Addressing Obesity Through Homeopathy

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Dr. Neelam Tiwari[1], Dr. Tanay Vyas[2], Dr. Amiya Nanda Dev Goswami[3]
[1]BHMS, MD- (Practice of Medicine), PhD Scholar
Asst. Professor – PG Dept. of Practice of Medicine, Rajasthan Vidyapeeth Homoeopathic Medical College & Hospital, Udaipur (Raj.)
[2]BHMS, MD- (Paediatrics), PhD Scholar
Asst. Professor – PG Dept. of Paediatrics, Rajasthan Vidyapeeth Homoeopathic Medical College & Hospital, Udaipur (Raj.)
[3]BHMS, MD- (Hom.), PhD
Principal, Rajasthan Vidyapeeth Homoeopathic Medical College & Hospital, Udaipur (Raj.)
Corresponding author:
Dr. Neelam Tiwari
Rajasthan Vidyapeeth Homoeopathic Medical College & Hospital, Udaipur (Raj.)

Abstract

The word ‘Obesity’ came from Latin word; where the verb ‘obedere’ means ‘over eat’ and ‘obesitas’ means ‘being very fat’.

Obesity is a health condition in which the natural energy stored, reserved in the fatty tissue of human beings, is increased to that point where it is linked with certain health issues. It can be defined in relative or absolute terms. Practically, it is evaluated in absolute terms by measuring BMI (body mass index), but also in terms of its distribution through waist circumference or waist-hip circumference ratio measurements. The normal amount of body fat (expressed as percentage of body fat) is between 26-30% in female and 19-24% in male. Female with over 30% body fat and male with over 25% body fat are considered as obese.