



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
Impact Factor (RJIF): 5.96
www.homoeopathicjournal.com
IJHS 2025; 9(4): 1205-1207
Received: 05-09-2025
Accepted: 07-10-2025

Dr. Sapna Tarale
BHMS, M.D.(Hom), Dr
Batra's Healthcare,
Maharashtra, India

Holistic management of obesity with prediabetes and dyslipidemia through a comprehensive lifestyle programme and homeopathic support: A case report

Sapna Tarale

DOI: <https://www.doi.org/10.33545/26164485.2025.v9.i4.S.2059>

Abstract

A 16-year-old male student presented with long-standing obesity and breathlessness on exertion. Despite regular exercise and dietary modifications, he had been unable to lose weight. Evaluation revealed prediabetes, dyslipidemia, and deficiencies in vitamin D and B12, with a strong family history of diabetes mellitus. Beyond physical health issues, the patient suffered low self-esteem and social withdrawal due to bullying. A multidisciplinary intervention through Dr Batra's BFit Programme, along with individualized homeopathic support (Insulinum 3X), led to a 14 kg weight loss over five months with normalization of glycemic and lipid parameters and marked improvement in confidence and social engagement. This case underscores the value of integrating holistic and lifestyle approaches in managing adolescent obesity.

Keywords: Adolescent obesity, prediabetes, dyslipidemia, holistic management

Introduction

Adolescent obesity is a complex, multifactorial condition involving genetic, lifestyle, metabolic, and psychological components. Early management focusing on metabolic correction and emotional well-being can prevent long-term consequences. Homeopathy, in conjunction with lifestyle modification, can play a supportive role in enhancing metabolic balance and overall vitality. This case details the successful management of a 16-year-old male with obesity, prediabetes, and dyslipidemia through Dr Batra's BFit Programme combined with homeopathic remedy Insulinum 3X.

Case Presentation

A 16-year-old male, student of class 12 (Science stream), originally from Bengal and settled in Vadodara, presented with complaints of gradual weight gain for 10 years, breathlessness on exertion, and body pain. Despite gym workouts and a healthy home-cooked diet, he failed to lose weight.

His diet was predominantly vegetarian with occasional non-vegetarian intake. Family history was significant for diabetes mellitus in both maternal and paternal grandparents.

Psychologically, he was distressed due to bullying, leading to anger, frustration, and social withdrawal. He had given up his favorite sport, cricket, after a discouraging experience in 9th grade, leading to loss of motivation and confidence.

Clinical Findings

Date	Weight (kg)	BMI (kg/m ²)
18 Apr 2025	114.6	39.7
8 Sep 2025	101.0	35.16

Corresponding Author:
Dr. Sapna Tarale
BHMS, M.D.(Hom), Dr
Batra's Healthcare,
Maharashtra, India

Investigations

Parameter	6 Apr 2025	5 Aug 2025
HbA1c	6.0%	5.8%
Total Cholesterol	200.1 mg/dl	163.9 mg/dl
Serum Triglycerides	183 mg/dl	207 mg/dl
HDL	39.2 mg/dl	35.3 mg/dl
LDL	124.34 mg/dl	87.19 mg/dl
Vitamin D	Low	—
Vitamin B12	Low	—

Diagnosis: Obesity with Prediabetes, Dyslipidemia, Vitamin D and B12 Deficiency.

Management

The patient was enrolled in Dr Batra’s BFit Programme, comprising:

- Nutritional Therapy:** Personalized diet plan focusing on balanced calorie reduction, improved protein intake, and vitamin D & B12 supplementation.
- Physical Activity:** Structured fitness sessions emphasizing gradual aerobic and resistance training.
- Behavioral Counselling:** Addressing emotional eating,

low confidence, and motivation through supportive sessions.

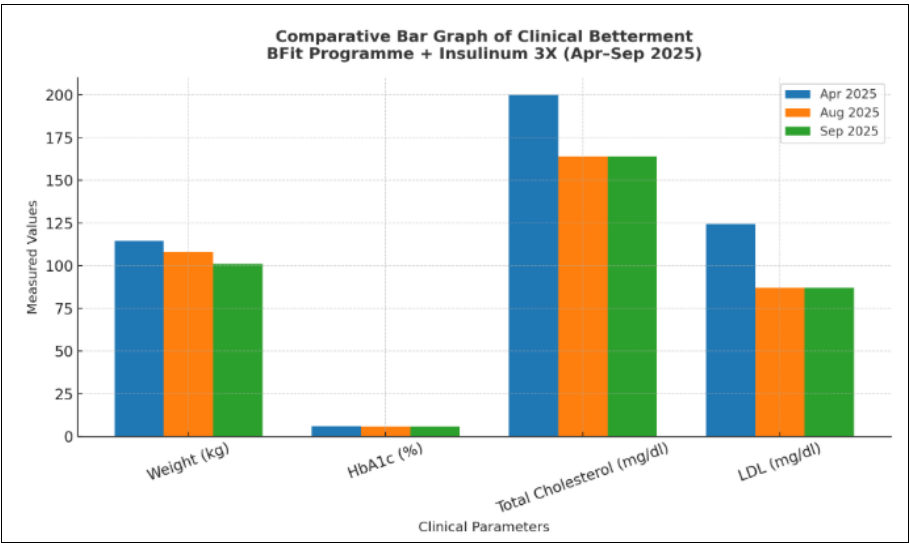
4. Homeopathic Remedy

- Insulinum 3X was prescribed as an intercurrent remedy to regulate carbohydrate metabolism and assist in weight and sugar control.
 - Dosage:** 4 tablets twice daily under supervision.
5. **Follow-up:** Monthly review with assessment of weight, BMI, HbA1c, and lipid profile.

Outcome After 5 months of follow-up

- Weight reduction:** 114.6 → 101 kg (loss of 14 kg)
- BMI improvement:** 39.7 → 35.16
- HbA1c improvement:** 6.0% → 5.8%
- LDL & Cholesterol levels reduced significantly
- Energy and stamina improved
- Emotional transformation:** Patient became more confident, communicative, and socially active.
- Resumed playing cricket, started interacting with peers, and expressed happiness during follow-up visits.

Graph of Clinical Betterment



Graph Explanation

- Each bar group represents a clinical parameter — Weight, HbA1c, Total Cholesterol, and LDL.
- The blue bars (April 2025) show initial higher readings.
- The orange (August) and green (September) bars demonstrate clear improvement, with values steadily

decreasing across all parameters.

Interpretation

The patient achieved consistent progress in weight reduction, blood sugar control, and lipid normalization, confirming the effectiveness of the integrated approach combining lifestyle, nutrition, and homeopathic support.

DEPARTMENT OF BIOCHEMISTRY				DEPARTMENT OF BIOCHEMISTRY			
Test Name	Value	Unit	Bio. Ref. Interval	Test Name	Value	Unit	Bio. Ref. Interval
Lipid Profile				Lipid Profile			
Total Cholesterol	200.1	mg/dl	Desirable: <200 Borderline: 200-239 High: ≥240	Total Cholesterol	163.9	mg/dl	Desirable: <200 Borderline: 200-239 High: ≥240
Serum Triglycerides	183.0	mg/dl	Child (1-14 years) Desirable: <170mg/dl Borderline: 170-199 mg/dl High: ≥199 mg/dl	Serum Triglycerides	207.8	mg/dl	Child (1-14 years) Desirable: <170mg/dl Borderline: 170-199 mg/dl High: ≥199 mg/dl
Serum HDL Cholesterol	39.2	mg/dl	Desirable: <150 Borderline high: 150-199 High: ≥200-499 Very high: ≥500	Serum HDL Cholesterol	35.3	mg/dl	Desirable: <150 Borderline high: 150-199 High: ≥200-499 Very high: ≥500
LDL Cholesterol Calculated	124.34	mg/dl	Optimal: <100 near above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: ≥190	LDL Cholesterol Calculated	87.19	mg/dl	Optimal: <100 near above Optimal: 100-129
VLDL Cholesterol Calculated	36.6	mg/dl	<30				
6th April 2025 Total Cholesterol 200.1mg/dl S. Triglyceride 183 mg/dl S. HDL 39.2 mg/dl LDL 124.34 mg/dl Cholesterol 36.6 mg/dl				5th Aug 2025 Total Cholesterol 163.9mg/dl S. Triglyceride 207 mg/dl S. HDL 35.3 mg/dl LDL 87.19 mg/dl			

Patient Name : MrDeepayan Ghosh Age/Gender : 16Y 0M 0D /Male Order Id : 13280500262 Referred By : Self Customer Since : 06/Apr/2025 Sample Type : Whole Blood EDTA				Barcode : E2652698 Sample Collected On : 06/Apr/2025 08:59AM Sample Received On : 06/Apr/2025 04:33PM Report Generated On : 06/Apr/2025 07:25PM Sample Temperature : Maintained ✓ Report Status : Final Report				Patient Name : MrDeepayan Ghosh Age/Gender : 17Y 0M 0D /Male Order Id : 14673269307 Referred By : Self Customer Since : 05/Aug/2025 Sample Type : Whole Blood EDTA				Barcode : E3631696 Sample Collected On : 05/Aug/2025 06:31AM Sample Received On : 05/Aug/2025 04:09PM Report Generated On : 05/Aug/2025 05:02PM Sample Temperature : Maintained ✓ Report Status : Final Report			
DEPARTMENT OF BIOCHEMISTRY HBAIC				DEPARTMENT OF BIOCHEMISTRY HBAIC				DEPARTMENT OF BIOCHEMISTRY HBAIC				DEPARTMENT OF BIOCHEMISTRY HBAIC			
Test Name	Value	Unit	Bio. Ref Interval	Test Name	Value	Unit	Bio. Ref Interval	Test Name	Value	Unit	Bio. Ref Interval	Test Name	Value	Unit	Bio. Ref Interval
HbA1c - Glycosylated Hemoglobin				HbA1c - Glycosylated Hemoglobin				HbA1c - Glycosylated Hemoglobin				HbA1c - Glycosylated Hemoglobin			
HbA1c (Glycosylated Hemoglobin)	6.00	%	4.2 - 5.7	HbA1c (Glycosylated Hemoglobin)	5.80	%	4.2 - 5.7	HbA1c (Glycosylated Hemoglobin)	5.80	%	4.2 - 5.7	HbA1c (Glycosylated Hemoglobin)	5.80	%	4.2 - 5.7
Method: HPLC				Method: HPLC				Method: HPLC				Method: HPLC			
Machine: Touch G8				Machine: Touch G8				Machine: Touch G8				Machine: Touch G8			
Average Estimated Glucose - plasma	125.50			Average Estimated Glucose - plasma	119.76			Average Estimated Glucose - plasma	119.76			Average Estimated Glucose - plasma	119.76		
Method: Calculated				Method: Calculated				Method: Calculated				Method: Calculated			
6 th April 2025 HbA1c: 6.00%				5 th Aug 2025 HbA1c: 5.80%											

Discussion

This case highlights that adolescent obesity requires an integrative and empathetic approach. Conventional diet and exercise alone may not suffice if psychosocial distress and metabolic imbalances persist.

Homeopathic support with Insulinum 3X complemented lifestyle modification by improving glycemic control and metabolism. The BFit Programme's focus on personalized nutrition, regular monitoring, and emotional counselling resulted in sustainable improvements in both physical and psychological domains.

The combined effect of lifestyle restructuring and individualized homeopathic therapy demonstrates a promising holistic model for adolescent metabolic health.

Conclusion

A multifaceted approach addressing the metabolic, nutritional, and emotional needs of adolescents with obesity can yield sustained benefits.

The integration of Insulinum 3X within a structured health programme like BFit offers a safe, non-invasive, and holistic pathway for managing obesity with prediabetes and dyslipidemia in adolescents.

Acknowledgement

We acknowledge the patient and his family for their cooperation and participation in the BFit Programme at Dr Batra's Healthcare.

Conflict of Interest

Not available

Financial Support

Not available

References

1. Makoni L, Manduna IT, Mbiriri AL. A review of whole-medical systems and holistic care approach for type 2 diabetes and associated metabolic syndrome. *Journal of Integrative Medicine*. 2024 May 1;22(3):199-209.
2. Grise DE, Mcallister HM, Langland J. Improved clinical outcomes of patients with type 2 diabetes mellitus utilizing integrative medicine: a case report. *Global Advances in Health and Medicine*. 2015 May;4(3):57-61.
3. Bhalerao R, Manchanda R, Roja V. Homoeopathy in the management of Dyslipidemia: A short review. *Indian Journal of Research in Homoeopathy*. 2015;9(4):258-66.

How to Cite This Article

Tarale S. Holistic management of obesity with prediabetes and dyslipidemia through a comprehensive lifestyle programme and homeopathic support: A case report. *International Journal of Homoeopathic Sciences*. 2025;9(4):1205-1207.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 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.