Appendices

Appendix -1

STANDARD QUESTIONNAIRE
Survey on Type 2 Diabetes Mellitus

1. Name:

2. Age:
   25 – 35 □ 35 - 45 □
   45 – 55 □ 55 - 65 □

3. Gender:
   Male □ Female □

4. Address:

5. Area:
   Urban □ Rural □

6. Religion:
   Hindu □ Christian □ Muslim □

7. Occupation:
   Government □ Private □ Housewife □

8. Education:
   School □ Degree □
   Post Graduate □ Professional □

9. Socio-economic status:
   Low □ Middle □ High □

10. Positive family history:
    Yes □ No □

11. Habits:
    Smoking □ Alcoholism □
Appendices

12. Exercise
   Nil ☐ Yoga ☐

13. Stress:
   Domestic ☐ Occupational ☐

14. Diet:
   1) Regular ☐ Irregular ☐
   2) Fast food ☐ Fat Intake ☐ Over Eating ☐
   3) Vegetarian ☐ Non-Vegetarian ☐

15. Height:

16. Weight:

17. Obesity
   Yes ☐ No ☐

18. Hypertension:
   Yes ☐ No ☐

19. Hypercholestraemia:
   Yes ☐ No ☐

20. Diabetes Mellitus (Duration):
Appendices

Appendix -II

STANDARD CASE PROFORMA

Name of the patient:

Age/Sex:

Address:

Occupation:

Religion:

A. PRESENTING COMPLAINTS:

<table>
<thead>
<tr>
<th>No.</th>
<th>Location</th>
<th>Sensation</th>
<th>Modalities</th>
<th>Concomitants</th>
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</thead>
</table>

B. HISTORY OF PRESENTING COMPLAINTS

C. HISTORY OF PAST ILLNESS

<table>
<thead>
<tr>
<th>No.</th>
<th>Illness</th>
<th>Age/Year</th>
<th>Treatment Taken</th>
<th>Remarks</th>
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</thead>
</table>

D. FAMILY HISTORY
E. PERSONAL HISTORY

1. Life Situation
   - Place of Birth
   - Educational Status
   - Economic Status
   - Social Status
   - Occupational Status
   - Marital Status

2. Habits and Hobbies

3. Domestic Relations

4. Sexual Relations

5. Milestones of Development (for children)

6. Physical Features
   a. Appearance
      - Built
      - Complexion
      - Health/Unwell
      - Premature old/Childish/Young senile
      - Facial Expression
      - Obese/Emaciation
      - Swellings
      - Deformities
      - Gait
      - Clean/Dirty
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b. Generals

<table>
<thead>
<tr>
<th>Functionals</th>
<th>Eliminations</th>
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<tbody>
<tr>
<td>Appetite</td>
<td>Stool</td>
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<tr>
<td>Thirst</td>
<td>Urine</td>
</tr>
<tr>
<td>Sex</td>
<td>Sweat</td>
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<tr>
<td>Sleep</td>
<td></td>
</tr>
<tr>
<td>Breath</td>
<td></td>
</tr>
<tr>
<td>Dreams</td>
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<tr>
<td>Disharges</td>
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</tbody>
</table>

c. Response to

<table>
<thead>
<tr>
<th>Aversion</th>
<th>Desires</th>
<th>Intolerance</th>
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<tbody>
<tr>
<td>Time</td>
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<tr>
<td>Seasons</td>
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</tr>
<tr>
<td>Place</td>
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<tr>
<td>Air/Fanning</td>
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<tr>
<td>Clothing</td>
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<td>Covering</td>
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<tr>
<td>Bathing</td>
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<td>Food/Drinks</td>
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<td>Touch/Pressure</td>
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<td>Sleep</td>
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<tr>
<td>Sex</td>
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<tr>
<td>Menses</td>
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</tr>
</tbody>
</table>
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d. Constitutional
   Thermal Hot Chilly
   Side affinities
   Temperaments
   Tendencies

7. MENSTRUAL HISTORY

8. OBSTETRIC HISTORY

9. REGIONALS
   Head
   Eye
   Ear
   Nose
   Face
   Mouth
   Throat
   Stomach
   Abdomen
   Rectum
   Urinary organs
   Genitalia
   Respiratory
   Back
   Extremities
   Sweat
   Skin
F. PSYCHIC FEATURES

G. PHYSICAL EXAMINATIONS

1. GENERALS
   - Built
   - Pallor
   - Icteric
   - Discolouration
   - Clubbing
   - Oedema
   - Lymphadenopathy
   - Height
   - Weight
   - Temp
   - Pulse rate
   - Resp. rate
   - Blood pressure

2. SYSTEMIC EXAMINATION

H. PROVISIONAL DIAGNOSIS

I. DIFFERENTIAL DIAGNOSIS

J. INVESTIGATIONS

   a. Blood
      - FBS
      - PPBS
      - HbA1C
      - Urea
      - Creatine
      - Lipid profile
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b. Urine
   Sugar
c. Stool
d. Others

K. FINAL DIAGNOSIS
L. TOTALITY OF SYMPTOMS
M. ANALYSIS AND EVALUATION
   Mental generals
   Physical generals
   Particulars
   Common

N. MIASMATIC EXPRESSION
   Psora     Sycosis     Syphilis

O. MANAGEMENT AND TREATMENT
   1. General
   2. Medicinal
      First Prescription

P. PROGRESS AND FOLLOW UP
   DATE
   FBS
   PPBS
   HbA1C
   MEDICINE
LIST OF HOMOEOPATHIC MEDICINES

Homoeopathic medicines given to both control and test groups.

Constitutional medicines:

1. ARSENICUM ALBUM 200, 1M, 10M
2. CALCAREA CARB 200, 1M, 10M
3. LACHESIS 200, 1M, 10M
4. LYCOPODIUM 200, 1M, 10M
5. PULSATILLA 200, 1M, 10M
6. SULPHUR 200, 1M, 10M
7. THUJA 200, 1M, 10M

Mother tinctures:

1. CEPHALANDRA
2. GYMNEMA
3. SYZIGIUM
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Appendix - IV

INSTRUCTIONS GIVEN TO TEST GROUP

Healthy diet, sensible exercise, relaxation, stress management, Medication and visualization are the main tools at our disposal to control Diabetes.

**Diet**

Eating at regular intervals, and in proper quantities and composition that ensures a balanced intake of all nutrients.

Eat a healthy diet.

Reduce weight if overweight.

Split meals - 8am, 10.30 am, 1pm, 4 pm and 8 pm.

Reduce Starchy Food

Avoid

- Saturated fat and simple sugars
- Fasting and full meal
- Eating by watching TV
- Smoking and tobacco consumption
- Alcohol
- Fast food and junk food
- Irregular diet
- Tubers
- Sweets

Include

- Leafy vegetables
- Boiled and raw vegetables
- Salads
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Exercise

Walk 3kms on level ground or

Walk over a period of 45 minutes or

Swim for 30 minutes or

Cycle on level ground at 8km/hr or for 30 minutes

Exercise every day, and at the same time