

# **Evaluation of homeopathy effects associated with conventional periodontal therapy in randomized treatment of diabetic and non-diabetic patients with periodontitis**

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Periodontitis and Diabetes Mellitus type 2 (DMII) are chronic diseases treated by conventional practices and traditional medicine. In many cases, when conventional medicine cannot offer a satisfactory treatment, increases the demand for alternative therapies in chronic conditions. The aim of this study randomized was to compare and evaluate for one year clinical and serologic parameters the effects of homeopathy as an adjunct of conventional periodontal therapy in individual with periodontitis and DMII. *Materials and Methods:* 85 individuals, of both genders, between 35 and 70 years old, participated in this randomized study, which 70 were eligible in Institute of Endocrinology and Diabetes of Rio de Janeiro-Brazil. They were divided into two groups G-1: individuals with periodontitis without systemic conditions and G-2: individuals with periodontitis and DMII. Both groups received homeopathic treatment and were evaluated in clinical and laboratorial examinations. The medication used was chosen based on the similarity principle, following the *Berberis* 6CH protocol (2 tablets, 2 times a day for 45 days), *Mercurius Solubilis* / *Belladonna* / *Hepar Sulfur* - 6CH (2 tablets, 3 times a day for 15 days) and a *Pyrogenium* 200CH biotherapeutic (single weekly dose, 2 weeks). Medications are prescribed in diluted low concentration doses for all signs and symptoms, while biotherapy is used for chronic stimulation *Results:* Both groups showed significant improvements throughout the study, clinical and laboratorial, at 1 year baseline: reductions in total cholesterol, triglycerides, glucose, glycated hemoglobin, uric acid and CPR. Statistical and descriptive analyzes were performed. The data obtained after laboratory analysis were tabulated and then submitted to the SPSS 17.0 software for Windows (SPSS Inc., Chicago, IL) and significance level with  $p < 0.05$ . For most of parameters, G-1 performed better than G-2

( $p < 0.05$ ). *Conclusion:* After 1 year follow-up this clinical trial suggest that homeopathy therapy, as an adjunct of periondontal treatment, improves local and systemic parameters and can provide better health condition.

Keywords: Periodontal therapy, periodontitis, diabetes mellitus, homeopathy and dentistry

Ethical committee approval: 1.756.716