



## ROLE OF HOMEOPATHIC INSULIN 3X IN IMPROVING GLYCAEMIC INDEX

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### Objective:

This paper mainly focuses on efficacy of *Insulin 3x* in improving glycaemic control by lowering HbA1c levels and increasing the Time in Range (TIR) among type 2 diabetics over a 3-month period.

### Introduction:

Diabetes Mellitus is a metabolic disorder characterized by elevated blood sugar levels. If left untreated, it can lead to serious complications, such as nerve damage, kidney failure, heart disease, and vision impairment. It is divided into: Type 1, Type 2 & Gestational Diabetes

1. **Type 1 Diabetes:** The immune system attacks the insulin-producing cells in the pancreas.
2. **Type 2 Diabetes:** A metabolic disorder characterized by insulin resistance and impaired insulin secretion

### 3. **Gestational Diabetes:** Diabetes that develops during pregnancy.

These three types show a set of symptoms which include frequent urination, excessive thirst, fatigue, and slow wound healing if left untreated diabetes can include retinopathy, neuropathy, and even infertility.

#### **Investigations:**

HbA1c Test	Time in Range (TIR)	Fasting and PPBS	Other Tests
1. Prediabetes: HbA1c between 5.8%–6.4% 2. Diabetes: HbA1c of 6.5% and above 3. Poorly controlled diabetes: HbA1c between 7.0%–9.0% 4. Uncontrolled diabetes: HbA1c above 9.0%	CGM devices tracks the percentage of time blood sugar levels stay within the target range of 70–180 mg/dL.	1. Fasting Test: Measures blood sugar after fasting for 8 hours. 2. PP Test: Measures blood sugar two hours after eating.	Lipid Profile: To monitor cholesterol levels. Kidney Function Test (KFT) Liver Function Test (LFT)

#### **Materials and Methods:**

Study Period	3 months
Study Location	Diabetes outpatient department of Dr. Batra's Homeopathy
Sample Size	100 patients with Type 2 Diabetes
Inclusion Criteria	Age: 18–80 years (both male and female) HbA1c $\geq$ 6.5% Type 2 Diabetes
Exclusion Criteria	Gestational Diabetes Type 1 Diabetes Patients with severe diabetes complications

**Study Design:**

1. Case History: Homeopathic case taking, current symptoms, past symptoms, main focus on diabetic, family history
2. Investigations: Tests included CBC, FBS, PPBS, HbA1c, Lipid Profile, KFT, LFT, and CGM monitoring.
3. Diagnosis: Based on blood investigations and clinical symptoms diagnosis was confirmed.

## 4. Treatment:

Prescription: *Insulin 3x* (Homeopathic remedy)

Dose: 3x potency, administered twice daily.

## 5. Follow-Up:

Over 3 months of time – Follow up was conducted 2 times a week for symptom monitoring and glucose testing via CGM

**Results Criteria:**

- HbA1c Levels:
- Reduction in HbA1c
- No change in HbA1c
- Increase in HbA1c
- Allopathic Medicine Changes:
- No change in medication
- Reduction in medication
- Increase in medication

**Results:****Table 1: Patient Distribution Based on Allopathic Medicine Use**

Category	Number of Patients
Patients without allopathic medicine	13
Patients on allopathic medicine	87

**Table 2: Distribution of Patients Based on HbA1c Change**

HbA1c Status	Number of Patients	% of Total Patients	Average Reduction in HbA1c
HbA1c Decreased	91	91%	1.9%
HbA1c Same	0	0%	N/A
HbA1c Increased	9	9%	-0.8%

**Table 3: Allopathic Medicine Adjustment**

Medicine Status	Number of Patients	% of Total Patients	HbA1c Decreased	% Hba1c Decreased	Average reduction in HbA1c (%)
No Change in Medicine	17	19.3%	14	82%	1.25%
Medicine Reduced	35	39.7%	35	100%	2.45%
Medicine Increased	35	39.7%	30	85.7%	1.71%

**Table 4: Distribution of Patients not on allopathy medicines**

Patients only on homeopathy Insulin 3x	HBA1C decreased	%of total patient	Average reduction in HBA1C%
13	12	91.6	1.58%

**Discussion:**

Regular administration of *Insulin 3x* showed a positive reduction impact on the glycemic control of patients with type 2 diabetes. Out of 100 patients, 91% saw a reduction in their HbA1c levels, with an average reduction of 1.9%.

Additionally, 39.7% of patients were able to reduce their allopathic medication, showing an improvement in their glycemic control with the homeopathic intervention. A small percentage (9%) experienced no improvement or an increase in HbA1c levels.

**Conclusion:**

From the above findings we can conclude that *Insulin 3x* can be an effective homeopathic remedy for improving glycemic control in patients with type 2 diabetes along with reduction in HbA1c levels and reduction in dependency on allopathic medications.