



Review Article on Gentle Remedies of Homeopathy in Obesity and Non – Alcoholic Fatty Liver Disease

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ABSTRACT – Obesity is a modern lifestyle disease caused due to excessive accumulation of fat in the body Occurs when BMI is ≥ 25 in a person according to his/her Age Sex, Height, Weight, or Often considered as an important risk factor for the development of diabetes, non-alcoholic fatty liver disease, hypertension, Obesity is a major health concern because of its increasing prevalence. This article describes causes clinical classification, types complications, management of obesity along with review of homoeopathic medicines indicated for obesity,

KEYWORDS

Obesity, Fat metabolism, Homoeopathic Medicines., Non – Alcoholic Fatty Liver Disease.

INTRODUCTION

Obesity is defined as increase in weight above 120% of the ideal body weight of a person. When fat deposition starts to affect health negatively. B.M.I. WHO classification scale is used for obesity in adults, while BMI for age is used in children for obesity classification.

B.M.I. FOR ADULTS (WHO CLASSIFICATION) (F., 2014)

CLASSIFICATION	BMI	HEALTH RISK
<i>Underweight</i>	< 18.5	Low
<i>Normal</i>	18.5 – 24.9	Average
<i>Overweight</i>	> 25	
<i>Pre - obese</i>	25 – 29.9	Increased
<i>Obesity Class 1</i>	30 – 34.9	Moderately Increased
<i>Obesity Class 2</i>	35 – 39.9	Severely Increased
<i>Obesity Class 3</i>	≥ 40	Very Severely Increased

BMI Calculation – Weight in Kg / Height in meters square.

BMI FOR CHILDREN (5 – 19 YEARS) (WHITEHEAD, 2019)

Weight Status Category	Percentile Range
<i>Underweight</i>	< the 5 th percentile
<i>Normal or Healthy weight</i>	5 th to < the 85 th percentile
<i>Overweight</i>	85 th to < the 95 th percentile
<i>Obese</i>	95 th percentile or >

Regardless of B.M.I. (an individual can have a healthy BMI & still have excess abdominal fat. (WHITEHEAD, 2019)

- **Weight loss is recommended if waist circumference is**
- **94 cm (37 inches) or more in men.**
- **88cm (31.5 inches) or more in women**

An individual is considered Very High Risk & requires medical attention if waist measurement is

- **102 cm (40 inches) or more in men.**
- **88cm (34 inches) or more in women.**

Causes of Obesity

- **Genetic** – Leptin deficiency / Leptin gene mutations - severe hyperphagia and hypogonadism. Prader – Willi Syndrome – Short stature, learning difficulties, hypogonadism due to Paternally imprinted gene chromosome 15.
- **Acquired** - Eating junk and ultra processed foods, Physical inactivity, Puberty, Pregnancy, Non – Alcoholic Fatty Liver Disease, Menopause, Hypothyroidism, Cushing syndrome, Polycystic Ovary syndrome, antidepressants, β – Blockers, Insulin, Sex Steroids. (F., 2014)

Body fat distribution Obesity Type

- **Pear Shaped** – seen in females, fat distribution is mainly around hips and thighs. Also known as gynoid distribution.
- **Apple Shaped** – seen in males, fat distribution is mainly around abdomen. Also known as Android distribution.

DISEASES ACCOSIATED WITH OBESITY (WHITEHEAD, 2019)

<i>Metabolic and Insulin Syndrome</i>	Non - Alcoholic Fatty Liver disease	Pre – term labor
<i>Hypertension</i>	Gastro – Esophageal Reflux Disease	Pre -eclampsia
<i>Coronary Heart Disease</i>	Cataract	Deep Vein Thrombosis
<i>Cerebro vascular and Thromboembolic disease</i>	Poly Cystic Ovarian Disease	Cancer Colon, Rectum, Prostate (Men)
<i>Restrictive Lung disease</i>	Amenorrhea /Oligomenorrhea	Cancer Breast, Cervix, Endometrium (Women)
<i>Cushing Syndrome</i>	Pancreatitis	Dermal Rash
<i>Obstructive Sleep Apnea</i>	Infertility	Emotional and Psychological Stress.
<i>Gout</i>	Gallstones	
<i>Osteoarthritis</i>	Gestational Diabetes	

Increasing Prevalence of Obesity in India

According to the National Family Health Survey (NFHS) data, India is witnessing a rapid surge in overweight and obesity among under-five children under five, with prevalence rising by 127 per cent (from 1.5 per cent to 3.4 per cent between NFHS 3 (2005-06) and NFHS 5 (2019-21). Similarly, adolescent girls and boys have seen an increase in overweight and obesity of 125 per cent (from 2.4 per cent to 5.4 per cent) and 288 per cent (from 1.7 per cent to 6.6 per cent) respectively.

In adults, the prevalence increased by 91 per cent among women (from 12.6 per cent to 24.0 per cent) and 146 per cent among men (from 9.3 per cent to 22.9 per cent), indicating a nationwide health crisis. (NFHS 5 2019-2021).

General Management of Obesity

- **Diet** – Calorie intake per day should be limited to 800 – 900 per day containing all essential nutrients Foods rich in saturated fats salt and free sugar should be avoided. Dietary fiber should be included in food for bulky feeling and satiety.
- **Exercise** - It refers to planned, structured physical activity as a recreational or leisure activity designed to improve fitness & health. Examples of the types of Physical Exercises **Moderate Exercise** - Brisk walking & Cycling. **Vigorous Exercises** - Sports such as running, football & hard cycling. **Resistance Exercises** - That involve all the muscles of the body; Exercising with weights or lifting heavy loads such as shopping.
- Binge eating should be ceased and eating behaviors should be monitored especially during stress. Motivation for reduction of weight and adaptation of healthy lifestyle should be encouraged.

Homoeopathic Significance in Obesity Care

Homoeopathy is the science and art of healing Founded by Dr. Samuel Hahnemann based on `Similia Similibus Curantur` meaning Let like be cured by like (Therapeutic system of symptom similarity) and the Therapeutic Law of Nature as stated in Aphorism 26 of Organon of Medicine. (`A weaker dynamic affection is permanently extinguished in the living organism by a stronger one, if the latter (whilst differing in kind) is very similar to the former in its manifestations) `` (KUMAR, 2006)

Indications of Homoeopathic Medicines for obesity treatment

Allium – sat - Adapted to fleshy subjects with dyspepsia and catarrhal affections. High standard of living. Patients who eat a great deal more, especially meat than they drink. (WILLIAM, 2017)

- **Ammonium – brom** - Indicated in chronic laryngeal and pharyngeal catarrh, neuralgic headaches, and obesity. (WILLIAM, 2017)
- **Ammonium - carb** - Stout women who are always tired and weary, take cold easily, suffer from cholera-like symptoms before menses, lead a sedentary life, have a slow reaction generally and are disposed to the frequent use of smelling bottle. Fat patients with weak hearts, wheezing, feel suffocated. Very sensitive to cold air. (WILLIAM, 2017)
- **Ammonium – mur** - Especially adapted to fat and sluggish patients who have respiratory problems. Body fat but legs too thin. (WILLIAM, 2017) (ALLEN, 2017)
- **Antimonium – crud** - For children and young people inclined to grow fat. (Calc.); for the extremes of life. (ALLEN, 2017) (ROBIN., 2002)
- **Asaf** - Suited to nervous hysterical people, phlegmatic scrofulous and syphilitic who have taken much Mercury. Though the patient is of full habit and stout aspect, yet he is intolerably nervous and oversensitive. Clumsy children. Obesity. (ROBIN., 2002)
- **Calc – arsenic** - Complaints of fleshy women when approaching the menopause. (Allen; P - 71). Suited to lymphatic, Scrofulous, and tubercular constitutions. Slightest emotion causing palpitations. Pulse intermittent, every fourth beat regularly. (ROBIN., 2002)
- **Calc - carb** – Leuco-phlegmatic blonde hair, light complexion, blue eyes fair skin tendency to obesity in youth. Psoric constitutions; pale weak timid, easily tired when walking. Disposed to grow fat, corpulent, unwieldy. Children with red face, flabby muscles, who sweat easily and take cold readily in consequence. Large head and abdomen, fontanelles, and sutures open, bones soft, develop very slowly. Girls who are fleshy plethoric, and grow too rapidly. Difficult and delayed dentition with characteristic head sweats and open fontanelles (ALLEN, 2017)
- **Capsicum** - Persons with light hair, blue eyes, nervous but stout and plethoric habit, Phlegmatic diathesis, lack of reactive force, especially with fat people, easily exhausted. Children, dread open air; always chilly; refractory. Clumsy fat dirty and disinclined to work or think. (ALLEN, 2017)
- **Carl – aqua** - Famous for its action on liver and in the treatment of obesity, diabetes, and gout. (WILLIAM, 2017)
- **Fucus – ves** - Remedy for obesity and non-toxic goiter, also exophthalmic goiter. Digestion is furthered and flatulence diminished. Obstinate constipation. Forehead feels as if compressed by an iron ring. Thyroid enlargement in obese subjects. (WILLIAM, 2017) (ALLEN, 2017)
- **Graphites** - What Pulsatilla, is at puberty, Graphites is at the climacteric. Suited to women, inclined to obesity, who suffer from habitual constipation; with a history of delayed menstruation. (ALLEN, 2017)
- **Kali - bi** - Fat, light haired persons who suffer from catarrhal syphilitic or psoric affections. Fat chubby short necked children disposed to croup and croupy affections. (ALLEN, 2017)
- **Kali – br** - Adapted to large persons inclined to obesity, acts better in children than in adults. (ALLEN, 2017)
- **Kali - carb** - For diseases of old people, dropsy and paralysis with dark hair lax fiber, inclined to obesity. (Am - c. Graph.) After loss of fluid or vitality, particularly in the anemic. (Chin. Ph -ac. Psor.). (ALLEN, 2017)
- **Lac – def** - Diseases with faulty and defective nutrition with reflex affections of nervous centres. Feels completely exhausted whether she does anything or not, great fatigue when walking. Obesity; fatty degeneration. (ALLEN, 2017)
- **Lob – in** - Adapted to persons of light hair, blue eyes, fair complexion; inclined to be fleshy. For bad effects of drunkenness in people with light hair blue or grey eyes, florid complexion, corpulent. Lobelia bears the same relation that Nux vomica does to persons of opposite temperament. (ALLEN, 2017)
- **Mang - acet** - Fatty degeneration of liver. Flatulence, chronic hepatomegaly. (WILLIAM, 2017)

- **Nat - carb** - Constitutions with aversion to open air and dislike to exercise, mental or physical. Great debility caused by heat of summer (Ant - c). Exhaustion from least effort, mental or physical; ready to drop after a walk; Chronic effects of sunstroke. (ALLEN, 2017)
- **Phos** - Young people who grow too rapidly, are inclined to stoop (to walk stooped, Sulph.); who are chlorotic or anemic, old people with morning diarrhea. Apathetic, unwilling to talk, answers slowly, moves sluggishly. (Ph - ac.). (ALLEN, 2017)
- **Phyt** - Glandular remedy. Glandular swellings with heat and inflammation. Decrease in weight. (**Boericke; P - 456**). Emaciation, chlorosis, loss of fat. Great exhaustion and profound prostration. (ALLEN, 2017)
- **Puls** - Adapted to persons of indecisive, slow phlegmatic temperament, sandy hair, blue eyes, pale face, easily moved to laughter or tears; affectionate, mild, gentle, timid, yielding disposition - the women's remedy. Women inclined to be fleshy, with scanty and protracted menstruation (Graph.). (ALLEN, 2017)
- **Sars** - For light haired persons, lithic or sycotic diathesis. In children; face like old people, enlarged abdomen, dry, flabby skin. (Bar - c. Op.). (ALLEN, 2017)
- **Sepia** - Adapted to persons of dark hair, rigid fibre, but mild and easy disposition (Puls). Pot belliedness of mothers. (Of children Sulph.). (ALLEN, 2017)
- **Sulphur** - Adapted to persons of scrofulous diathesis, subject to venous congestion; especially of portal system. Persons of nervous temperament, quick motioned, quick tempered, plethoric, skin excessively sensitive to atmospheric changes (Hep. Kali - c. Psor.). For lean and stoop shoulder persons who walk and sit stooping; walk stooping like an old man. Children; cannot bear to be washed or bathed in cold water (Ant - crud); emaciated, big bellied; restless but kick off cloths at night (Hep. Sanic.); have worms, but the best selected remedy fails. Dirty filthy people prone to skin affections (Psor.). (ALLEN, 2017)
- **Thuja** - Thuja bears the same relation to the Sycosis of Hahnemann - fig warts, condylomata and wart like excrescences upon mucous and cutaneous surface - that Sulphur does to Psora or Mercury to Syphilis. Adapted to Hydrogenoid constitution of Grauvogl, which is related to Sycosis as effect is to cause. Acts well in lymphatic temperament, in very fleshy persons, dark complexion, black hair unhealthy skin. (ALLEN, 2017)
- **Thyrodinum** - Thyroid exercises a general regulating influence over the mechanism of the organs of nutrition, growth and development. Thyroid weakness causes a decided craving for large amounts of sweets. Excessive obesity. Acts better with pale patients rather than those of high color. (WILLIAM, 2017)

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