

“Efficacy of Constitutional Homoeopathic Medicine in Obesity”

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ABSTRACT

This clinical trial was carried out to ascertain the effects of different homoeopathic medicines in cases of obesity. In this study 30 cases were considered. The 30 cases were divided into 2 groups: (15 patients, selected randomly in each group)

- Group I (Experimental) – Homoeopathic treatment + Lifestyle modification.
- Group II (Control) – Placebo + Lifestyle modification.

Clinical cases with B.M.I between 25 & 39.9 were included in this clinical trial of over one year. It was seen that middle age group patients are more affected by obesity due to their dietary habits & lifestyle. It was also seen through the study that certain homoeopathic medicines were proved beneficial in cases of obesity. It was also seen through the study that within few months, most of the patients were treated successfully & hence there is a vast scope of homoeopathic medicines in obesity. The overall result of each group is as follows –

- Group I – The number of patients showing improvement is 09 (60%), Status Quo is 5 (33%) & number of patient worse is 1 (07%).
- Group II – The number of patients showing improvement is 4 (27%), Status Quo is 11 (73%) & number of patients worse is 0 (00%).

This shows that the homoeopathic medicines were effective in cases of obesity in, where patients were regular in their treatment and followed proper diet and regimen, whereas placebo was not as effective. This verifies the efficacy of homoeopathy in reducing body mass index. Certain symptoms of some homoeopathic medicines were also clinically verified.

BACKGROUND & INTRODUCTION

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and increased health problems. According to the WHO World Health Statistics Report 2012, globally one in six adults were obese and nearly 2.8 million individuals die each year due to overweight or obesity. Due to the increased risk of morbidity and mortality, obesity is now being recognized as a disease in its own right. Additionally, obesity is strongly associated with other metabolic disorders including diabetes, hypertension, dyslipidaemia, cardiovascular disease and even some cancers. The risk for these disorders appears to start from a body mass index (BMI) of about 21 kg/m². Obesity is generally classified as generalized obesity (GO) and abdominal obesity (AO).

India, with 1.2 billion people is the second most populous country in the world and is currently experiencing rapid epidemiological transition. Malnutrition due to poverty which dominated in the past, is being rapidly replaced by obesity associated with affluence. Industrialization and urbanization also contribute to increased prevalence of obesity. Studies from different parts of India have provided evidence of the rising prevalence of obesity. However, most reports have been region specific (mostly from urban areas).