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REVIEW ARTICLE

HOMEOPATHY AND OBESITY: A GENTLE PATH TO SUSTAINABLE WEIGHT LOSS

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Abstract

Obesity is more common in urban area rather than rural area. The urbanization or modernization of society is responsible in some way or the other. The lifestyle adaptability of this modern era giving rise to the rate of obesity. Not only the present time but in the upcoming time too, this problem will become a matter of through. Obesity is something which affects the quality of life of a person. If not only hinders the normal daily life activities of the person but can also give birth to other systemic illnesses like cardiovascular diseases, diabetes, and some kidney diseases etc. Obesity also associated with hormonal imbalances like PCODS etc.

INTRODUCTION

Obesity is a clinical condition in which excessive amount of fat accumulates in our body and start producing other health issues to us. There are many causes associated with this but the most common one is sedentary lifestyle. The world wise population of obese people is nearly tripled since 1975. In year 2016, total more than 1.9 billion adults, who were 18 years and also more than 18, where found over weight. Among all those population over 650 million were obese people. (2)

According To WHO- There are few studies in homoeopathy on obesity, and as the prevalence rate is keep on increasing so it is important to know the role of homoeopathic treatment for obesity. WHO says that total 39% of adults aged 18 years

and more were overweight in 2016, and 13% were obese. Obesity is among the leading risks of death, and it is on fifth place globally. Obesity disturbs the quality of life for a person and increases the risk of other chronic diseases as well.

In a recent study of what can be the prevalence of overweight and obesity in India till 2040. It is concluded by the study that the prevalence of overweight population will be double while of obesity will be triple between 2010 and 2040. The reason behind this increasing prevalence of obesity is increasing energy intake and decreasing energy expenditure. This is going to give rise to many more diseases associated with obesity. That is why the awareness regarding obesity is needed. It is very important to have the knowledge about the management of obesity, only then we can control the over spreading of obesity, only then we can control the over spreading of obesity.

Obesity is preventable .The adverse effect of modern medicines by their long term treatment enhances the craze of patients to move towards other complementary and alternative medicines. Homoeopathy can be a gentle and promising mode of treatment for them.

CLASSIFICATION

Obesity is a global burden now and presently it is also known as new world metabolic syndrome, as we have discussed that total 650 million people of more than 18 years of age are obese. It is a worldwide problem. In India,

The population of more than 18 years of age is 3.9%. In 2016, 34.3 million. Thus it gives us the clue of increase in the obese population in India. It is calculated that total 5% of the world obese population is from India .

According To WHO – Obesity assessment is mainly done by Body Mass Index or BMI of a person. WHO has given a standard range of BMI for assessment, by following which one can identify that in which one category of weight he or she falls. This also gives us the idea about the correct weight or high for a person. The WHO classification of weight status related with BMI.

The obesity assessment is based on the BMI of someone. So as are considered as overweight while person having BMI 30 or than 30 will come under the obese category.

ETIOLOGY

The etiology behind obesity is the accumulation of fat which results because of the disturbance between energy intake and energy consumption. It is estimated that some thermo genesis (NEAT) can help in energy balancing in body. Obesity mainly occurs due to overeating or sedentary lifestyle.

Obesity gives rise to many other health issues like hypertension, diabetes, gastric complaints and so on and these diseases can also associated with some hormonal disorders likes hypothyroidism and PCODS etc. So globally and nationally obesity is a matter of concern now.

CLINICAL SYMPTOM

The clinical symptoms of obesity resembles many other diseases but few of them which we can see in obesity are :-

- Weight increase
- Tachycardia
- Breathlessness
- Over sweating
- Fatigue and lethargy
- Back pain or joint pain
- Low confidence or self esteem
- Feeling isolated and lonely
- Hypertension

Food Intake and Energy Balance- The essential causes of obesity remain somewhat controversial. Current health recommendations to manage obesity are based on the underlying physiological property that fact accumulation is driven by an energy imbalance between consumed and expended calories. The obesity epidemic has been fueled in large part by increased energy from greater availiability of highly rewarding and energy-dense food. Deit and various social, economic, and environment factors related to food supply have a significant effect on patient's ability to achieve the balance.

HAHNEMANN'S VIEWS: From the Organon of Medicine, 6th edn 259 -263the most important principle during the treatment everything must be removed that which is having medical irritant.

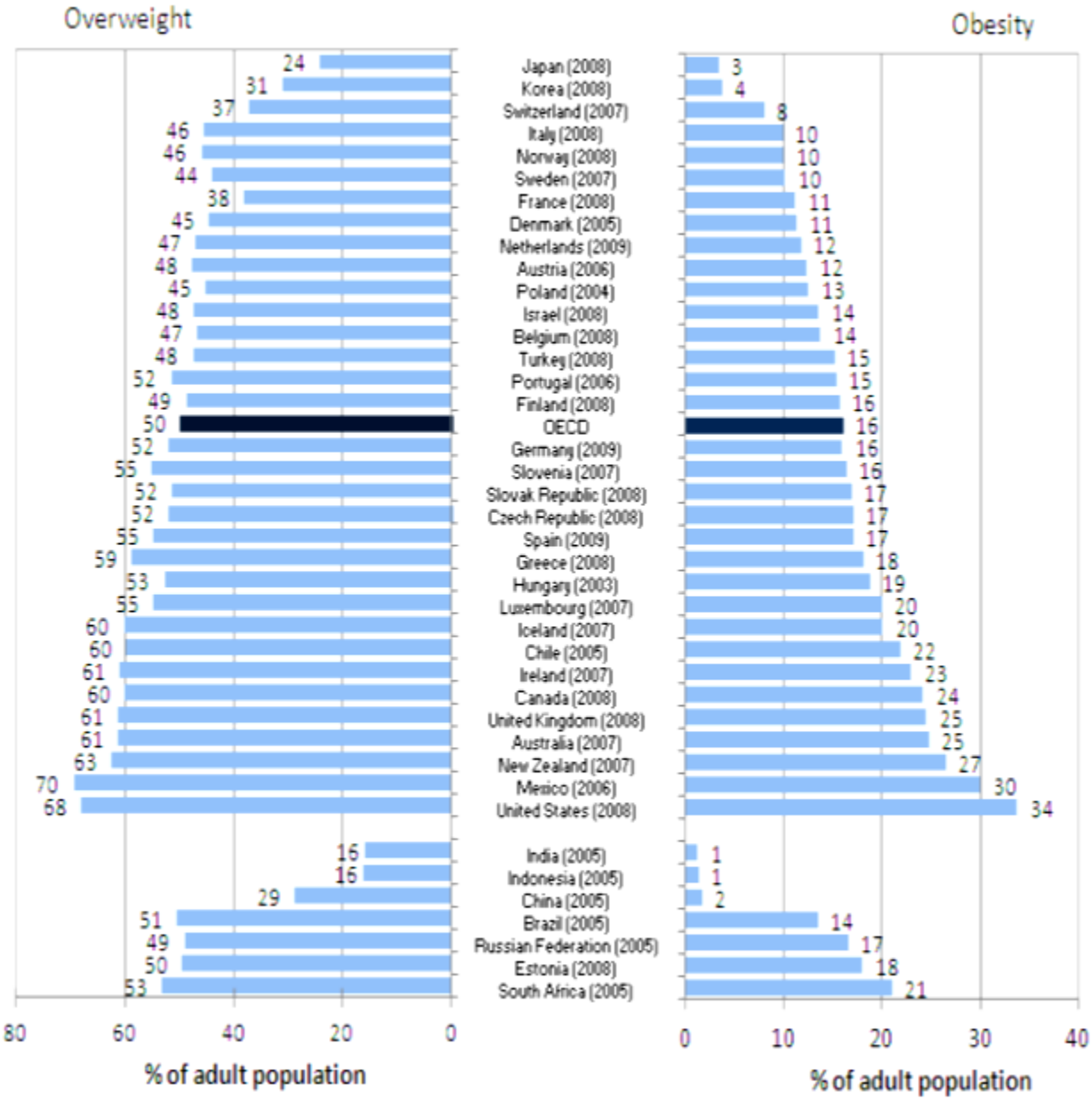
AS PER Dr.H.A.ROBERTS – There is little doubt that the majority of cases of over and under-development of tissues or organon such as adiposis, obesity, inhibition of or precocious development of sex characteristics (whether traceable to the pineal, pituitary or thyroid glands or the language of Hahnemann, manifestations of the miasms , either inherited or acquired. It may be circumstantial evidence for the miasms theory that certain types of manifestations are found among certain peoples.

Review of literatures and discussion

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, breathing difficulties during sleep, certain types of cancer, and osteoarthritis[6].

Obesity is most commonly caused by a combination of excessive dietary calories, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric

illness. Evidence to support the view that some obese people eat little yet gain weight due to a slow metabolism is limited; on average obese people have a greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass.



Association of Obesity and Diseases

There is increased association of obesity and diseases. These include Diabetes, Hypertension, Osteoarthritis, Pancreatitis, Cholelithiasis and dyslipidemia which are discussed below[11].

- ***Type1 Diabetes-*** There is overall evidence for anassociation between childhood obesity, higher BMI, increased risk of subsequent type 1 diabetes.

- ***Type 2 Diabetes***- insulin resistance and hyper insulinaemia. Weight loss associated with improvement. Excess insulin retain Na, expansion of blood volume, production of excess nor epinephrine ,smooth muscle proliferation -hallmark of Hypertension[12,13,14].
- **Osteoarthritis**- marked obesity predisposes to degenerative joint disease. Cumulative effect of wear and tear on joint due to obesity, greater the burden of fat greater the trauma to joints with time15.
- ***Gall stone***- 6 times more common in obese than non obese. Increased total cholesterol, increased biliary excretion and cholesterol in bile, cholesterol rich gall stones[16].
- ***Nonalcoholic steatohepatitis***- adolescents and adult who are obese and have type 2 diabetes. Fatty change accompanied by inflammation lead to fibrosis.
- ***Dyslipidemia***- increased risk of CAD due to hyper TG, Low HDL Syndrome X-distinctive metabolic syndrome- abdominal obesity, insulin resistance, hyper TG, low HDL, HTN, increased risk of CAD.
- ***Thrombosis***- increases the risk of is chaemic stroke. Abdominal obesity is associated with increased risk of thrombosis[17].
- ***Cancer***- increased BMI and mortality in cancer esophagus, colon, rectum, liver and NHL[18,19].
- ***Hypoventilation syndrome***- respiratory anomalies, increased sleep both at night and day. Apnic pauses during sleep, polycythaemia and eventually RHF[20].

Obesity & Systemic Disease Association

- ***GIT***-increased gall stone, pancreatitis,Gastrointestinal reflux disease, Nonalcoholic fatty liver disease, abdominal hernia[21,22].
- ***Endocrine & Metabolic system***- Increased type 2 diabetes, insulin resistance, IGT, dyslipidemia.
- ***Cardiovcascular system*** -increased thromboembolism, Hypertention, Coronary artery disease, Chronic heart failure, Pulmonary hypertention, Asthma [23, 24].
- ***Female Ginital tract/gynaecological***- Menstrual abnormality, infertility, carcinoma[25,26].
- ***Eye***-Cataract
- ***Musculoskeletal system***- Osteoarthritis, Gout, Lowbackpain
- ***Postoperative***-Atelactasis, Pneumonia, Deep vein thrombosis, Pulmonary embolism.
- ***Genitourinary*** -Stress urinary incontenience[27].
- ***Neurological***- idiopathic inherited

FOOD TO AVOID:

1. Rely on soft drinks, sweetened cereals, cookies and cakes, donuts and pastries, chips and confectionery to get you through the day.
2. Don't skip meals. This will tempt you to snack and DO NOT snack between meals.
3. Avoid eating quickly. Sit and chew each bite. Try using chopsticks.
4. Don't foods shop when you're hungry?
5. Don't eat more than two or three pieces of fruit per day.

FOOD TO ADD:

1. Eat more vegetables- add them at every meal.
2. Drink plenty of water – you can become hungery when thristy.
3. Try eating off smaller plates so as to eat smaller portions.
4. Exercise between 30 minutes to one hour each day with moderate exercise- brisk, walking, team sport, cycling or swimming.
5. Be mindful of what you put in your mouth and your shopping trolley.

CONCLUSIONS

It can be concluded from the above reviewed literatures that obesity is an important public health problem in both developing and developed countries. It increases morbidity and mortality in different disease association both among child and adults and in both sexes. However strict diet control in relation to height and weight of the individual age, physical activity, less intake of chunk and high calorie food and increased consumption of vegetables, antioxidants, polyunsaturated fat will decrease the incidence of obesity. A social movement involving all strata of people like People representatives, government and private health organizations, mass media, teachers, Imams could play a vital role to curb this menace.

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