

# Transformation through Homoeopathy: Managing Obesity Naturally

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**Abstract:** *Obesity, a pervasive health issue rooted in diverse origins, presents ongoing challenges for traditional medical interventions. Homoeopathy, a holistic medical system, in tackling the intricate dimensions of obesity. Built upon the principle of "like cures like" and emphasizing individualized treatment, homeopathy provides a distinctive lens through which to approach obesity management.*

**Keywords:** Homoeopathy, Obesity, Homeopathic management, Remedies

## 1. Introduction

### Definition

Obesity is a medical condition characterized by the excessive accumulation of body fat to the extent that it may have a negative impact on health. It is commonly assessed using the body mass index, which is calculated by dividing a person's weight in kilograms by the square of their height in meters. A body mass index of 30 or above is generally considered indicative of obesity. Obesity is a complex and multifactorial condition influenced by genetic, environmental, and lifestyle factors. Poor diet, lack of physical activity, genetic predisposition, and certain medical conditions can contribute to the development of obesity. It is a significant public health concern because it is associated with various health problems. Addressing obesity often involves a combination of lifestyle modifications, dietary changes, increased physical activity, and, in some cases, medical interventions. Compared to men Women are more prone to tend obese. Prevention efforts usually focus on promoting healthy eating habits, regular physical activity, and overall wellness from an early age.

### Genetic Predisposition and Familial Patterns with Obesity

- 1) Genetic Predisposition: Examining the Role of Inherited Traits
- 2) Idiopathic Childhood Obesity: Early-Life Factors Contributing to Adiposity
- 3) Psychological Influences: Emotional and Mental Health Connections
- 4) Environmental Influences: Impact of Surrounding Conditions on Weight
- 5) Metabolic Dysregulation: Disruptions in Energy Balance and Metabolism
- 6) Neurobiological Factors: Brain Mechanisms and Neural Pathways
- 7) Gut Microbiota: Exploring the Role of Gut Flora in Obesity
- 8) Behavioral Patterns: Lifestyle Choices and Habits in Obesity
- 9) Socioeconomic Factors: The Relationship between Economic Status and Obesity
- 10) Hormonal Imbalances: Endocrine Disruptions and Their Effect on Weight

### Causes of obesity

Obesity is a complex condition influenced by a combination of genetic, environmental, and lifestyle factors. Here are some of the primary causes of obesity:

- 1) **Poor Diet:** Consuming a diet high in calories, especially from processed and high-fat foods, can contribute to weight gain. Diets rich in sugary beverages, fast food, and large portion sizes are often linked to obesity.
- 2) **Lack of Physical Activity:** Sedentary lifestyles, characterized by low levels of physical activity, are a significant contributor to obesity. A lack of regular exercise can lead to an imbalance between calorie intake and expenditure.
- 3) **Genetics:** Genetic factors can play a role in a person's predisposition to obesity. Some individuals may be genetically more prone to gain weight or have a slower metabolism.
- 4) **Environmental Factors:** The environment in which a person lives can impact their likelihood of becoming obese. Factors such as easy access to unhealthy food options, limited availability of nutritious foods, and the prevalence of sedentary behaviours can contribute.
- 5) **Psychological Factors:** Emotional factors, stress, and psychological conditions can contribute to overeating or unhealthy eating habits. Some people may use food as a coping mechanism for stress or negative emotions.
- 6) **Medical Conditions:** Certain medical conditions and medications can contribute to weight gain. Conditions such as hypothyroidism, polycystic ovary syndrome (PCOS), and certain medications, such as corticosteroids and antidepressants, may be associated with weight gain.
- 7) **Lack of Sleep:** Poor sleep patterns and inadequate sleep have been linked to obesity. Sleep deprivation can disrupt hormonal balance, leading to increased hunger and cravings for high-calorie foods.
- 8) **Social and Economic Factors:** Socioeconomic status can influence lifestyle choices related to diet and physical activity. Limited financial resources may lead to reliance on inexpensive, calorie-dense foods. Additionally, some neighbourhoods may lack safe spaces for physical activity.
- 9) **Pregnancy:** Pregnancy can contribute to weight gain, and some women may find it challenging to lose the weight gained during pregnancy.

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10) **Childhood Influences:** Childhood habits and family lifestyle can have a lasting impact on an individual's weight. Children who grow up in environments that encourage unhealthy eating habits and lack physical activity may be more prone to obesity.

It's important to note that obesity often results from a combination of these factors, and the interplay between genetics, environment, and behaviour can vary from person to person. Additionally, addressing obesity typically requires a multifaceted approach that includes lifestyle modifications, dietary changes, increased physical activity, and, in some cases, medical interventions.

### Pathogenesis

The pathogenesis of obesity is multifactorial, involving a combination of genetic, environmental, behavioural, and physiological factors. Obesity is a highly intricate and multifaceted condition, where genetics plays a pivotal role characterized by both polygenic influences and significant gene defects. More than 70 genes have been identified as being associated with obesity. When individuals possessing these genes are exposed to unfavourable environmental conditions, the likelihood of developing obesity increases. Recent research has indicated that the genetic components contribute substantially, accounting for 50–60% of the individual differences in the quantity of abdominal fat. Genes impact body mass and body fat through their coding sequences or segments that regulate gene expression. Genetic susceptibility can result from genes that promote weight gain over time or from the absence of genetic factors that safeguard against the development of a positive energy balance.

### Measurement of obesity:

Obesity is typically measured using various anthropometric and clinical methods that assess body composition and fat distribution. Here are some common methods for measuring obesity:

#### 1) Body Mass Index (BMI):

- Definition: BMI is calculated by dividing a person's weight in kilograms by the square of their height in meters.
- Interpretation:
- Underweight: BMI less than 18.5
- Normal weight: BMI 18.5 to 24.9
- Overweight: BMI 25 to 29.9
- Obesity: BMI of 30 or greater
- Limitations: BMI does not distinguish between muscle and fat, and it may not be accurate for certain populations, such as athletes with high muscle mass.

#### 2) Waist Circumference:

- Definition: Measures the circumference of the waist at a specific point, typically at the level of the navel.
- Interpretation: Increased waist circumference is associated with abdominal obesity, which is a risk factor for certain health conditions.
- Limitations: Waist circumference may not provide information on total body fat and does not account for variations in body shape.

#### 3) Waist-to-Hip Ratio (WHR):

- Definition: Calculated by dividing the waist circumference by the hip circumference.
- Interpretation: A higher WHR indicates a greater distribution of fat in the abdominal area, which is associated with increased health risks.
- Limitations: Like waist circumference, WHR may not capture overall body fat percentage.

#### 4) Dual-Energy X-ray Absorptiometry (DXA):

- Definition: A specialized X-ray that measures bone mineral density and can estimate body fat percentage.
- Interpretation: Provides detailed information on fat distribution and bone density.
- Limitations: DXA is not as widely accessible as other methods and involves exposure to low levels of ionizing radiation.

#### 5) Bioelectrical Impedance Analysis (BIA):

- Definition: Measures the resistance of electrical flow through body tissues to estimate body composition.
- Interpretation: Estimates body fat percentage by considering the conductive properties of lean tissue and fat.
- Limitations: Results can be influenced by hydration status, and accuracy may vary.

#### 6) Skinfold Thickness Measurements:

- Definition: Involves measuring the thickness of subcutaneous fat at various sites using calipers.
- Interpretation: Provides an estimate of body fat percentage based on the assumption that subcutaneous fat is proportional to total body fat.
- Limitations: Requires skilled technicians, and accuracy can be influenced by the measurement technique.

#### 7) Air Displacement Plethysmography (ADP):

- Definition: Measures body volume by assessing air displacement in a closed chamber.
- Interpretation: Estimates body composition based on the principle that lean tissue is denser than fat tissue.
- Limitations: Equipment is less widely available than some other methods.

The choice of measurement method depends on factors such as accessibility, cost, and the level of detail required for a particular assessment. Combining multiple methods may provide a more comprehensive understanding of an individual's body composition and health risks associated with obesity.

### Factors affecting Body Mass Index

Muscle Mass, Age, Sex, Ethnicity, Distribution fat, Pregnancy, Medical conditions, Genetics Metabolic rate, Diet and Nutrition, Physical activity, Bone density, Social and Economic factors.

### Homoeopathy and Obesity

Dr. Hahnemann in his Organon of Medicine Aphorism number 78 said, "The true natural chronic diseases are those that arise from a chronic miasm, when left to themselves,

improper treatment, go on to increase, growing worse and torment the patient to the end of his life."

For a span of twelve years, he dedicated his life to researching miasms, amassing evidence for his discoveries, which often went unnoticed by his peers in the medical field. These findings culminated in the writing of "The Chronic Diseases." In this work, he elaborates on how the use of antipsoric medicines, applied to the psora miasm, could empower practitioners to achieve effective cures. Factors that could alter a miasm within an individual's body include elements like the climate, the person's unique physical traits, mental predispositions, excessive behaviours, or life imbalances related to diet, passions, habits, and diverse customs.

Disease represents a state characterized by the disruption of the life force's harmonious functioning. We come to recognize this disharmony when we experience the loss of the familiar sense of well-being that we have come to consider as the standard state of health.

### Homoeopathic Remedies for obesity

#### The commonly used Drugs are

- **Drugs in Potencies** e.g. Phytolacca Berry, Graphites, Calc Carb, Antim Crud, Baryta Carb etc.
- **Drugs in Trituration** e.g. Phytolacca Berry, Thyroidinum.
- **Drugs in Mother Tincture form:** e.g. Fucus Vesiculosis, Boerhaavia Diffusa, Phytolacca Berry.
- **Calcarea carb:** is often prescribed in children for dentition, constipation, diarrhoea and obesity. It is also used in females for menstrual irregularities and weight loss. Its constitution is often termed as fat, fair and flabby and the personality of Calcarea Carbonica is said to be mild yet obstinate. Menses late in fat, flabby girls; with palpitation, dyspnoea and headache.
- **Phytolacca Berry:** Clinically indicated for Obesity. Used in mother tincture form.
- **Antim crud:** is suited to infants and children tend to grow fat. Great desire to take food, which is not appropriated to strength. Obese people with thick milky white coating of tongue and digestive disturbances.
- **Fucus Vesiculosis:** A remedy for obesity and goiter exophthalmic. Digestion is furthered and flatulence diminished. Obstinate constipation; forehead feels as if compressed by an iron ring. Thyroid enlargement in obese subjects.
- **Graphites:** is an anti-psoric of great power, but especially active in patients who are rather stout, of fair complexion, with tendency to skin affections and constipation, with delayed menstrual history, fat, fair, costive take cold easily. Children impudent, teasing, laugh at reprimands. Has a particular tendency to develop the skin phase of internal disorders.
- **Boerhaavia Difusa:** Has marked diuretic properties. Dropsy associated with healthy kidneys and early liver and peritoneal conditions. In obesity used in mother tincture form.
- **Thyroidinum:** A state of puffiness and obesity. Feels tired and sick, easy fatigue, wants to lie down. Thyroid has close connection with the HEART; moreover it exercises a general regulating influence on the

mechanism of the organs of nutrition: growth and development.

## 2. Discussion

Obesity is a complex condition that often requires a combination of lifestyle changes, dietary modifications, exercise, and, in some cases, medical interventions. Obesity is a prevalent issue, and the outcomes achieved through various medical approaches have been less than satisfactory. Consequently, the Homeopathic system has been considered and employed for management.

## 3. Conclusion

Homeopathic medicines have demonstrated remarkable efficacy in the management and treatment of obesity, with a significant number of patients showing improvement. This study represents my modest endeavour to comprehend the role of homeopathy in addressing obesity using Kents repertory of Homeopathic Materia Medica, and the results have been quite satisfactory.

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