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Harmony In Healing: Unveiling Homoeopathic Approach and Solutions For Obesity

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ABSTRACT

Obesity is one of the nutritional disorder affecting people of all age groups. Increase in body weight have been caused due to reduced physical activity rather than change in intake of food or by other means. Though its incidence is now increasing but Obesity has been described in Charaka Samhita (Sutrasthana: ch XXI v. 3-4) in the context of body phenotypes with obese phenotype having the following 8 defects [1]:

1. Shortening of life span
2. Hampered movement
3. Difficulty in sexual intercourse
4. Debility
5. Foul smell
6. Over sweating
7. Excessive much hunger
8. Excessive thirst

Obesity is the primary driver of non-communicable diseases like Diabetes, Cardiovascular diseases, Disabilities like osteoarthritis and even cancer.

DEFINITION

Obesity is a state of excess adipose tissue mass. A BMI greater than or equal to 30 is Obesity.

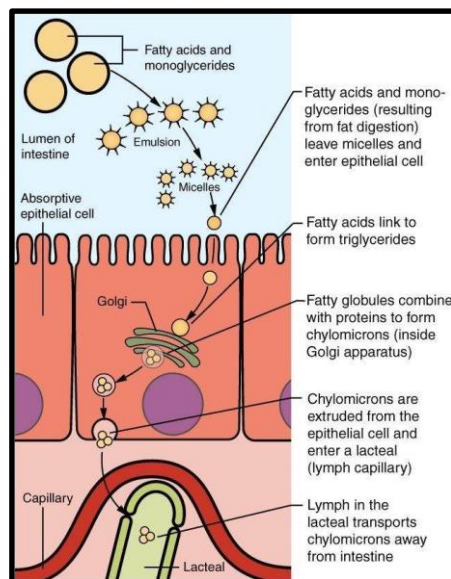
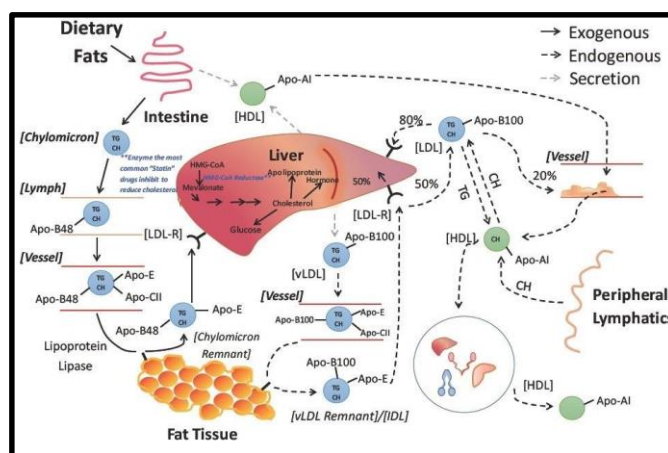
CAUSES OF OBESITY:

There's usually not just one cause of obesity. Multiple factors may interact and contribute to the condition.

Few causes are: Over Eating, Environmental Factors, Emotional And Psychological Factors, Certain Medical Conditions, Lack Of Sleep, Genes And Family History, Medications, Lack Of Exercise etc.

FAT METABOLISM

1. The fatty food which is ingested is mainly in the form of triglycerides.
2. These triglycerides are partially digested in the mouth with the help of Lingual lipase into Diglycerides and Fatty acids by incomplete hydrolysis and monoglycerides and 2 fatty acids by complete hydrolysis.
3. Now the end products of hydrolysis reach stomach, in the presence of Gastric lipase the Diglycerides are broken down into Monoglycerides and two Fatty acids.
4. The Monoglycerides and Fatty acids reaches the Duodenum.
5. They stimulate the secretion of CCK and Secretin.
6. The CCK stimulates the secretion of bile juice from the Gall bladder and Pancreatic enzymes from Pancreas.
7. The Secretin stimulates bicarbonate secretion from Pancreas.



8. The bile acids, lecithin and pancreatic lipase get binds to the triglycerides and convert them into monoglycerides, free fatty acids.
9. Then the bile salts in the intestinal lumen are recycled via enterohepatic circulation into Liver.
10. End products in Small Intestine are: 2 monoglycerides, Free fatty acids, 1 monoglycerides, Glycerol, Free Cholesterol and Lysophospholipids.
11. These end products are taken up by lymphatic system and form a part of chyle.
12. Lymphatic system then transport these fats into the blood stream.
13. The ultimate destination of the released fatty acids is the mitochondria of the cells that require energy.

ASSESSMENT OF OBESITY

1. Subjective: Visual inspection

Obesity is easily diagnosed using what has been called the eye ball test. 'If a person looks fat, the person is fat.'

2. Objective: Body mass index (BMI), Waist-to-hip ratio (WHR), Waist circumference (WC) and Fat distribution.

Body mass index

Body mass index (BMI) is the ratio of weight to the height (in meter) squared.

BMI (kg/m ²)	Classification*	Risk of obesity comorbidity
18.5-24.9	Normal range	Negligible
25.0-29.9	Overweight	Mildly increased
> 30.0	Obese	---
30.0-34.9	Class I	Moderate
35.0-39.9	Class II	Severe
> 40.0	Class III	Very severe

Waist-to-hip Ratio (WHR)

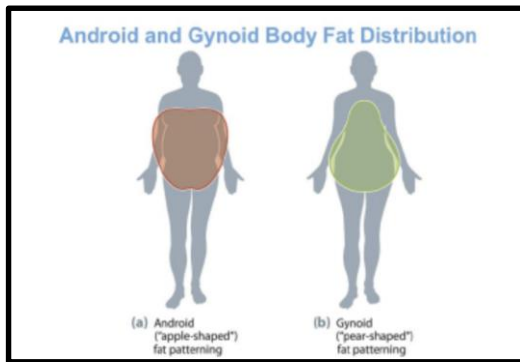
This provides information about the distribution of body fat. The desired WHR for men is less than 1.0 and women is less than 0.8.

Waist Circumference

The cut off for Indians are more than 80cms for women and more than 90cms for men.

Body Fat Distribution

There are two types

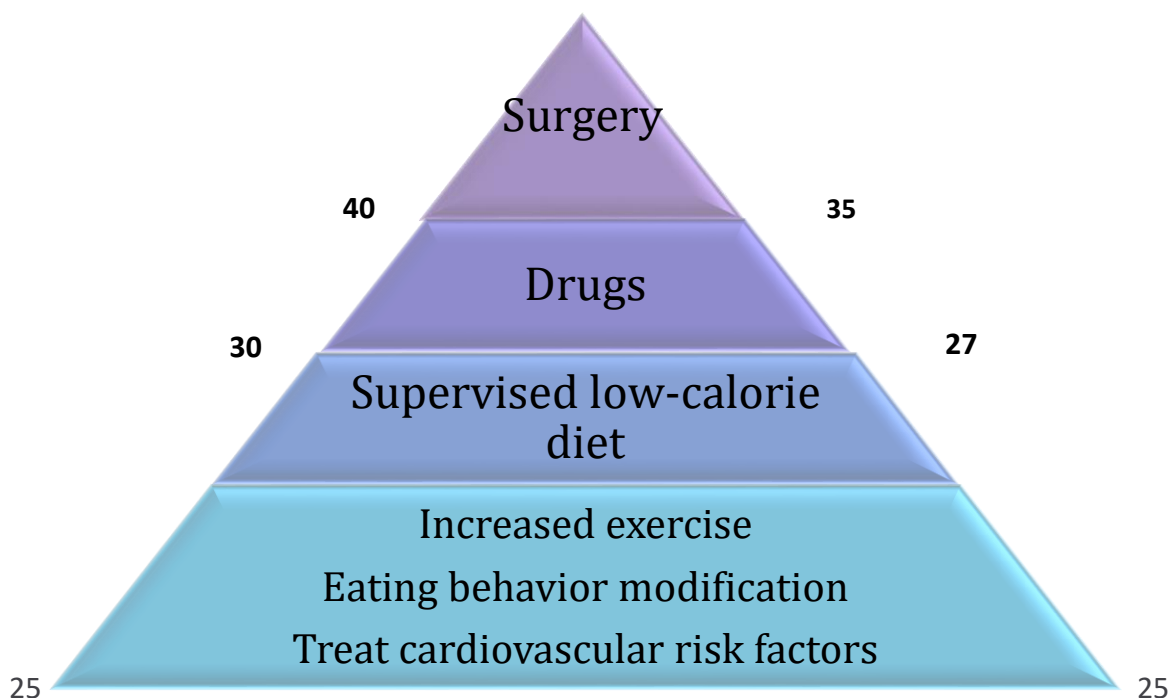


1. Android/ Abdominal / Central Obesity: Fat is deposited in the abdomen (above the waist line i.e., apple shaped bodies)
2. Gynoid Obesity: Fat is collected on the hips and buttocks (below the waist line i.e., pear shaped bodies)

Therapeutic options for obesity. Relevant comorbidities include type 2 diabetes, hypertension, cardiovascular disease, sleep apnea, and waist circumference > 102 cm in men or 88 cm in women. This is an approximate consensus of the numerous national guidelines which vary slightly in their recommendations and are revised every few years

Bmi cut offs in absence

Bmi cut offs in presence of comorbidity



Role of Physical Activity

According to WHO at least 30 minutes of cumulative moderate exercise (equivalent to walking briskly) for all ages plus for children, an additional 20 minutes of vigorous exercise (equivalent to running) three times a week. (These recommendations are basically for prevention of obesity). The prevention of obesity may require combination of both more Physical Activity and Dietary interventions

A Balanced Diet

A balanced diet contains an adequate number of Proteins, Vitamins and Minerals. Once the body weight comes to the standard level according to the height, the weight maintenance diets should be taken to keep weight constant.

Homoeopathic ROLE

The homeopathic medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution etc. This constitutional approach framing mind and body works at the root-level. A miasmatic tendency (predisposition/susceptibility) is also often taken into account.

Homoeopathy is very efficient in managing all the symptoms of Obesity (weight Loss) and furthermore plays a vital role in preventing relapse of the condition and will make you feel like a new person by making you free of OBESITY.

It is natural, safe, gentle and without side-effects. Another impressive thing about Homeopathy is that people on multiple medications can safely take Homeopathic medicines. Homeopathic drugs are non-habit forming and have no addictive characteristics.

There is no miracle cure for obesity. Weight loss solutions emphasize that diet, exercise and behavioral changes are also important. Whether you choose natural weight loss or herbal weight loss, you will be required to adhere to a strict, healthy diet and exercise in conjunction with the remedy.

Homoeopathic Remedies for Obesity -

CALC-CARB., FERRUM MET., GRAPH., PHYT., THYR., ANT-CRUD., FUCUS, PHOS., Ant-c., Phyt., Thyр., Amm. Mur., Calc-ar., Kali-bi., Kali-c., Lac-d., Phos., Puls., Sep., Senega.

Antimonium crudum

This remedy is indicated for obesity in children. The stomach is deranged with alternate diarrhea and constipation due to the habit of overeating. All the symptoms seem to center about the stomach. The child who requires this remedy is extremely irritable, very cross and an aversion to being touched. Angry at every little attention. The patient is very much concerned about his fate. These children have aversion to bathing with cold water. The child's tongue is thickly white coated. These children have profuse sweating from slightest exertion.

Calcarea carbonica

This medicine is indicated for people who are suffering from obesity and thyroid problem. This remedy acts on glands particularly thyroid and parathyroid. These people fat and flabby. There is excess fat in the abdomen. These patients are sluggish and the entire metabolism is low resulting in weight gain and are always suffer from Constipation. These patients have tendency to perspire profusely, especially on head. They have craving for

boiled eggs, indigestible things like chalk, clay, pencil, lime etc. They will catch the cold easily. The patient is confused, forgetful. They will have fear of contagious diseases. They will have aversion to work and physical activity.

Ferrum metallicum

This remedy is indicated for obesity with anemia. Voracious appetite. Distension and pressure in the stomach after eating. There is decrease in iron levels in blood so the oxygen binding capacity is low due to this the patient cannot do rapid exercises. They are very irritable. Slightest noises unbearable.

Fucus vesiculosus

This remedy is indicated for thyroid enlargement in obese subjects. This remedy helps in improving digestion and diminishes flatulence. After taking this remedy the act of digestion is no longer accompanied by flushing of the face, fullness, weight in epigastric region and fits of head towards head.

Graphites

This medicine is indicated for obesity due to hormonal changes in menopausal women. These women suffer from chronic constipation. These women have tendency to obesity [2]. Aversion to meat. Hot drinks disagree. These women are unable to decide. There is great tendency to start.

Phosphorus

The patients feel hungry soon after eating. Distension of abdomen especially after a meal. The patient craves for ice creams, juices and cold drinks. This remedy is indicated when there is fatty degeneration of liver and accumulation of fat in the blood vessels. Fearfulness, as if something were creeping out of every corner. Dread of death when alone. The patient is easily getting vexed.

Phytolacca decandra

This remedy helps in reducing weight. This remedy improves the metabolism and enhances digestive system to aid in weight loss and reduce fat metabolism. This remedy acts mostly on glands. It helps in reducing the food intake of obese person without producing weakness and stupor in them. Aching, soreness, restlessness, prostration are general symptoms guiding to this remedy.

Thyroidinum

This remedy is indicated for excessive obesity due to thyroid affections. The thyroid has a general regulating influence over the mechanism of the organs of nutrition, growth and development. These patients have craving for large amounts of sweets. This remedy acts better with pale patients, rather than those of high color.

“Take Care of Your Body. It’s The Only Place You Have to Live”

REFERENCES:

1. API Textbook of medicine 9th Edition.
2. Boericke's New Manual Of Homoeopathic Materia Medica With Repertory William Boericke.