

atmosphere of an abandoned factory. [...] This situation was the result of the erroneous conception, applied by the medical authority, according to which the functional groups of maintenance were placed in the vicinity of the hospitals generating grave incompatibilities with the natural spaces so necessary for the patients' recovery in general and especially in case of psychically sick persons." (p. 41.)

Translated by Ágnes Korondi

**Can Diabetes Be Controlled, Subdued and Even Healed by  
Phytotherapeutic Methods as Well?**

**Roman Morar–Dana Liana Pusta, *Diabetes – Phytotherapeutic  
alternatives*, Cluj-Napoca, Editura Todesco, 2007**

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If we were to rely on the sombre anticipations of physicians when they speak about the evolution of diabetes among the population of the globe, we all should be divided in a few categories: individuals diagnosed with hyperglycaemic syndrome and declared diabetics, individuals diagnosed with hyperglycaemic syndrome about which they do not know and who are in fact future diabetics, normal people with passing hyper- and hypoglycaemia, regulated automatically by specific physiological mechanisms.

Unfortunately, medicine, wishing to preserve the health of some people and to heal some of us, tries to simplify some things when it has to make a diagnosis, to establish a therapeutic conduit and mainly when it devises national prevention programmes for some diseases.

We must agree that in the case of diabetes the presence of a permanent, periodic, or/and oscillating hyperglycaemic syndrome at an individual (patient) should not permit almost automatically to diagnose diabetes and at the same time to introduce the patient in the national programme for the prevention and control of diabetes. Similarly, even in the case of a diabetic who is in the programme, regardless of age and

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stage (diabetes type I or type II), the patient should not be condemned by a standard therapy which is not adjusted any more or changed with other modalities as the phytotherapeutic ones.

Any person diagnosed with diabetes on the basis of actual information on this disease, regardless of his/her educational or cultural level, feels painfully a condemned person dependent on a permanent and risky medication, no matter whether this consists of an insulin therapy, a sulfamide therapy or other synthetic medicinal products with a hypoglycaemiant action.

The diabetic disease, with all its consequences is an extremely sensitive and stressing medical domain in which you must display much professional responsibility, and a great power of discernment when you have the courage to express a medical and in particular a therapeutic point of view regarding the present mentality of the national programme for the management of diabetes.

Undoubtedly, in the international speciality literature studies have been written and result have been presented referring to the treatment and prevention of diabetes, consequently the book entitled *Diabetes – Phytotherapeutic alternatives* by Prof. Dr. Roman Moara and Dana Liana Pusta is not an exception. However, this work is absolutely special due to some of its particularities we are going to discuss in the following.

With regard to its structure and content this more than 250 pages long work is addressed practically to anyone interested in the diabetic disease, but mainly to actual diabetics and last but not least to the potential diabetics who are not aware of this.

In the first chapters of the book Professor Morar reconstructs the history of the consecration of the phytotherapeutic product called ERIDIAROM® (obtained from bilberry) and of its impact in the amelioration and treatment of some human and animal sufferings, among which experimental and spontaneous (natural) diabetes, in comparison with classical procedures by insulin therapy and/or hypoglycaemiant sulfamide therapy.

The ERIDIAROM® and the experience accumulated by its use in the hyperglycaemic syndrome (diabetes) stimulated the Professor's imagination and thus a new product was born, as beneficent as the former (the Eridiarom®), the DIAVIT® product.

The second part of the book contains the results of the research made by the Professor and his collaborators, both on the experimental

models, and on human cases of hyperglycaemic syndrome diagnosed as diabetes mellitus type I and/or type II.

The entire book is in fact a series of scientific communications referring to the composition of the Eridiarom® and the Diavit®, and the effects they have on the level of glycaemia and on the diabetic disease, both on the experimental models, and on numerous human cases.

The exceptional merit of the work realized by Professor Moraris that he does not try to present his products as some miraculous and exclusive cures in treating diabetes, but he limits himself to presenting, with much common sense and decency, some encouraging results obtained at diabetes cases in which classical treatments by insulin therapy and/or hypoglycaemic medication proved to be only conservative solutions in the evolution of the disease or sometimes even incapable of slowing down the degradation inherent to a chronic diabetes.

Professor Morar's book also differs essentially from other medical speciality works by the fact that, though his products obtained, both experimentally, and on human cases diagnosed as diabetes, promising results, he is considerate enough to say that his treatment is compatible with the classical treatment of this disease, giving the patient the possibility to choose one of them, since he/she is able to evaluate the results.

Regardless of our convictions, when we think of diabetes and its consequences, it is clear for us that Professor Morar's book must be consulted since in it we can discover the seeds of a hope that a diabetic must not be after all a condemned person, dependent only on an exclusively medicinal treatment based on insulin and/or hypoglycaemic sulfamides.

The book discusses diabetes in a particular way, considering it a "vasculopathy", since lesions (its complications) occur in most cases in the most vascularised organs: the brain, the heart, the eyes, the kidneys and the extremities.

Its aetiology is influenced by "modern" factors such as: the more and more artificial alimentation, containing numerous chemicals, colouring matters, preservatives, besides the everyday stress and the ill-regulated life style.

The recommended original "DIAVIT®" phytotherapeutical product has a complex and beneficial effect on the symptomatology of diabetes. The glycosides of the delphinol, myrtilin and neomyrtilin stimulate the regeneration of beta cells in the Langerhans inlets and thus

protect the pancreas, then help the capillaries to regain elasticity and permeability by tonifying the capillary system.

Through the flavonoids it contains, the product intervenes in the regulation of the cardiovascular system.

Due to its complex composition it also reestablishes the balance of the osmotic pressure at the level of the cells of the intestinal mucosa.

Through the anthocyanins and vitamins it contains, it activates the regeneration of the retinal purpura.

When administered to animals and humans, it decreases the level of glycosylated hemoglobin and increases the level of superoxide dismutase and glutathione peroxidase (enzymes involved in stimulating antioxidation and strengthening the body's defenses).

It also decreases glucosuria, ketonuria, proteinuria and triglyceride plasma levels, whereas it increases magnesium, calcium and phosphate plasma levels.

Because glycemia is controlled by growth hormones, thyroid hormones, cortico-suprarenal hormones and pancreatic hormones, the authors consider that a different, more complex approach to this disease is necessary.

The book deals with the prevention and treatment of diabetes starting from the idea – patented by the authors in 2001 (patent nr. 121369) – that Langerhans inlets and beta cells regenerate if they are stimulated by the DIAVIT product. However, the use of insulin for equilibrium is not excluded in the first period and later, as these cells regenerate, the dose of insulin or sulfamides is to be lowered.

A specific chapter of the book, entitled “Alimentary Aggression”, deals with the prevention of this “modern” disease by drawing attention to the threat of “modern alimentary products”, which contain more and more colouring matters, chemicals and preservatives that together with everyday stress and irregular mealtimes are the main causes for diabetes. For this reason, the authors recommend the exclusion of such aliments from everyday consumption.

Based on the animal experiments (done collectively by the authors) focusing on the diabetic eye, the authors show that large oedemas appear in the eye, which increase the retinal volume, so in fact it is not “proliferative” but “oedematous”. Through administering DIAVIT for a prolonged time of 3 to 5 month, capillary elasticity regenerates and the oedemas dissolve, the retina regaining its initial form. The neutrophil infiltrations and nodules that were produced in the crystallin dissolve after the treatment.

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In the conclusion of the volume the authors present some cases of patients who excluded insulin and sulfamides from their everyday treatment and their insulinemia reverted to normal levels.

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