

INTERNATIONAL JOURNAL OF  
INDIAN MEDICINE

# DEERGHAYU International

INSTITUTE OF INDIAN MEDICINE  
KOTHRUD CLINIC, PUNE 411 029 (INDIA)  
Phone : 5 3 6 3 0



Life Subscription : 100 \$

No. : ONE

October 1984

# Ocular manifestations in diabetes & its relation to constitution

## Aetiology & Symptoms

Diabetes mellitus is a disease of metabolism which is characterized by a failure of the tissues of the body to oxidise carbo-hydrates at the normal rate. This failure is due to lack of insulin.

In the aetiology of diabetes, a disease chiefly of middle life, heredity, obesity and racial susceptibility are important pre-disposing factors.

The following symptoms point to diabetes mellitus :

Fasting Blood Sugar Level above 120.  
P. P.—Blood Sugar <sup>2 hours</sup> after meal above 180.

Manifestations :

Diabetes is known to cause Ocular Manifestations. The manifestations are as follows :-

(1) Changes in the refraction : Increase in blood sugar is supposed to be accompanied by a decrease in refraction manifested by an increase in hyperopia (Hypermetropia ).

(2) Accommodation and ocular muscles : The ability to use the eyes for close work may become impaired in some patients because of a weakened condition of the accommodation.

(3) Ocular muscle palsy : The sixth nerve is the most frequently affected, with

an impaired action of external rectus muscle that leads to diplopia.

- (4) Diabetic iritis.
- (5) Cataract.
- (6) Glaucoma.
- (7) Diabetic retinopathy
- (8) Lipemia Retinalis.

Notes on the above

Out of all the above complications cataract, diabetic retinopathy, ocular muscle palsy, and disturbance in accommodation are commonly seen while the other complications are comparatively rare.

It has also been observed that the blood sugar level at any time bears no definite relationship to the occurrence of eye lesions. But the aetiology of eyemanifestations may have some relation to the (1) age, (2) use of insulin and (3) frequent change in blood sugar levels.

But it has been found that usually eye manifestations develop after about ten years of diabetes. They are usually common in long-standing cases of diabetes.

On observing such long-standing cases of diabetes, it is found that in some we get retinal change, in some cataract, and in some palsy.

I have observed 50 long-standing cases of diabetes. It is surprising that not all the symptoms are manifested in all.

proper treatment of the retinal haemorrhages is not the treatment from my point of view the real treatment is to start treatment to avoid retinal haemorrhages & continue the medical treatment with the diabetic treatment.

In some there are haemorrhages but no cataract; in some there is cataract but no haemorrhage; in some there is ocular palsy but no cataract or any retinal change.

(1) When the patient has been suffering from the same disease for 20 years he should display all the symptoms. If he does not we should seek the reason therefor. Can we explain why we get haemorrhages in one, cataract in another and palsy in the third?

(2) Another point is whether we can speculate about the type of complications in a particular patient; if we could, we will be able to prevent the complications by giving suitable drugs. According to the information available in modern science, we cannot speculate what sort of complications a particular diabetic patient will develop.

While studying the cases of ocular complications in diabetes, I observed that we can solve the problem by Ayurvedic principles.

Ocular complications studied in depth :

The inference from the data collected by me are as follows : (1) A patient of Kaphaja constitution usually develops cataract. (2) A patient of Pittaja constitution usually develops retinal changes or retinal complications. (3) A patient of Vataja constitution usually develops ocular muscle palsy or Glaucoma.

Conclusion :

I think this information we glean by studying the constitution of the patient tells us of his proneness to a particular type of complication and is very useful in guiding him to avoid the factor which may lead to the complications.

The study of the Constitution is hence a must whenever a diabetic patient comes to a physician or an ophthalmologist.

Patients of mixed constitution have mixed ocular complications. I have given a detail information to find out the constitution of a patient. cut

From the information given below. One can find out the constitution of a patient according to Ayurvedic point of view & he will be able to speculate about the possible ocular complications in a diabetic patient.

If the constitution is known we definitely prevent the possible complications in a diabetic patient by giving suitable ayurvedic drugs.

My experience about the treatment & now I could avoid the complication will be given in the next issue.

I would like to request all the readers to collect a data accordingly.

This information will definitely help the ophthalmologist & the physicians while treating the cases of diabetes.

## 1 Kapha Prakruti :

Kapha, being unctuous, those of Kapha habitus have glossy limbs, on account of its smoothness they have smooth limbs, owing to its softness they have pleasant, delicate and clear bodies, owing to its sweetness they have profuse semen, desire for sex-act, and children on account of its firmness, they have firm, well knit and stable bodies, owing to the denseness of Kapha, they are plump and rounded in all their bodies and limbs. Owing to its slowness, they are slow in their actions and speech, due to its stability, they are slow in their undertakings and in the change of moods and pathological condition. Owing to its heavy-ness they are of firm, large and stable gait, owing to its coldness, their hunger thirst, heat and perspiration are meagre. Owing to its viscosity, they

are firm and wellknit in their joints. Similarly owing to its clearness they are of clear looks, of clear and mellow complexion and voice.

Owing to the combination of such qualities those of Kapha habitus are possessed of strength, wealth, knowledge, vitality gentleness and long life.

## 2 Pittaja Prakruti :

Pitta is a hot, acute, fluide, raw, meatish in smell, acid and pungent.

Owing to its, those of Pitta habitus are intolerant of heat, very hot in the mouth of delicate and clear bodies, and have profuse moles, freckles, spots, pimples, on the body, excessive hunger and thirst are subject to early wrinkles, grayhair and boloness and are possessed generally of scanty. Soft and tawny hair on the head face and body. Owing to its acuteness they are possed of keen valour and acute digestive fire are given to taking excersive quantity of food and drink are subject to incapacity to bear suffering and are constant eaters. Owing to its fluidity they have flabby and soft joints and flesh and profuse discharge of sweat, urine and faces. Owing to its rawmeatish smell, they smell very much in their armpits; mouth, head, body. Owing to its pungant and acid taste, they a have small quantity of semen, limited sex appetite, and scanty offspring.

Owing to a combination of such qualities those of Pitta habitus are of moderate strength, and life span and moderate knoweledge, experience wealth and means.

## 3 Vataja Prakruti :

Vata is dry, light, unsteady, abundant, swift, cold, rough and clear.

Owine to its dryness, those of Vata habitus are of dry wasted and small bodies of long drawn dry low broken hallow and horse voice, and are always weakful Owing to its lightness they are light and in-constant of gait, behaviour, diet, speech, owing to its unsteadiness they are restless in their joints, eyes, brows, jaws, lips, tongues, heads, shoulders, hands and feet. Due to its abundance, they are given to much talk and have prominent veins and tendons. Owing to its swiftness they are quick in their undertakings and variation of moods and pathological changes. They are quickly affected by fear likes and dislikes. They are quick in grasping and in forgetting too. Owing to its cold quality they are intolerant of cold and are gratey liable to suffercold, shivering and stiffness. Owing to its roughness, they are rough hair on the head face and body, rough nails, teeth, rough mouth, hands & feet. Owing to its clearness they have cracked limbs and their joints always make noise as they walk.

Owing to be combination of such qualities those have vath habitus are generally of small strenght, short lifespan, scanty off-spring and means and of meagre wealth.

In combine habitance the qualities also combine.

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