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Role of homoeopathy in obesity

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Abstract

Obesity is Worldwide problem. Obesity is emerging as an important health problem in India. Twenty-two million Indians are obese, especially abdominally obese. The role of homoeopathic and general management is very crucial to reduce obesity. Homoeopathic medicine has very vital role in reducing obesity. Diet control is very essential to reduce obesity.

Keywords: homoeopathy, obesity, health

Introduction

Obesity is chronic and increasingly common disease characterized by excess body fat. Obesity describes a weight of 120% or above. Obesity is often expressed in terms of body mass index (BMI). A BMI of 30 or more in males and 28.6 or more in females indicates obesity. BMI is calculated by measuring an individual's weight in Kg and dividing his/her height in meter square (Kg/m²). Ideal body fat can also be defined as normal 100%, Overweight 101-109%, and Obese as >120% of normal. $BMI = \frac{\text{weight (Kg)}}{\text{height (m)}^2}$

Causes: Obesity depends upon multifactorial conditions. Factors playing a major role in eating and weight control including genetic, cultural physiological and metabolic.

Causes of obesity

Simple Obesity

(A) Alimentary (Exogenous)

*over eating, Habit, Food, Addiction, Psychiatric illness, Peptic ulcer.

*Lack of exercise.

(B) Constitutional (Endogenous)

Hereditary Predisposition or Genetic obesity.

(2) Obesity accompanying other diseases-

(A) Pituitary- 1. Puberty adiposity.

Climacteric both male and female

Pregnancy

(B) Thyroid-Hypothyroidism.

(C) Gonads-Poly cystic ovaries.

Types of Body Fat Distribution

***Pear Type:** Fat accumulates Mainly around hips and thigh, Mainly occurs in females.

***Apple Type:** Fat accumulates mainly in the abdomen, Found in both males and females.

*Health risk factor associated with obesity

- Coronary artery disease
- Type 2 Diabetes mellitus
- Hypertension
- Stroke
- Osteoarthritis
- Gallbladder disease
- Venous circulatory disease
- Gout
- Infertility

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- Respiratory disease
- Dermatological disease
- Post-operative complications.

Homoeopathic management

In Homoeopathy we treat the patient not the disease. Homoeopathy has a holistic approach to treat any person suffering from any disease. Obesity depends on individual life style problem and genetic predisposition. It varies from one individual to other individual, so in Homoeopathy constitution of every individual is very marked to reduce obesity. In that case constitutional medicine must be given to get marked improvement to reduce obesity.

Constitutional medicine also helps to reduce risk factor associated with obesity. Miasm also play a very vital role in overcoming obesity and associated risk factor.

SYCOSIS miasm is predominant in accumulating excessive fat in body. So Antimiasmatic remedy must be given to remove miasmatic blockage along with the constitutional remedy.

Patient susceptibility is generally low so selection of potency should be low to get better result.

Obese patients are generally sluggish and dull in temperament so temperament also play major role to treat a patient suffering with obesity.

Homoeopathy is a holistic approach of treatment so there is no specific medicine for obesity but definitely very effective treatment for obese patient suffering from obesity and other associated risk factors.

General management of simple obesity

1. Exercise: It is very useful and as a supplement of dieting.
2. DIET- Dieting is best management to reduce obesity. A person must take 800-900 calories perday and must contain all essential food stuffs.
 - Must avoid these foods- Bread and anything made with flour, Cereals, Potato and other whole root vegetables.
 - Food containing much sugar, all sweets and salt. Cream, Butter, Fat must be avoided.
3. Drugs- Ampetamines, fenfluramine are not advisable.
4. Psychotherapy- Motivation for weight reduction and moral lectures is to be given so there neurotic subjects get relief from their anxiety by eating.
5. Starvation-Fasting as a method of treatment offers advantage of dramatic drop in weight within one week of treatment and this may be of psychological benefits.
6. Surgical Procedure-
 - Jejuno-Ileal Bypass-Indicated in serious obese patients (twice or more than 45 kg of the ideal weight) Who failed to loose weight after 5yrs of medical treatment.

Homoeopathic medicine for obesity

According to w. Boericke's *Materia Medica*, important medicines are

- ANTIM. CRUD, CALC.CARB, CALC.ARS, GRAPHITES, KALI CARB, KALI-BR, PHOS. PHYTOLACCA, THYROIDIUM
- Obesity In Children- ANTIM.CRUD, BARYTA CARB,CALC.CARB, FERRUM MET. KALI-BI,

According to J.T. Kent repertory, Important medicines are

- CALC., CAPS., FERR., GRAPH., KALI-BI., KALI-CARB, LAC-D., LYCO., PULS., SULPH.,THUJA.
- OBESITY BODY FAT BUT LEG THIN-AM-M
- OLD PEOPLE- KALI-CARB

Conclusions

Obesity and associated risk factor is burning health related problem in India. Homoeopathy plays a very marked role in overcoming these risk factor associated with obesity. Homoeopathy is a holistic approach and treatment is individual based. So diet restriction along with exercise and constitutional homoeopathic treatment is very crucial to loose weight for obese patient.

Genetic predisposed person who take constitutional medicine regularly, they also have very low risk factor of suffering associated problem like Hypertension, Diabetes mellitus, osteo arthritis and they will not gain over weight after taking homoeopathic treatment.

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