

Review Article

Scope of Homoeopathy in Management of Obesity

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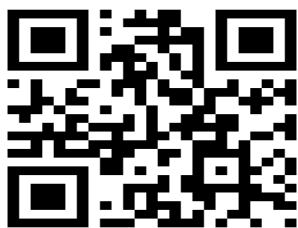
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ABSTRACT

Obesity is a condition where excess body fat has gained and it may have an adverse effect on health, leading to increased health issues. It is defined as an accumulation of body fat more than 22% of the total body weight for man and more than 30% of total body weight for women. It acts like, precursor of many dangerous illnesses.

Homoeopathy is a holistic and safe way to overcome obesity without any side-effects. Homoeopathic medicines also correct the underlying problems such as overeating, stress, and endocrinal problems. Homoeopathic management of obesity in females along with lifestyle alteration is being researched to study the effectiveness of homoeopathic medicines, which has been discussed in this review.

Keywords: Homoeopathy, Diet and Regimen, Homoeopathic management, BMI, Obesity, weight loss, Adiposity



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INTRODUCTION:

The word 'Obesity' came from Latin; which originally means 'eaten away' or 'wasted'.

Obesity is a condition in which the natural energy reserve, stored in the fatty tissue of humans, is increased to a point where it is associated with certain health conditions.

Obesity is defined as a condition of abnormal or excessive fat accumulation in adipose tissue to the extent that health may be impaired.

The normal amount of body fat is between 25-30% in women and 18-23% in men. Women with over 30% body fat and men with over 25% body fat are considered obese.

Types of obesity

- Generalized obesity (pear shaped)
- Abdominal obesity (apple shaped)

Aetiology- Some of the major causes are:

- Sedentary lifestyles.

- Overeating
- Slow metabolism- women have a slower metabolism than men.
- Culture- food habits depend upon the culture of society.
- Psychological factors- people feel that they cannot control how much they eat (depression).
- During and after pregnancy.
- Certain medication.
- Endocrinal cause – Hypothyroidism, Cushing's syndrome, Insulin resistance, PCOS, Diabetes etc.
- Genetic factors

Clinical features:

- Body weight progressively increasing.
- Alteration in the contour & configuration of body.
- Uniformly deposition of fat throughout the body.

- Adiposity is marked in the legs & extends up to the waist.
- Slightest exertion may give rise to Dyspnea.
- Menstrual disturbances.
- Clothes feeling tight & needing a larger size.

Diagnostic criteria for obesity

- Body weight >20% above the ideal body weight.
- Waist circumference- women >35 inch & men >40 inch are considered as obese.

BMI = m/h² (m = mass, h= height)

Normal values:

BMI	Nutritional status
Below 18.5	Underweight
18.5-24.9	Normal weight
25.0-29.9	Pre-obesity
30.0-34.9	Obesity class I
35.0-39.9	Obesity class II
Above 40	Obesity class III

Investigations

Some baseline investigations for obesity to exclude possible underlying causes of obesity.

- Biochemic Profile
- Complete Blood count
- Fasting Blood sugar
- Lipid Profile
- Serum uric acid
- Serum T3 and TSH.

Management

- Diet and exercise.

Treatment:

Conventional treatment:

- Medication.
- Surgery- Bariatric surgery for severe obese (BMI>40)

Complications:

- Mechanical- Due to heavy weight of the body, weight bearing joints.
- Infection-Due to exaggeration of skin creases cleanliness cannot be maintained.
- Cardiovascular complications.
- Metabolic- Diabetes Mellitus, Cholesterol, Calculus etc.
- Psychic complications.

Homoeopathic treatment

Homoeopathy is a holistic and safe way to

overcome obesity without side-effects. Homoeopathic medicines also correct the underlying problems such as overeating, stress, and endocrinal problems. This article emphasis on incidence, etiology, pathogenesis, clinical features and management of obesity with homoeopathic medicines.

Homoeopathic treatment is based on "similia similibus curanter" Where constitutional medicines selected on the basis of totality of symptoms, so one can lose weight by improving digestion, elimination & metabolism. Some important medicines are-

1. Calcarea Carbonica- A patient requiring this medicine is fatty and flabby. The patients who require this medicine usually have a tendency to perspire profusely, especially on the head. These patients cannot tolerate cold air. Certain peculiar eating habits are also found in these patients. The eating habits include craving for boiled eggs, and strange things like chalk, clay, pencils, lime, etc. Due to a sluggish metabolic activity, the patients are almost always constipated. This medicine can also be considered if the excess weight gain is due to thyroid problems.

2. Natrum Mur-The person has gained excess weight due to long-continued stress or depression. The important symptoms include excessive heat in the patient's body and intolerance towards the heat of the sun. The patients who require this medicine usually suffer from anemia. Another important symptom seen in patients suited to this medicine is the craving for extra salts in the diet. In essence, a person eligible for this medicine comes across as a person with weeping tendencies, especially when alone, worsens when someone consoles him/her and reserved nature.

3. Lycopodium-The patients who require Lycopodium are chronic sufferers of gastric troubles like flatulence and constipation. They have a tendency to crave for sweet foods. They also indulge in hot drinks and hot food. They show a tendency to eat far beyond their capacity with resulting bloated abdomen and weight gain. Mentally, the person requiring this medicine is very irritable and easily roused to anger,

especially on being contradicted.

4. Nux Vomica: Nux Vomica is recommended for persons who have gained excess weight due to sedentary habits. The first important symptom in persons requiring this medicine is that they are chronic sufferers of the most obstinate constipation. Such a person has a continuous urge to pass stool, but only a little stool is ejected at a time. The second symptom is intolerance to cold air. The third most important symptom is the eating habit – a person in need of Nux Vomica for losing weight likes spicy food, fatty food, and stimulants like coffee or alcoholic drinks. Mentally, the person is extremely sensitive to external impressions and gets angry to an extreme degree too.

5. Antimonium Crudum: This is mainly a prescribed for obese children in order to help them lose weight. A child who possesses extreme irritability, very cross nature, and an aversion to being touched or be looked at. These children also have a marked aversion to cold bathing. The significant indicator of using this medicine to lose weight is craving for acidic things like pickles in the child. The child’s tongue in this case is usually thickly white-coated and the stomach is deranged with alternate diarrhea and constipation due to a habit of overeating.

6. Thyroidinum It produces anemia, emaciation, muscular weakness, and sweating, tingling and increased heart rate. It exerts great influence over goiter and excessive obesity and acts best in females with paleness and uterine fibroids or mammary tumors.

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