



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)

IJHS 2024; 8(1): 45-46

Received: 29-10-2023

Accepted: 30-11-2023

**Dr. Vasudha Sharma**

Director, Dr. Vasudha's

Homoeopathy Clinic,

Gurugram, Haryana, India

## A case study: Effect of homeopathic medicine on weight loss

**Dr. Vasudha Sharma**

**DOI:** <https://doi.org/10.33545/26164485.2024.v8.i1a.1048>

### Abstract

In today's world due to irregular daily routine, more and more people are becoming obese. In recent study conducted in NCR it was found that Obesity has affected many people in and many of them are struggling to overcome it. Sorry to say, there is no such thing as a "wonder medication" for losing weight. The obesity affects the daily working of an individual. During our research done on different age group patients we have found that homeopathy can help in weight loss. In this paper we have presented our finding as how homeopathy is efficient in weight loss.

**Keywords:** Obesity, weight loss, homeopathy, BMI, BMR, fats, weight gain etc.

### Introduction

Throughout the world it has been found that around 35 million population is suffering from obesity. It has also been found that there is also a mental syndrome linked with overweight or obese personnels<sup>[4]</sup>. The overweight is now a days very common issue in both male and females whether an adult, child, or senior citizens. The problem of obesity is that type of issue which can't be ignored as there is lot of complex health issues related to obesity such as heart complications and Asthma<sup>[6]</sup>.

The obesity can also lead to polycystic ovarian disease or depression, Hypothyroidism are some of them. In children, teens, adults, and the elderly the obesity is mainly begun due to eating unhealthy fats and not doing sufficient physical activity. The obesity also happens due to overeating. A person's overweight is also having a lot to do with the genes. From research it has been found that if one or both parents are obese, the child is likely to suffer from obesity in near future<sup>[5]</sup>.

The deposited fat gets discharged into the bloodstream as FFA's and they are transferred off to the muscles where the energy is needed. As blood flow increases to the active muscles, more FFA's are transferred to the muscles that need them. FFA's get inside the mitochondria by LPL and this is where the FFA's is burned.

### Reasons for weight gain and overweight are as follows:<sup>[4]</sup>

- Hormonal imbalance,
- Acidification of the body,
- Metabolic ailments,
- A slothful liver activity,
- Instabilities of bowel function,
- Lack of exercise,
- Inadequate fat burning,
- Heredity,
- An underactive thyroid,
- Social and economic problems
- Overeating

### Do's and Don'ts for Obese and overweight personnels:<sup>[7]</sup>

#### Do's:

- Healthy and balanced diet to be followed.
- Regular Exercise.
- Nutrient-rich food with low in calories to be added in diet.

**Corresponding Author:**

**Dr. Vasudha Sharma**

Director, Dr. Vasudha's

Homoeopathy Clinic,

Gurugram, Haryana, India

- Loose-fitting clothes that to, if possible, cotton which should allow passage of air.
- Brisk walk for 30 mins after dinner.

**Don'ts:**

- Drinks like coffee and fine Chinese and herbal teas.
- Beer or liquor.
- Oily and spicy food.
- Excess in food like sweets and salts.
- Meats of ducks and geese.

**Exercising and dieting**

To avoid weight gain and overweight one shall incorporate exercise and a balanced diet into your eating schedule. Taking any treatment is not a substitute for physical activity or a balanced diet. Working out and consuming a nutritious diet while using any medicine will help's in weight loss faster.

**Homeopathy and weight loss:** <sup>[2]</sup>

It is well known fact that in homeopathic medication no medicine fits for all personnel. While prescribing any homeopathic medicine for weight loss one has to figure out complete medical past, routine and overall constitution. Any type of Homeopathic drug to lose weight functions by stimulating metabolic rate. Thus, for effective medication, it needs to be supplemented with regular exercise and a meticulous diet.

**Observations**

The study was conducted at Dr. Vasudha's Homoeopathy on following number of patients in different age group.

Sr. No.	Age Group	Number of Patients
1	5 to 15	10
2	15 to 25	10
3	25 to 35	25
4	35 to 45	55
5	45 and above	50

Depending on the condition of patients following homeopathy medicines were prescribed and the condition of the patients were monitored: <sup>[1, 8-18]</sup>

Sr. No.	Medicine	Purpose
1	Lachesis	Standard homeopathy medicine for weight loss
2	Phytolacca	Standard homeopathy medicine for weight loss
3	Gambocia,	Excess fat deposits are concentrated on the thighs and buttocks
4	Fucus Religiosa	Excess weight due to thyroid problems
5	Calcarea Carb	Fatty tissue is accumulated in the abdomen
6	Bryonia	Weight gain due to chronic stress and depression

**Results and Discussion**

During our study we have found that the personnels under observation have lost around 1 to 2 kgs weight within 15 days of treatment. It has been observed that after one month of treatment the around 50 patients have lost up to 4 kgs of weight by taking regular medicines prescribed with continuous exercise and diet plant.

**Conclusion**

From the study conducted at our clinic we have found that homeopathy can help in weight loss for obese and overweight personnels if proper medication is taken under the supervision of experienced homeopathic practitioners followed by balanced diet and regular exercise.

**Conflict of Interest**

Not available

**Financial Support**

Not available

**Reference**

1. Materia Medica by William Boericke.
2. Boericke's New Manual of Homeopathic Materia Medica with Repertory:Third Revised & Augmented Edition Based on Ninth Edition.
3. Vilhena EC, Castilho EA, Homeopathic Treatment of Overweight and Obesity in Pregnant Women With Mental Disorders: A Double-blind, Controlled Clinical Trial. *Altern Ther Health Med.* 2016 Oct;22(S3):14-22.
4. Whitlock EP, Williams SB, Gold R, Smith P, Shipman S.Rockville (MD), Agency for Healthcare Research and Quality (US); c2005 Jul.
5. Svendsen M, Rissanen A, Richelsen B, Rössner S, Hansson F, Tonstad S. Effect of orlistat on eating behavior among participants in a 3-year weight maintenance trial, Obesity (Silver Spring). 2008;16(2):327-333.
6. Ludwig DS, Pereira MA, Kroenke CH, Hilner JE, VanHorn L, Slattery ML, *et al.* Dietary fiber, weight gain, and cardiovascular disease risk factors in young adults. *JAMA.* 1999;282(16):1539-1546.
7. Heymsfield SB, Harp JB, Reitman ML, Beetsch JW, Schoeller DA, Erond N, *et al.* Why do obese patients not lose more weight when treated with low-calorie diets? A mechanistic perspective. *Am J Clin Nutr.* 2007;85(2):346-354.
8. Harrison's Principal of Internal Medicines. 17th ed.
9. Davidson's Principles and Practice of Medicines.
10. Kent JT. Repertory of Homoeopathic M.M.
11. Dubey SK. Textbook of Material Medica.
12. Choudhari NM. A Study on Materia Medica.
13. Boericke W. Pocket Manual of Homoeopathic Materia Medica & Repertory.
14. Allen HC. Keynotes & Characteristics with Comparisons of Some Leading Remedies.
15. The Materia Medica with Bowel Nosodes. 8th ed.
16. Uniyal P. Materia Medica for Students.
17. Kinra R. Materia Medica for Students,
18. Homeopathic Therapeutics; Samuel Lilientha

**How to Cite This Article**

Sharma V. A case study: Effect of homeopathic medicine on weight loss. *International Journal of Homoeopathic Sciences.* 2024;8(1):45-46.

**Creative Commons (CC) License**

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-Share Alike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.