting with home remedies
- Poor adherence to long-term diabetic management

The patient expressed:

- Fear regarding future complications
- Anxiety due to persistently high sugar levels
- Reduced confidence
- Frustration regarding lack of improvement

Clinical Profile

Physical Generals

Parameter	Findings
Appetite	Normal
Desire	Sweets, Curd
Thirst	Increased
Perspiration	Profuse
Thermal State	Hot
Sleep	Refreshing
Bowels	Regular

Mental Generals

- Optimistic
- Social and company-loving
- Religious
- Fearless
- High confidence
- Emotionally sensitive
- Self-reproach after mistakes
- Strong determination

Integrative Treatment Plan

The patient was enrolled in the Dr Batra's Suga Control Program.

Components of Management

1. Medical Monitoring

- Regular blood sugar monitoring
- HbA1c tracking
- Weight monitoring

2. Dietary Counselling

- Portion control
- Reduction of refined sugars
- Structured meal planning
- Avoidance of dietary experimentation

3. Exercise Guidance

- Walking
- Gym activities
- Shuttle badminton
- Yoga

4. Psychological Support

- Repeated counselling

- Confidence building
- Motivational reinforcement
- Education regarding diabetic complications

5. Homeopathic Treatment

Constitutional Remedy: Calcarea Carbonica 200C

Selected based on:

- Obesity
- Profuse perspiration
- Desire for eggs
- Calm and reliable personality
- Strong sense of responsibility

Acute support: Mezereum

Intercurrent: Thuja

Timeline of Glycemic Improvement

Time Point	Blood Sugar Status
Baseline	400–450 mg/dL
45 Days	Below 200 mg/dL
90 Days	Below 100 mg/dL
120 Days	HbA1c 6.7%

Laboratory Comparison

Parameter	Baseline	Follow-up
HbA1c	14.4%	6.7%
Blood Sugar	400–450 mg/dL	<100 mg/dL
Weight	113 kg	103 kg
Confidence	Poor	Markedly Improved
Energy Levels	Low	Significantly Better



Figure 1: Trend of blood glucose reduction over the course of treatment.

Medication Reduction

Following glycemic stabilization:

- Afternoon anti-diabetic medication discontinued
- Night medication reduced to half dosage
- Continued monitoring advised

Associated Psoriasis Outcome

The patient also had chronic psoriasis involving elbows, legs, trunk, and hands.

During diabetes stabilization:

- Scaling reduced
- Itching reduced significantly
- No major new lesions
- Skin thickness reduced
- Overall disease stabilized

HRQL (Health-Related Quality of Life)

Before treatment:

- Fear regarding diabetic complications
- Anxiety regarding sugar levels
- Loss of confidence
- Frustration with treatment

After treatment:

- Felt healthier and energetic

- More motivated to exercise
- Improved self-confidence
- Better emotional wellbeing
- Greater control over health

The patient described his recovery as:

"A dream come true."

Discussion

This case demonstrates that successful diabetes management requires more than pharmacological intervention alone.

Key contributors to improvement included:

- Structured lifestyle modification
- Intensive dietary counselling
- Regular monitoring
- Exercise supervision
- Emotional support
- Improved adherence
- Individualized homeopathic treatment

The reduction of HbA1c from 14.4% to 6.7% within four months represents a clinically significant improvement and substantially reduces the risk of long-term diabetic complications.

Conclusion

A 55-year-old male with severely uncontrolled Type 2 Diabetes Mellitus demonstrated remarkable clinical improvement following enrollment in a structured integrative diabetes management program. HbA1c reduced from 14.4% to 6.7% within 120 days, blood glucose levels normalized, medication requirements reduced, and quality of life improved substantially. This case highlights the importance of comprehensive patient-centered care in achieving sustainable metabolic control.

Learning Point

The combination of lifestyle correction, continuous counselling, patient engagement, regular monitoring, and individualized treatment can achieve significant glycemic improvement even in cases with very poor baseline diabetic control.