



Original Research Article

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## SUCCESSFUL TREATMENT OF BULLOUS DIABETICORUM AT DR. BATRA'S

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### Abstract

Bullous diabeticorum is a rare skin complication seen in patients with long-standing diabetes, characterized by spontaneous, fluid-filled blisters, often causing pain and discomfort. It is more common in uncontrolled diabetes and can significantly impact the patient's quality of life. This paper presents a case of 60-year-old yoga trainer with uncontrolled diabetes developed severe multiple painful vesicles on her shoulder and back, she took homeopathic care at Dr. Batra's where her lesions began healing within a week as well as over four months, her HbA1c reduced from 12.10% to 6.10%, eliminating the need for allopathic medicines.

### Keywords:

Bullous Diabeticorum, Dr. Batra's, homeopathic

### Introduction

Bullous diabeticorum is a rare skin manifestation of diabetes mellitus, characterized by spontaneous, painless or painful fluid-filled blisters, typically appearing on the extremities or trunk. The exact cause is unknown, but it is linked to prolonged high blood sugar levels, vascular damage, and neuropathy. Symptoms include sudden blister formation without trauma, burning sensation, and susceptibility to infections. If left untreated, complications

such as secondary infections, delayed healing, and skin ulcers can arise, significantly affecting the patient's quality of life.

### Case Profile

The patient is a 60-year-old female with a known history of diabetes mellitus and systemic hypertension for the past 3-4 months. Initially, she took allopathic medications but discontinued them due to her preference for alternative treatments. She has a past surgical history of umbilical hernia repair in 2007. Her family history reveals that both her parents had diabetes.

Her initial investigations on 23rd September 2023 showed uncontrolled diabetes, with fasting blood sugar at 304 mg/dl and HbA1c at 11.3%.

However, her vitamin D levels were significantly low (5.16 ng/ml). She was advised to follow a strict dietary regimen under Dr. Batra's Suga control treatment while continuing allopathic treatment. Vesicles on left side shoulder started multiplying in numbers and size, it also started to appear on right side shoulder and back, patient was in distress due to intolerable burning pain, she was not even able to bear touch of cloths. Clusters were clubbing to big liquid bubbles, she had to take analgesic for relieving pain. She was better with airy and ventilated. Severe pain in night compared to day, relief only for 30 mins after analgesic. Burning sensation aggravated by sun exposure. The complete homeopathy case history was taken and analyzed to prescribe Natrum Carb 200 2 doses for 2 weeks. Within 24 hrs her discomfort reduced, redness reduced in blisters area, Existing Blisters started joining to form bigger one however formation of new vesicles stopped. She stopped taking analgesic only pain at night that also reduced in the intensity. Existing blisters started breaking and healed completely in 10 days. Natrum carb has been continued as the constitutional medicines along with the life style modification for next 3 months- HbA1c reduced from 12.10 to 6.10 with no allopathy medicines.

### Physical Generals

Diet	Mix
Appetite	Normal
Desire	Sweets

Aversion	Aerated drinks, Milk
Thermal Reaction	Chilly
Thirst	Normal
Stools	Normal
Urine	Normal
Perspiration	Profuse, mainly in axilla
Sleep	Sound
Dreams	Doesn't remember

### **Mental Generals –**

The patient is a homemaker and yoga teacher who lives alone after the passing of her husband due to a cardiac disease. She has two sons—her elder son, whom she was deeply attached to, is married and settled in Bangalore, working in the IT sector. Her younger son, an architect, has relocated to Hyderabad for work. Ever since her elder son's marriage, she has felt neglected and distanced from him, as he avoids interacting with her due to his wife's disapproval. This emotional disconnect has left her feeling disheartened and lonely.

Living alone has become a significant source of stress for her, and she deeply longs for companionship and meaningful conversations. She expressed her emotional distress during case-taking, breaking into tears while recounting her experiences. She strongly associates the onset of her health issues with the period after her elder son moved away, emphasizing that her emotional suffering has played a crucial role in her physical ailments. Her complaints have been triggered by feelings of loneliness and the deprivation of love and affection from her loved ones. The psychological burden of feeling abandoned has significantly impacted her overall well-being.

Observation: Sincere in following the instructions. Her gestures are respectful. Honest

### **Past History**

SX HIS - UMBILICAL HERNIA - HERNIOPLASTY DONE ON 2007

## Family History

FAM HIS - FATHER - K/C/O DM

MOTHER - K/C/O DM

## Case analysis Repertorial totality

Repertory used	Rubrics selected
<b>Synthesis</b>	<ul style="list-style-type: none"> <li>1. MIND - CONSCIENTIOUS about trifles</li> <li>2. MIND - DELUSIONS - forsaken; is</li> <li>3. MIND - COMPANY - desire for – alone</li> <li>4. SKIN - ERUPTIONS - blisters</li> <li>5. SKIN - ERUPTIONS VESICULAR - painful ‘agg touch</li> </ul>

## Repertory screenshot

	nat-c	husk	lach.	ars.	lyc	phos.	sil.	apis	kal-c	aus.	trisc-v	puls.	sulph.	caust.	sep.	stram.	ducl.	hep.	kal-s	marc.	cham.	hyos.	met.	amb.	bell.	carb-an.	chir-bl.	croc.
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29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29	29

## Selection of Remedy

Remedy	Reasons
Constitutional Nat Carb 1M	As it matches her deep <b>feelings of abandonment and loneliness</b> , which triggered her health issues.  It also addresses <b>skin blisters, diabetes-related weakness, and emotional stress</b> affecting her well-being.
Specific Insulin 3x	Given to help <b>regulate blood sugar levels</b> and manage <b>diabetes-related skin issues</b> , supporting overall metabolic balance.
Calendula ointment	For L.A

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Feeling of abandonment, loneliness, and emotional distress	✓		✓	✓
Skin eruptions – blisters		✓	✓	
Burning pain in lesions			✓	
Diabetes with fluctuating blood sugar levels		✓		✓
Weakness and exhaustion despite an active lifestyle	✓			✓

**Materials and Methods**

Synthesis repertory

**Results**

DAY	Progress	Prescription
Day 1	Patient reported severe stinging pain, redness, multiple progressive blisters in numbers and size, taking analgesics 3 times a day.	Nat carb 1M 2doses
Day 2	Intensity of pain reduced, redness reduced, took analgesic only at the night	Insulin 3x and Calendula ointment
Day 3	Noticeable reduction in redness, no new eruption, blisters fusing together, no need to take analgesic.	Insulin 3x and Calendula ointment
Day 7	No inflammation no pain, no new eruptions, vesicles of both shoulders and back are fusing together and started bursting, no discomfort at all	Insulin 3x and Calendula ointment
Day 10	Blisters have healed, no new eruptions	Insulin 3x

**Discussion & Conclusion.**

"In this case, Diabeticorum Bullosis was treated using the constitutional medicine *Natrum carbonicum*. This individualized treatment was based on a thorough study and analysis of the patient's unique physical and mental characteristics. Improvement was observed through the healing of painful eruptions and a significant reduction in the patient's distress.

Additionally, the same remedy contributed to lowering the patient's HbA1c levels, helping manage previously uncontrolled diabetes." "The principles of individualization and a holistic approach form the foundation of natural healing through homeopathic medicine."

### The transformation



Patient Name	: CHITHRA R	Barcode	: E0391074
Age/Gender	: 60Y 0M 0D /Female	Sample Collected On	: 31/Jan/2024 06:49AM
Order Id	: 10001243870	Sample Received On	: 31/Jan/2024 11:45AM
Referred By	: Self	Report Generated On	: 31/Jan/2024 03:29PM
Customer Since	: 31/Jan/2024	Sample Temperature	: Maintained ✓
Sample Type	: Whole Blood EDTA	Report Status	: Final Report

#### DEPARTMENT OF BIOCHEMISTRY HBA1C

Test Name	Value	Unit	Bio. Ref Interval
<b>HbA1c - Glycosylated Hemoglobin</b>			
Hba1c (Glycosylated Hemoglobin)	12.10	%	4.2 - 5.7
Method: HPLC			
Average Estimated Glucose - plasma	300.57	mg/dl	
Method: Calculated			

#### INTERPRETATION:

**31<sup>st</sup> Jan 24**  
HbA1c – 12.10%

Patient Name	: CHITHRA R	Barcode	: E0780810
Age/Gender	: 60Y 4M 0D /Female	Sample Collected On	: 10/Jun/2024 10:51AM
Order Id	: 10629400681	Sample Received On	: 10/Jun/2024 02:57PM
Referred By	: Self	Report Generated On	: 10/Jun/2024 03:58PM
Customer Since	: 10/Jun/2024	Sample Temperature	: Maintained ✓
Sample Type	: Whole Blood EDTA	Report Status	: Final Report

#### DEPARTMENT OF BIOCHEMISTRY HBA1C

Test Name	Value	Unit	Bio. Ref Interval
<b>HbA1c - Glycosylated Hemoglobin</b>			
Hba1c (Glycosylated Hemoglobin)	6.10	%	4.2 - 5.7
Method: HPLC			
Machine: TOSOH GH			
Average Estimated Glucose - plasma	128.37		
Method: Calculated			

#### INTERPRETATION:

**10<sup>th</sup> June 24**  
HbA1c – 6.10%

### Acknowledgments

I take this opportunity to thank Dr Berlin Nadhiya - Porur Chennai clinic who has helped and supported me personally and professionally during this case.