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## Management of Obesity with Homoeopathy - A Review

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### Abstract-

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children, and authorities view it as one of the most serious public health problems of the 21st century. Homoeopathic medicine play a vital role in management of obesity and prevention of complication developed due to obesity. Here we review how homoeopathy helps in obesity.

**Key word:** Obesity, Homoeopathy, Management, Diet and Regimen, BMI,

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### Introduction-

The word Obesity is derived from the Latin word *obesitas*, which means "stout, fat, or plump." *Ēsus* is the past participle of *edere* (to eat), with *ob* (over) added to it. The oxford English dictionary documents its first usage in 1611 by Randle Cotgrave. Obesity has been evident in the human record forever 20 000 years and affected numerous aspects of human life and society. Obesity results when too much fat accumulates in the body. A person is

normally considered obese when his or her weight is 20% over the normal body-weight for height and age and the Body Mass Index (BMI) measures 30 or more. Obesity affects about 30% of adults, and about 14% of children and adolescents. Obesity may be caused by a number of social, cultural, behavioral, physiological, metabolic, and genetic factors that are beyond the person's control.

Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness.

Symptoms of obesity usually show up in the form of breathing trouble, excess accumulation of fat, insulin resistance, and increase in size or number of fat cells, rise in blood pressure, high cholesterol levels and back pain.

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis.

**Definition**

Obesity is an abnormal accumulation of body fat, usually 20% or more over an individual’s ideal body weight. Obesity is associated with increased risk of illness, disability, and death.

Or

A metabolic disorder that is primarily induced and sustained by an over consumption and underutilization of caloric substrate.

**Classification/Criteria for obesity**

1. Base on Body Mass Index (BMI)-

BMI	Type
< 18.5	Underweight
18.5-24.9	Normal weight
25.0-29.9	Over weight
30.0 – 34.9	Class 1 Obesity
35.0 -39.9	Class II Obesity
40.0- above	Class III Obesity

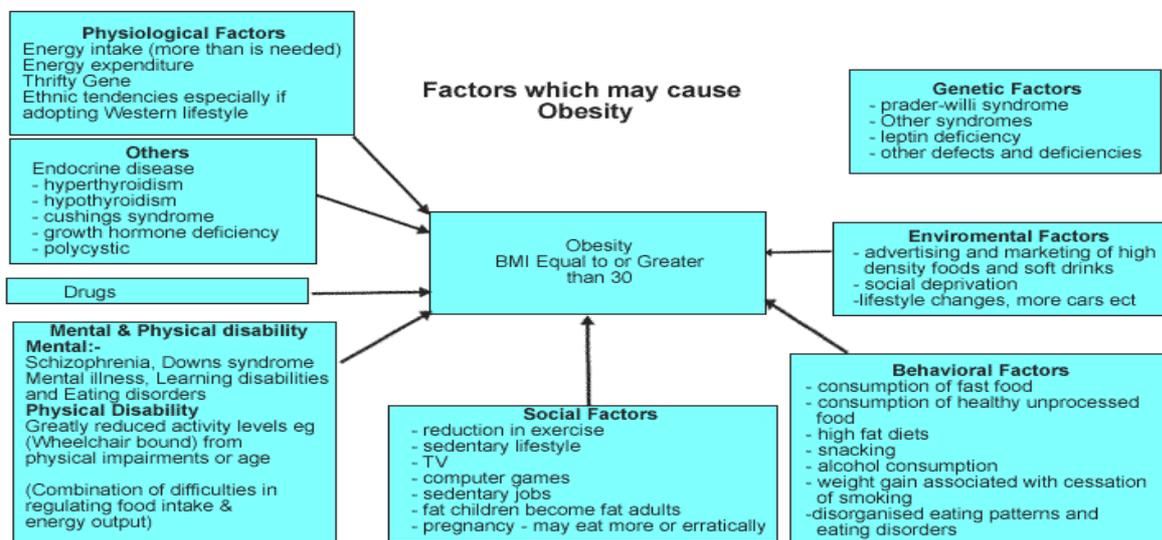
$BMI = \text{Weight in Kg}/(\text{Height in Meters})^2$

2. Base on Waste Hip Ratio- Waist/hip ratio rises above 1.0 in male, and in females when it rises above 0.8.

3. Base on Body fat Distribution- **Central** (Abdominal /visceral/ android / apple shaped) - Collection of fat in abdomen. Common in males. Causes risk of -D.M.-2, Hypertension, Hyperlipidaemia

**Generalized** (Gynoid/pear shaped) - Collection of fat on hips and buttocks. Common in females

4. Ponderal index- less than 12



**Complications -**

**Cardiology-** Ischemic heart disease, Angina, Myocardial infarction, Congestive heart failure, High blood pressure

**Endocrinology And Reproductive System-**

Diabetes mellitus, Polycystic ovarian syndrome, Menstrual disorders, Infertility, Birth defects, Intrauterine fetal death, Obesity

**Respiratory-** Obstructive sleep apnea, Obesity hypoventilation syndrome, Asthma

**Rheumatology And Orthopedics-** Gout, poor mobility, osteoarthritis, low back pain

**Neurology-** Stroke, meralgiaparesthetica, migraines, carpal tunnel syndrome, dementia idiopathic intracranial hypertension. multiple sclerosis

**Psychiatry-** Depression in women, social stigmatization

**Management-**

**Diet Control-** A balanced diet suitable for the expected weight of the patient should be given, diet should contain adequate protein but less fat and carbohydrate. Alcohol should be avoided.

**Exercise-** Physical Exercise must be encouraged.

**Surgery-** Bariatric surgery can be considered for patients with severe obesity (BMI 40 kg/m<sup>2</sup>) or those with moderate obesity (BMI 35 kg/m<sup>2</sup>) associated with a serious medical condition.

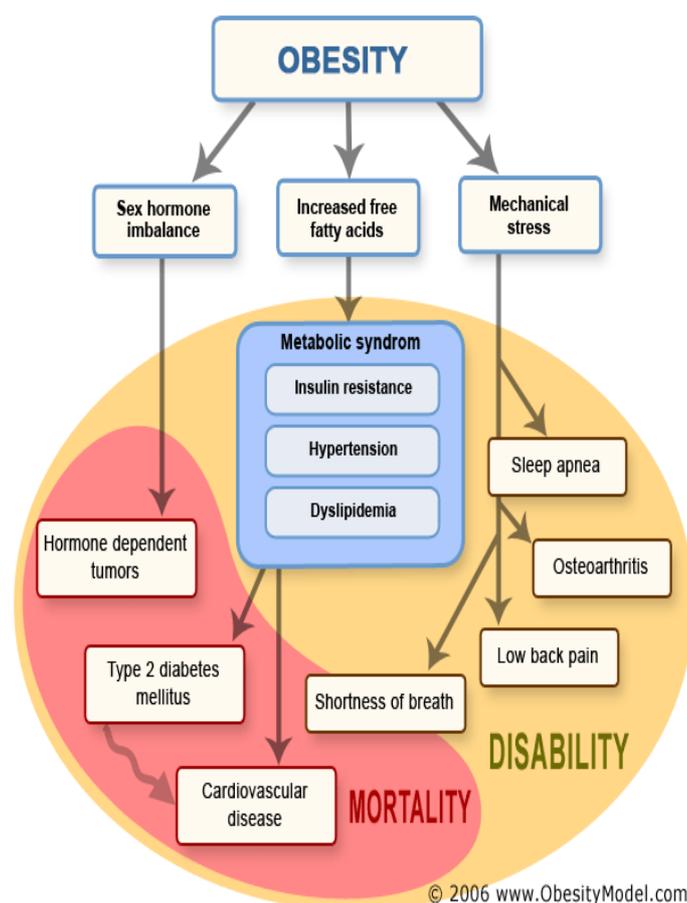
**Lifestyle Changes-****Homoeopathic Approach Towards Obesity**

The homoeopathic approach towards obesity should be scientific and feasible. In our Materia medica many remedies are given which act wonderfully in cases of obesity and overweight, but it needs an understanding of the sphere of action of these remedies. Homoeopathy has a vast scope to offer individuals suffering from obesity or related disorders. Like other systems, Homoeopathy has its own scopes and limitations.

**The Points Which Should Be Considered:**

1. Cessat Effectus Cessat Causa-Considers Underlying Cause I.E. Exciting And Maintaining Cause.
2. Miasm Of Subject
3. Totality Of Symptoms(\$7) -Cosidering Symptom Similarity On Basis Of Characteristics Symptoms

The primary goal of management of obesity should be improvement of obesity-related co-morbid conditions and reduce the risk of developing future co-morbidities.



Hahnemann has rightly mentioned in Aphorism 4: "He is likewise a preserver of health if he knows the things that derange health and cause disease, and how to remove them from persons in health".

Hahnemann in aphorism 261 has rightly stressed on the importance of proper diet and exercise.

Some common Homoeopathic medicine used in obesity-

**ANTIMONIUM CRUDUM** Children and young person with tendency to grow fat with coated moist white tongue. The subject needing this remedy may belch a great deal, and the eructations may taste of the ingesta, Tendency to grow fat associated with gastric ailments. Gout with gastric symptoms

**AMMONIUM MUR.** In case the body is fat and legs are thin. With large buttocks. Full of grief, but cannot weep

**ESCULENTIN-** One of the great fat reducers. May be alternated with Phytoline. Both remedies should be used in mother tincture.

**GRAPHITES-** Obesity in females with delayed menstruation. Indicated for fair, fat, chilly, constipated people who have skin trouble. Obesity due to hormonal imbalance at menopause. Fat, chilly, costive females with various skin disorders.

**FUCUS VESICULOSUS-** Obesity due to non-toxic goiter also for exophthalmic goiter

**PHYTOLACCA BERRY-** The patient having difficulty in walking, sitting, palpitation, dyspnoea on least exertion, nausea, eructations. Obesity due to thyroid dysfunction. Acts mainly on glands. Great exhaustion and profound prostration. Obesity

with rheumatic diathesis. An important remedy for obesity. Reduces fat and false growths.

**THYROIDINUM-** In excessive obesity, it acts better in pale patients than those of high color.

### Conclusion:

The homeopathic constitutional treatment of obesity takes care of underlying medical, hormonal or psychological causes of obesity and can help in preventing complications of the same. Homeopathic medicines can help you to lose weight by improving your digestion, metabolism & elimination. In addition, certain specific homeopathic medicines for weight-loss help to burn calories faster than normal. Thus we conclude that homoeopathy is effective in the cure of obesity provided they follow the auxillary line of treatment (diet and regimen) advised.

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