

# Review on Diabetes Mellitus Type 2, Constitutional Homoeopathic Approach with Life style Management

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**Abstract:** *Diabetes Mellitus Type 2 (DMT2) is a chronic metabolic disorder characterized by insulin resistance and relative insulin deficiency, leading to hyperglycemia and associated complications. Conventional management of DMT2 primarily involves pharmacological interventions, lifestyle modifications, and dietary control. However, there is an increasing interest in exploring alternative and complementary approaches, such as homoeopathy, for the comprehensive management of DMT2. Diabetes Mellitus is the fourth most common reason of premature disability and mortality. Dr. Samuel Hahnemann said, behind every chronic disease accessory circumstances (Organon of medicine §5) play a big role. Like modifying diet, habit and unstressed lifestyle can prevent disease as well as control complication. This review underscores the potential of constitutional homoeopathic treatment and lifestyle management as adjunctive strategies for the comprehensive management of DMT2.*

**Keywords:** Diabetes mellitus type 2, constitutional Homoeopathic approach, life style management