



## REVIEW ARTICLE

**OBESITY: A CURSE TO MODERN LIFE STYLE AND ITS  
HOMOEOPATHIC MANAGEMENT****Krishna Kant Singh**

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**Abstract****Received- 12/12/2023****Revised- 25/2/2024****Accepted- 28/2/2024****Key Word-** Obesity, Body Mass Index, Homoeopathic Treatment, Adiposity, Weight Reduction, Diet.**Corresponding Author:-**

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Obesity is a globally accepted one of the major health problems which affects all the ages which needs proper management in terms of both dietary and medicinal to prevent further complications and systemic disorders. Obesity 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. Obesity also acts like, precursor of many dangerous illnesses, so thus knowing its cause and treatment is of prime importance. Homoeopathy is a holistic and safe way to overcome obesity without side-effects. Medicines alone can't control weight gain but it needs proper dieting and regulated lifestyle. Homoeopathic medicines have great scopes in obesity to control and to prevent it but also correct the underlying problems such as overeating, stresses, and endocrinal problems.

## INTRODUCTION

The word ‘Obesity’ came from Latin; which originally means ‘eaten away’ or ‘wasted’. Obesity is defined as a condition of abnormal or excessive fat accumulation in adipose tissue to the extent that health may be impaired.

Recent studies have reported that globally, more than 1.9 billion adults are overweight and 650 million are obese. Approximately 2.8 million deaths are reported as a result of being obese. In India, more than 135 million individual were affected by obesity.

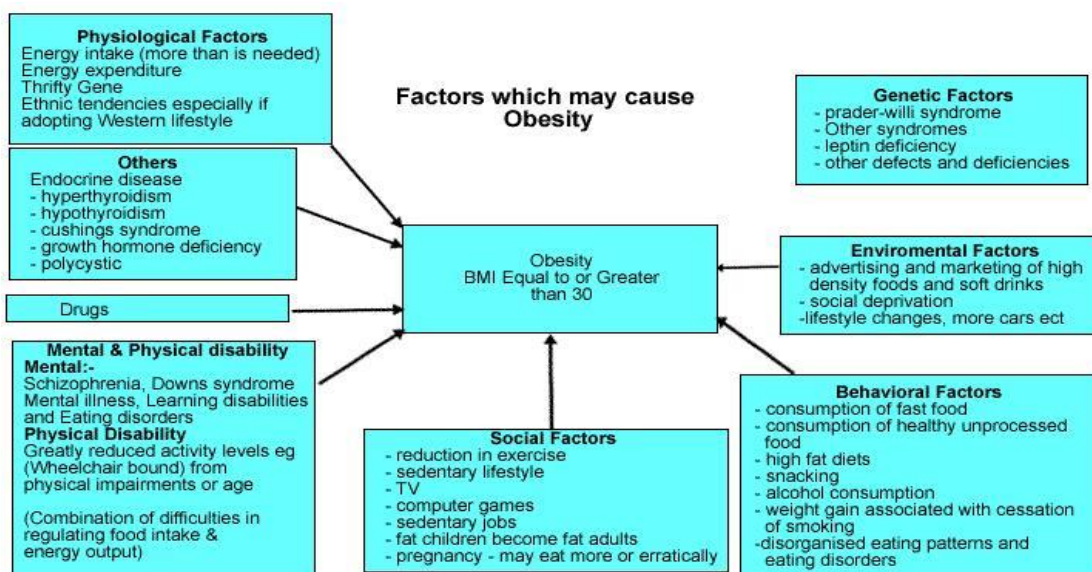
The prevalence of Obesity in India varies due to age, gender, geographical environment, socioeconomic status etc.

According to ICMR-INDIAB study 2015, prevalence rate of obesity and central obesity are varies from <sup>11</sup>1.8% to 31.3% and 16.9% – 36.3 respectively. In India, abdominal obesity is one of the

major risk factors for cardiovascular disease.

## ETIOLOGY:

Obesity can be caused by an increase in calorie intake and decrease in energy expenditure, or a combination of both. Environmental and genetic factors contribute to excessive body fat buildup; social and economic variables also play a role. Obesity has recently risen due to a combination of increased calorie intake and decreased physical exercise. Sleep deprivation and an unfriendly gut flora have also been proposed as possible causes for enhanced food assimilation due to dietary composition. Hypothalamic damage, hypothyroidism, Cushing’s syndrome, and hypogonadism are all secondary causes of obesity. Anti-diabetes medications (insulin, sulfonylureas, thiazolidinediones), glucocorticoids, psychotropic compounds, mood stabilizers



(lithium), antidepressants (tricyclics, monoamine oxidase inhibitors, paroxetine, mirtazapine), or antiepileptic drugs (valproate, gabapentin) are all known to cause weight gain.

Some of the major causes are:

- Sedentary lifestyles.
- Overeating.
- Slow metabolism- women have a slower metabolism than men.
- Culture- food habits depends 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-

- Genes affects the hormones involved in fat regulation (leptin), metabolic rate, blood glucose, metabolism, fat storage etc.
- Obesity develops in Praderwilli Syndrome, Laurence-Moon-Biedl Syndrome etc.

#### **TYPES OF OBESITY:**

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

**Teenage obesity:** Obesity is a growing problem in teenagers mainly due to their

inactivity & diet. Teenage obesity cannot only create medical problems but may also lead to psychological problems.

#### **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 upto the waist.
- Slightest exertion may give rise to Dyspnea.
- Menstrual disturbances.
- Difficulty in sitting in squatting position, getting up or sitting in a chair or a vehicle.
- Clothes feeling tight & needing a larger size.

#### **HOW PEOPLE BECOME OBESE?**

The *simple obesity* is mainly due to environmental factors, overeating, and habits of living (sedentary life) and has hereditary tendency. The *secondary obesity* is mainly due to various systemic diseases. In obese individuals two distinct types of phenotypes are apparent – generalized obesity (pear shape) and abdominal obesity (apple shape). *Abdominal obesity* is recognized by measuring waist circumference or waist: hip ratio. Abdominal obesity is strongly associated with the development

of coronary artery diseases, with insulin resistance and the development of type-2 diabetes mellitus. In few cases the specific factors have been identified to cause obesity. However, the etiology of obesity arises from a complex interplay of behavioral and genetic factors.

#### **Food habits:**

Consumption of *high-fat diet* often causes obesity and most is stored in the body tissue. Snacking and *loss of formalized meal* patterns, which reduce the conscious recognition of foods eaten (*canine hunger*) often causes weight gain. *Alcohol consumption* promotes weight gain by providing substantial energy which also stimulates appetite.

#### **Lack of Exercise:**

The leading factor to cause obesity is seemed to be an overall decrease in *physical activity levels*, and is very commoner to a person who leads a sedentary life.

#### **Genetic factors:**

Obesity has a hereditary tendency and is transmitted to the next generations. In Prader-Willi Syndrome. Laurence-Moon-Biedl syndrome, obesity develops. Overall estimates of the contribution of genetic factors to weight gain ranges from 25-70%.

#### **Endocrinal disorders:**

There are certain specific endocrinal factors which causes obesity are –

hypothyroidism, Cushing's syndrome, Hypothalamic tumour or injury, Insulinoma etc.

#### **Pregnancy:**

During pregnancy few women develop weight gain (about 4-5 kg.) and may go on increasing in the subsequent pregnancies.

#### **Psychological status:**

As a result of emotional instability, overeating may develop as a habit which may lead to obesity.

#### **Socio-Economic background:**

The person who belongs to *high-socioeconomic group* consumes lots of protein, fat and carbohydrates which lead to the development of obesity.

#### **Diagnostic Criteria For Obesity:**

- Body weight >20% above the ideal body weight.
- **Ponderal Index** in a person less than 12 is considered as obese (less commonly used parameter).

#### **Ponderal Index (PI)**

Adults:  $\text{Weight in kg} / \text{Height}^3 \text{ (m)}$

Infants/Children:  $100 \times \text{Weight (grams)} / \text{Height}^3 \text{ (cm)}$

General:  $\text{Ponderal Index} = \text{weight (kg)} / \text{height}^3 \text{ (m)}$

- Waist circumference- women >35 inch & men >40 inch are considered as obese.
- A fat fold or skin fold thickness >2.5cm at the tip of scapula in males or mid triceps in females

- $BMI = m/h^2$  (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 T<sub>3</sub> and TSH

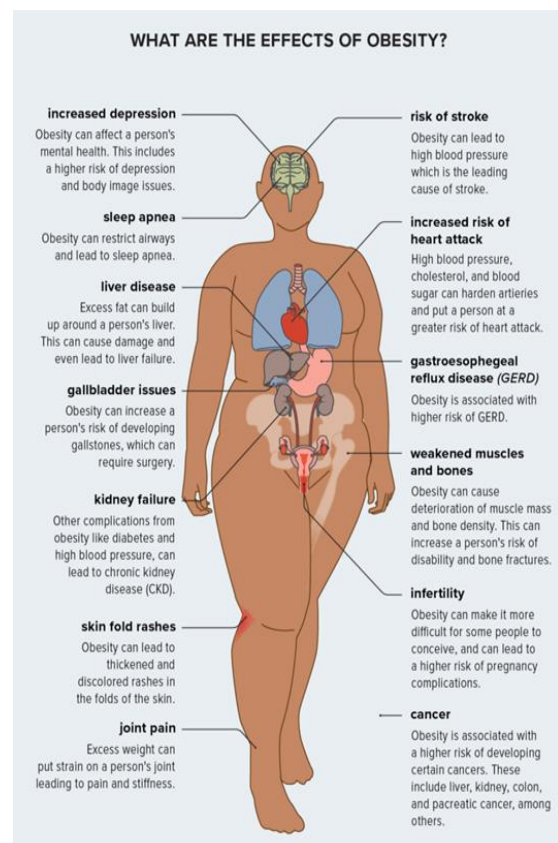
### Complication Of Obesity

Overweight and obesity lead to adverse metabolic effects on blood pressure, cholesterol, triglycerides and insulin resistance. The non-fatal, but debilitating health problems associated with obesity include respiratory difficulties, chronic musculoskeletal problems, skin problems and infertility. The more life-threatening problems fall into four main areas: Cardiovascular problems; conditions associated with insulin resistance such as type 2 diabetes; certain types of cancers,

especially the hormonally related and large-bowel cancers; and gallbladder disease.

Obesity has effects on both mortality and morbidity rate which varies depending upon various etiological factors. However, it is clear that the lowest mortality rates are seen in individuals with a BMI of 18.5-24. Moreover Coronary Heart Disease is the major cause of death in obese person but Cancer rates are also increased in overweight individuals. Problem of morbidity increases steadily as the BMI increases above 25. Many of the obese people develop psychological consequences and also the society suffers from obesity related disabilities.

### Major complications are:



- **Depression:** Depression is very common after repeated failure with dieting and disapproval from family, friends, and the public.
- **Diabetes:** Obese individuals develop a resistance to insulin, which regulates blood sugar levels. Over time, high blood sugar can cause type 2 diabetes that can lead to serious damage to the body.
- **Hypertension and Heart Disease:** Excess body weight strains the heart. This may lead to high blood pressure, which can cause strokes as well as heart and kidney damage.
- **Incontinence:** A heavy abdomen may cause the valve on the urinary bladder to weaken, leading to urinary stress incontinence or the leakage of urine with coughing, sneezing or laughing.
- **Infertility:** Obese women may experience infertility.
- **Menstrual Irregularities:** Morbidly obese women may experience disruptions of menstrual cycles as well as abnormal flow and increased pain.
- **Osteoarthritis:** The weight exerted on joints, particularly knees and hips, results in rapid wear and tear of joints as well as pain, called osteoarthritis. Excess weight puts a

strain on bones and muscles of the back, which can cause disk problems, pain and decreased mobility.

- **Sleep Apnea and Respiratory Problems:** Fat deposits in the tongue and neck can cause intermittent obstruction of air passage, called sleep apnoea. The obstruction is more severe when sleeping on back, so there is frequent change of position causing loss of sleep leading to headaches.

#### HOW TO MANAGE OBESITY

Obesity is a very common problem in many individual either hereditary or developed afterwards. Many obese individual undergoes strict dietary restrictions alone without taking any medical advice which is also injurious to health. Moreover obesity can't be treated in isolation and other risk factors are also to be taken into consideration e.g. smoking, consumption of alcohol, presence of hypertension or hyperlipidaemia etc. Calculation of BMI together with assessment of other risk factors will identify the patients who need to undergo a weight reduction programme and in all the cases of obesity, smoking should be stopped with a strict dietary restriction as *stopping of smoking increases appetite and decreases metabolic rate.*

**Lifestyle Changes:**

For long-term weight loss success, it's important for you to make lifestyle changes:

- Focus on energy IN (calories from food and drinks) and energy OUT (physical activity)
- Follow a healthy eating plan
- Learn how to adopt more healthful lifestyle habits

Over time, these changes will become part of your everyday life.

**Calories:**

Cutting back on calories (energy IN) will help you lose weight. To lose 1 to 2 pounds a week, adults should cut back their calorie intake by 500 to 1,000 calories a day.

In general, 1,000 to 1,200 calories a day will help most women lose weight safely.

In general, 1,200 to 1,600 calories a day will help most men lose weight safely. This calorie range is also suitable for women who weigh 165 pounds or more or who exercise routinely.

<b>Daily Energy Requirement</b>		
<b>Circumstances</b>	<b>Requirements</b>	
	<i>Healthy adult females</i>	<i>Healthy adult males</i>
At rest	6.7 MJ (1600 kcal)	8.4 MJ (2000 kcal)

Light work	8.4 MJ (2000 kcal)	11.3 MJ (2700 kcal)
Heavy work	9.4 MJ (2250 kcal)	14.9 MJ (3500 kcal)

**Healthy Eating Plan:**

A healthy eating plan gives your body the nutrients it needs every day. It has enough calories for good health, but not so many that you gain weight.

A healthy eating plan also will lower your risk for heart disease and other conditions. A plan low in total, saturated, and trans fat; cholesterol; and sodium (salt) will help to lower your risk for heart disease. Cutting down on fats and added sugars also can help you eat fewer calories and lose weight. Healthful foods include:

- Fat-free and low-fat milk and milk products such as low-fat yogurt, cheese, and milk.
- Lean meat, fish, poultry, cooked beans, and peas.
- Whole grain foods such as whole wheat bread, oatmeal, and brown rice. Other grain foods like pasta, cereal, bagels, bread, tortillas, couscous, and crackers.
- Fruits, which can be canned (in juice or water), fresh, frozen, or dried.
- Vegetables, which can be canned (without salt), fresh, frozen, or dried.

Canola or olive oils and soft margarines made from these oils are heart healthy. They should be used in small amounts because they're high in calories. Unsalted nuts, like walnuts and almonds, also can be built into a healthful diet as long as you watch the amount you eat, because nuts are high in calories.

Foods that are high in saturated and trans fats and cholesterol raise blood cholesterol levels and also may be high in calories. These fats raise the risk of heart disease, so they should be limited.

Saturated fat is found mainly in:

- Fatty cuts of meat such as ground beef, sausage, and processed meats such as bologna, hot dogs, and deli meats
- Poultry with the skin
- High-fat milk and milk products like whole-milk cheeses, whole milk, cream, butter, and ice cream
- Lard, coconut, and palm oils found in many processed foods.

Trans fat is found mainly in:

- Foods with partially hydrogenated oils such as many hard margarines and shortening
- Bakery products and snack foods such as cakes, crackers, cookies, doughnuts, and breads.
- Food fried in hydrogenated shortening such as french fries and chicken.

Cholesterol is found mainly in:

- Egg yolks
- Organ meats such as liver
- Shrimp
- Whole milk or whole-milk products, including butter, cream, and cheese

Limiting foods and drinks with added sugars, like high-fructose corn syrup, is important. Added sugars will give you extra calories without nutrients like vitamins and minerals. Added sugars are found in many desserts, canned fruit packed in syrup, fruit drinks, and non-diet drinks. Check the nutrition label on food packages for added sugars like high-fructose corn syrup. Drinks with alcohol also will add calories, so it's a good idea to watch alcohol intake.

#### **Physical Activity:**

Staying active and eating fewer calories will help you lose weight and keep the weight off over time. Physical activity also will benefit you in other ways. It will:

- Lower the risk of heart disease, diabetes, and cancers (such as breast, uterus, and colon).
- Strengthen your lungs and help them to work better.
- Strengthen your muscles and keep your joints in good condition.
- Slow bone loss.
- Give you more energy.
- Help you to relax and cope better with stress.



- Allow you to fall asleep more quickly and sleep more soundly.
- Give you an enjoyable way to share time with friends and family.

In general, adults should follow these guidelines in relation to physical activity.

- For overall health and to lower the risk of disease, aim for at least 30 minutes of moderate-intensity physical activity most days of the week.
- To help manage body weight and prevent gradual weight gain, aim for 60 minutes of moderate-to-vigorous intensity physical activity most days of the week.
- To maintain weight loss, aim for at least 60 to 90 minutes of daily moderate-intensity physical activity.

In general, children and teens should aim for at least 60 minutes of physical activity on most, if not all, days of the week.

Many people lead inactive lives and may not be motivated to do more physical activity. Some people may need help and supervision when they start a physical activity program to avoid injury.

**If you're obese**, or if you haven't been active in the past, start physical activity slowly and build up the intensity a little at a time. When starting out, one way to be active is to do more "everyday" activities such as taking the stairs instead of the

elevator and doing household chores and yard work. The next step is to start walking, biking, or swimming at a slow pace, and then build up the amount of time you exercise or the intensity level of the activity.

To lose weight and gain better health, it's important to get moderate-intensity physical activity. Choose activities that you enjoy and that fit into your daily life. A daily, brisk walk is an easy way to be more active and improve your health. Use a pedometer to count your daily steps and keep track of how much you're walking. Try to increase the number of steps you take each day.

Other examples of moderate-intensity physical activity include dancing, bicycling, gardening, and swimming. For greater health benefits, try to step up your level of activity or the length of time you're active. For example, start walking for 10 to 15 minutes three times a week, and then build up to brisk walking for 60 minutes, 5 days a week. You also can break up the amount of time that you're physically active into shorter amounts such as 15 minutes at a time.

**Behavioral Changes:** Changing your behaviors or habits around food and physical activity is important for losing weight. The first step is to understand the things that lead you to overeat or have an

inactive lifestyle. The next step is to change these habits.

The **list below gives you** some simple tips to help build healthier habits.

Change your surroundings. You may be more likely to overeat when watching TV, when treats are available in the office break room, or when you're with a certain friend. You also may not be motivated to take the exercise class you signed up for. But you can change these habits.

- Instead of watching TV, dance to music in your living room or go for a walk.
- Leave the office break room right after you get a cup of coffee.
- Bring a change of clothes to work. Head straight to the exercise class on the way home from work.
- Put a note on your calendar to remind yourself to take a walk or go to your activity class.

#### **Keep a record:**

A record of your food intake and the amount of physical activity that you do each day will help to inspire you. You also can keep track of your weight. For example, when the record shows that you've been meeting your goal to be more active, you'll want to keep it up. A record is also an easy way to track how you're doing, especially if you're working with a registered dietitian or nutritionist. Seek support. Ask for help or

encouragement from your friends, family, and health care provider. You can get support in person, through e-mail, or by talking on the phone. You also can join a support group.

Reward success. Reward your success for meeting your weight loss goals or other achievements with something you would like to do, not with food. Choose rewards that you'll enjoy, such as a movie, music CD, an afternoon off from work, a massage, or personal time.

#### **Weight Loss Medicines:**

Weight loss medicines approved by the Food and Drug Administration (FDA) may be an option for some people. If you're not successful at losing 1 pound a week after 6 months of using lifestyle changes, medicines may help. These medicines should be used only as part of a program that includes diet, physical activity, and behavioral changes.

#### **Weight Loss Surgery:**

Weight loss surgery may be an option for people with extreme obesity (BMI of 40 or greater) when other treatments have failed.

#### **HOMOEOPATHIC ASPECT:**

Homoeopathy has a lot of potential in the treatment of obesity as it is based on concept of DYNAMISM, INDIVIDUALISTIC, and HOLISTIC philosophy. Homoeopathic philosophy holds that, while an organ may appear to be diseased, the individual as a whole is

ill. In addition, the homoeopathic method believes that the body is a constitution that must be treated as a whole. Age, gender, genetic variables, physical inactivity, socioeconomic level, eating habits, psychosocial factors, familial inclination, endocrine factors, alcohol, education, smoking, ethnicity and drugs are all essential contributors in the development of obesity. These must also be dealt with according to master Hahnemann's instructions "...as well as the most critical points in the entire history of the chronic disease, in order for him to find its basic cause, which is generally owing to miasm. The patient's ascertainable bodily constitution (especially when the ailment is chronic), moral and intellectual character, occupation, manner of living and habits, social and family relations, age, sexual function, and other factors are all considered. "The most appropriate regimen during the use of medicine in chronic diseases consists in removing such barriers to recovery and providing the opposite when necessary. Innocent moral and intellectual recreation, active exercise in the open air in almost all kinds of weather (daily walks, light manual labour), suitable, nutritious, nonmedicinal food and drink, and so on."

"Thus, in the case of patients with chronic diseases, comprehensive inquiry into such obstacles to cure is all the more

important, because their diseases are frequently aggravated by such noxious influences and other disease-causing faults in the food and regimen, which often go unrecognized."

As per *Dr H. A. Roberts* –"There is little doubt that the majority of cases of over- and under-development of tissues or organs such as adiposis, obesity, inhibition of or precocious development of sex characteristics (whether traceable to the pineal, pituitary or thyroid glands or the gonads), and changes in the skeleton formation such as may come from dysfunction of the parathyroid, in the language of Hahnemann, manifestations of the miasms, either inherited or acquired. It may be circumstantial evidence for the miasm theory that certain types of manifestations are found among certain peoples.

#### **Repertorial Approach to Obesity:**

**DR. ROBIN MURPHY:** Obesity: acon., adon., agar., ail., alco., all-s., am-br., am-c., ambr., am-m., ang., ant-c., ant-t., apis., aran-i., arist-cl., arn., ars., asaf., aur., bac., bar-c., bell., blatta., bor., brom., bry., bufo., calad., CALC., calc-ac., calc-ar., calc-caust., calo., camph., canth., CAPS., carb-v., casut., cham., chin., chlorpr., cic., clem., coc-c., coca., cocc., coloc., con., cortiso., croc., cupr., dig., euph., euphr., FERR., fuc., GRAPH., guai., hura., hyos., iod., ip., KALI-BI., kali-br., KALI-C., lac-

d., lach., laur., lith., lob., lyc., lycpr., mag-c., mag-p., mang., merc., merc-d., mur-ac., nat-a., nat-c., nat-m., nux-m., olnd., op., phos., PHYT., plat., plb., puls., rheum., rhus-t., rumx., sabad., sabal., sars., sel., seneg., sep., sil., spig., spong., stram., stront-c., sulph., thuj., thyr., tus-f., valer., verat., viol-o.

**DR. C. M. BOGER:** Obesity, corpulence: Acon., agar., amb., am-c., amm-m., ang., Ant-c., ant-t., ap., arn., asaf., aur., bar-c., bell., bor., bry., CALC-C., cam., canth., CAPS., carb-v., caus., cham., chin., cic., clem., cocl., colo., con., croc., Cup., dig., euphor., FER., Graph., guai., hell., hyo., iod., ip., kali-bi., kali-c., lach., lau., Lyc., mag-c., merc., mur-ac., nat-c., nux-m., old., op., pho., plat., plb., Pul., Phyt., rhus-t., saba., sars., sele., Seng., sep., sil., spi., spo., stram., stro., **Sul.**, thu., val., ver-a., vio-o.

**DR. J. T. KENT: Obesity:** Agar., ambr., am-m., ant-c., asaf., aur., bar-c., bor., bry., **Calc.**, calc-ar., camph., canth., **Caps.**, chin., cocc., con., cupr., euph., **Ferr.**, **Graph.**, guaj., iod., ip., kali-bi., kali-c., lac-d., lach., laur., lyc., mag-c., merc., mur-ac., nat-c., nux-m., olnd., op., plat., plb., puls., sabad., sars., seneg., sep., sil., spig., spong., sulph., thuj., vert. Body fat but legs thin: am-m., ant-c., lyc.; Children in: ant-c., bad., bar-c., bell., **CALC.**, caps., ferr., kali-bi., sac-l., seneg.; Elderly people: am-c., **AUR.**, bar-

c., **CALC.**, caps., fl-ac., **KALI-C.**, op., sec.; Menopause, during: calc., calc-ar., **GRAPH.**, sep.; Pregnancy after: calc., kali-c., sep.; Stout and robust: ail., calc.; Uterine complaints, with: calc., **graph.**, kali-c, sep.; Young people in: ant-c., **CALC.**, calc-ac., lach.; Body fat, but legs thin: Am-m.; Old people: Kali-c.

### Leading Homoeopathic Remedies for Obesity:

*According to Dr. J. H. Clarke:*

*Phytolacca berry  $\theta$  / tablets ii gtt. 8 hr. If this fails to do good after a month's trial give (1) Amm. brom. 3x, 8h (2) Calc. c 3, gr. v-6, 8g (3) Calc. ars. 3x, gr. ii 8h. A table spoon of lemon-juice in a little water, sweetened, may be taken three times a day if it does not disagree. Thyroidinum tablets, gr.v may be given once or twice a day.*

Some Leading Homoeopathic Remedies with their indications for management of Obesity are as follows:

**Calcarea carbonicum:** Calcarea carbonica is particularly effective in overweight and fatty, flabby people who have a pale complexion, sweat a lot, and are cold and damp most of the time. These people have a sour taste in their mouth all of the time. This medication is especially beneficial for overweight children with a pale complexion and a huge belly.

**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.

**Thyroidinum:** In excessive obesity, it acts better in pale patients than those of dark color.

**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 eructation may taste of the ingesta, Tendency to grow fat associated with gastric ailments. Gout with gastric symptoms

**Fucus vesiculosus:** Obesity due to non-toxic goitre, as well as exophthalmic goiter.

**Capsicum:** Cayenne pepper is good for people who have loose, flabby muscles and lack of energy.

**Natrum muriaticum:** Natrum mur is another important medicine for weight loss. This medicine recommended when there is an overabundance of fat in the thighs and gluteal region compared to other portions of the body. This drug works well for people who have acquired weight as a result of long-term grief.

**Lycopodium:** Lycopodium is one of the most effective homoeopathic fat-burning medicines. Like the above-mentioned drug Natrum Mur, this is mostly utilised when

the thighs and gluteal region contain extra fat. However, the constitutional symptoms that are peculiar to Lycopodium use distinguish these two. Patients who require Lycopodium are those who have been suffering from gastric problems such as flatulence and constipation for a long time. They have craving for sweets. They also enjoy warm drinks and food. They have a proclivity for overeating, resulting in a bloated abdomen and increase in weight. Mentally, the individual who requires this medication is impatient and easily angered, especially when they are contradicted.

**Ignatia amara:** When changeable mood, introspective, silently, brooding, melancholic, sad, tearful is the cause of weight gain, Ignatia works well to help an overweight person to lose weight.

**Ferrum metallicum:** Obesity with anaemia, bloated face, and paleness. Best suited to young, frail people who are anaemic and chlorotic, have pseudo-plethora, blush easily, have cold extremities, and show signs of weakness even when speaking or walking. Skin, mucous membranes, and face are all pale.

**Ammonium muriaticum:** This Homeopathic medicine for weight loss is particularly effective for those who are overweight and lethargic, with huge deposition of fat in gluteal region and around the abdomen and thin legs.

**Phosphorus:** People with waxy, translucent skin, who are anaemic, who are growing too quickly, who are fair and blonde, and who have a hemorrhagic diathesis. It has an impact on the nutrition and function of all body tissues. It produces muscular pseudohypertrophy.

**Ammonium carbonicum:** Obese patients with weak heart; particularly suited to stout women who are always tired and weary, take cold easily, suffer from cholera-like symptoms before menses, lead a sedentary life; delicate women who always have the “smelling bottle” at hand.

**Calcarea arsenicosa:** Suited to lymphatic, scrofulous and tubercular constitution; overweight women approaching to menopause; obese persons, complaints of alcoholics after leaving off alcohol; violent palpitation from slightest emotion.

**Kali bichromicum:** Adapted to fat, fair, fleshy, light complexioned persons; subject to catarrhal or with syphilitic or scrofulous history; fat, chubby children, sluggish people, over weight persons subject to suppressed catarrh; fat, chubby, short necked children disposed to croup or croupy affections.

**Pulsatilla:** Women inclined to be fleshy, with scanty and protracted menstruation; suited to indecisive, slow, phlegmatic temperament, sandy hair, blue eyes, pale face, easily moved to laughter or tears;

thirstless patient; never well since some previous illness.

**Thuja occidentalis:** Fleshy persons, dark complexion, black hair, lymphatic temperament, unhealthy skin; sycotic or hydrogenoid constitution; chilly patient who takes cold easily; oily face, coarse skin, looks like ‘Ganeshji’; bad effects of vaccination in past, disposed to morning diarrhea.

### CONCLUSION

Obesity is not a self-limiting phenomenon and progressively increases if left uncured leading to some life threatening systemic disorders. Medicine alone cannot treat or control the case of overweight unless strict dietary measurement is taken care of. However the homeopathic medicines named here shows a remarkable result to treat the cases of obesity with variable opinion. In my clinic I have observed good control over weight gain by prescribing *Phytolacca berry*  $\theta$  and *Fucus vesiculosus*  $\theta$  in 10 drops every day. This observation needs further confirmation from wise homoeopaths.

Treatment for overweight and obesity includes lifestyle changes. These changes mean cutting back on calories, following a healthy eating plan, being physically active, and making behavioral changes. When lifestyle changes aren't enough, other treatment options for some people are weight loss medicines and surgery.

Overweight and obesity in children and teens can be prevented with healthy food choices and more physical activity. Parents and families should create habits that encourage healthful food choices and physical activity early in a child's life.

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