

Review Article

Obesity in children and it's homoeopathic management

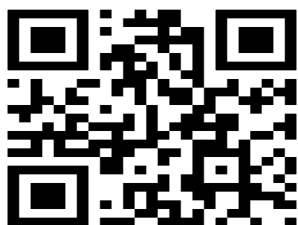
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ABSTRACT

In today's era, obesity can be considered as an epidemic problem in developed countries because day-to-day activities of the children are changed, they spend more time on playing video games on computer, watching television, etc. Unhealthy food is their diet which constitute more calories and sugar content. Low physical activity, avoidance of outdoor games leads to accumulation of more fat in the body as their intake is more than their physical activity.

Keywords: Childhood, overweight, homoeopathy, lifestyle disorder



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INTRODUCTION

Obesity implies too much fat in the body. Overweight due to extra muscles, bones or water or the much fat in the body. Children with BMI more than 85 percentile for age considered as overweight. The children whose BMI is more than 95th percentile can be considered obese. It is a life style disorder obesity is defining in different sub-headings:1

1. Wight for height
2. Skin fold thickness
3. Waist circumference
4. Waist hip ratio1

Causes

Exogenous obesity-constitutional, excessive intake of food, decrease energy expenditure, fat cell hyperplasia.

Endogenous obesity – endocrine cause, genetic cause, drugs

General Examination: One needs to differentiate between constitution or pathological obesity.1,2

History: The physician should ask about the child eating habit, physical activity throughout day. Asking about snacks habit, meal pattern any psychological

maladjustment in child usual behaviour history of past illness or any injury in CNS.

Physical examination: Child with constitutional obesity generally have normal height as per their age. They have proportional obesity and rule out pathology.

Laboratory Investigation: Routine examination is done T3, T4, TSH for hypothyroidism. In cushing's syndrome, plasma cortisol level is increase, Genetic testing for pader willi syndrome.

Complications:1

Bone: Fracture, slipped, capital femoral

Metabolic: Diabetes type 2, insulin resistance

Cardiovascular: Hypertension atherosclerosis

Respiratory: Obstructive sleep apnoea.

Gastrointestinal: fatty liver, gall stone

Management

Childhood obesity is a major challenge for the society. It should be corrected by

Lifestyle of the child

Control the eating habit

By increasing the physical activity

Promoting nutritional diet

Homoeopathy management

1. Ammonium carbonicum– This remedy is found in rather stout patients who are always tired and weary, easily catch cold. Obese patients with a weak heart, wheezing, feel suffocated. Obese women with various troubles in consequence of leading a sedentary life. Great aversion to water; cannot bear to touch it. Sad, weepy, unreasonable.

2. Antimonium crudum– For children inclined to grow fat: for the extremes of life. All the complaints are aggravated by heat and cold bathing. Child cannot bear to be touched or looked at. Desire for acid, pickles. The constitutions are very irritable and fretful.

3. Calcarea ostreorum– Constitution is fair, fatty, and flabby. Increased perspiration, swelling of glands, scrofulous and rachitic condition, ravenous hunger. Disposed to grow fat, children with red face, flabby muscles.

4. Capsicum annuum– Persons with light hair, blue eyes, nervous but stout and plethoric habit. Phlegmatic diathesis; lack of reactive forces, especially with fat people, easily exhausted; opposed to physical exertion, get homesick easily. Children; dread open air; always chilly; clumsy, fat and disinclined to work or think.

5. Phytolacca berry – Clinically found to be efficacious in obesity.

CONCLUSION

Obesity, a life style disorder and a challenging problem of today, is increasing day by day due to other health related problems. To control this problem, one should motivate the children for reducing weight, or using homoeopathic medicine improves the metabolic activity of the body which helps the child to reduce weight.

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