

# To Study food related causes of obesity and resulting diseases and its Homoeopathic Management

Dr. Uttara Agale  
Associate Professor  
Dept of Repertory  
YMTHMC Navi Mumbai

Dr. D. G. Bagal  
Professor, Vice Principal  
Dept of Repertory  
YMTHMC, Navi Mumbai

**Abstract--** Diet plays an important role in the genesis of obesity. Personal choices, advertising, social customs and cultural influences, as well as food availability and pricing all play a role in determining what and how much some individual eats. Conventional medicine is habit forming and are mostly palliative whereas homoeopathy on the other hand has an holistic approach and can be taken for a period of time without any harmful effect. The selection of remedy in homoeopathy is based upon the theory of individualization and symptoms similarity by using a holistic approach. The aim of homoeopathy is not only to treat the disease but to address its underlying cause and individual susceptibility. Homeopathy has several well proved medicines which can be used in acute as well as in chronic cases. Homeopathy can stop the progress of the condition and hence can prevent complications.

**Keywords—**Obesity; Homeopathic medicines; Obesity resulting diseases

## I. INTRODUCTION

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. Body mass index (BMI), a measurement which compares weight and height, defines people as overweight (pre-obese) if their BMI is between 25 and 30 kg/m<sup>2</sup>, and obese when it is greater than 30 kg/m<sup>2</sup>. Obesity increases the likelihood of various diseases, particularly :-

- Heart Disease,
- Type 2 Diabetes,
- Apnea,
- Depression,
- Acne
- Osteoarthritis.

Obesity is most commonly caused by a combination of excessive food energy intake, 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.

Dieting and physical exercise are the mainstays of treatment for obesity. Diet quality can be improved by reducing the consumption of energy-dense foods such as those high in fat

and sugars, and by increasing the intake of dietary fiber. Anti-obesity drugs may be taken to reduce appetite or inhibit fat absorption together with a suitable diet. As societies become increasingly reliant on energy-dense fast-food meals, the association between fast food consumption and obesity becomes more concerning. Consumption of sweetened drinks is also believed to be a major contributor to the rising rates of obesity.

Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children.

For example, unhealthy food choices could be:

- eating processed or fast food high in fat
- not eating fruit, vegetables and unrefined carbohydrates, such as whole meal bread and brown rice
- drinking too much alcohol – alcohol contains a lot of calories, and heavy drinkers are often overweight
- eating out a lot – you may have a starter or dessert in a restaurant, and the food can be higher in fat and sugar
- eating larger portions than you need - you may be encouraged to eat too much if your friends or relatives are also eating large portions
- comfort eating – if you feel depressed or have low self-esteem you may comfort eat to make yourself feel better.

In Homeopathy we try to treat more than just the presenting symptoms. The focus is usually on what caused the disease condition? Why ‘this patient’ is sick ‘this way’.

In Homeopathy apart from disease diagnosis, other factors like mental, emotional and physical stress that could predispose a person to illness are also looked for.

Homeopathy has several well proved medicines which can be used in acute as well as in chronic cases. Homeopathy can stop the progress of the condition and hence can prevent complications.

## II. REVIEW OF LITERATURE

### *Foods that cause the most weight gain*

The 12 foods that cause the most weight gain, according to Harvard University, are the following (starting from greatest or most dangerous):

1) *French fries*

Fries sold at fast food restaurants are one of the most harmful foods out there, as they are delicious and addictive. People that frequently eat french fries can gain almost a year and a half each year. Making them at home only makes them a little bit “better”.

2) *Potato chips*

This is an excellent snack for an appetizer, get-togethers, or a small bite before dinner. They have a lot of oil and salt, which causes weight gain. They also don't satiate hunger, and thus are easily eaten in large amounts.

3) *Sweetened drinks*

Consuming one or two sodas a day could not only cause weight gain, but also cause glucose levels in the blood to shoot through the roof. It doesn't matter if they're diet or not; they are damaging to health.

4) *Fatty Meat*

Eating too much beef or pork contributes to weight gain and could also increase cholesterol due to the fat contained therein.

5) *Processed meats*

Just like sausages, they contain a lot of saturated fats, calories, sodium and coloring. They are not healthy for children nor for adults and consuming them is not advisable.

6) *Trans fat*

Hundreds of products seen in the supermarket contain trans-fat, which is very damaging for health. They are found primarily in frozen foods, processed foods, and foods that come “ready to eat”.

7) *Potatoes*

Without taking into consideration the method of preparing this tuber that is popular in several countries, one plate of potatoes a day creates problems in the body, like stomach heaviness and a “false” sense of satiety.

8) *Sweets and pastries*

Cookies, cakes, bakery goods, etc., are bad for health because they contain large amounts of sugar and fats. It's better to eat fruit after meals.

9) *Refined grains*

Like rice, for example, which is another highly consumed food around the world, for its price and performance. The problem doesn't have to do with the grain itself, but rather, with the “bleaching” process. Nothing whitened is good because it is not natural. Opt for whole grain rice or Brown rice.

10) *Fried foods*

Setting aside the potatoes that were previously mentions, other deep fat fried foods or foods fried in oil are damaging, most especially those that are purchased in restaurants or food stands, more so than those prepared at home. You can include any sort of breaded meat or chicken, vegetables, etc.

11) *Prepared fruit juices*

Even those that are labeled at 100% natural, are not, because they contain too much sugar to truly fit into the “healthy” sector. A lot of times their coloring and preservatives are harmful.

12) *Butter*

The fat used to make butter makes this bad for the body and also for skin. It has been proven that people who consume butter or mayonnaise have more acne or oil on their faces. It has also been proven to raise cholesterol levels.

## Other “bad” foods

In addition to the 12 foods previously names, let's add the following foods, which are not advisable to consume frequently:

- Pastas: especially if made with white flour. A moderate amount once a week won't cause any damage, the problem comes into play when you eat it every day and with sauces or creams, as well as cheeses and fatty condiments. Everything that contains calories and carbohydrates will cause weight gain.
  - Salad or meat dressings: this group includes mayonnaise, ketchup, mustard, rubs, Caesar's dressing, among others. All of these contain a lot of salt and fat, which makes triglyceride levels skyrocket.
  - Chocolate: we need to make a few exceptions here. For example, bitter chocolate that contains more cacao is not harmful (if eaten with care, of course). But if you buy the more commercial and cheaper kinds of chocolate, that definitely have additives, preservatives and sweeteners. In whatever way possible, avoid white chocolate, which contains large amounts of chemicals, fat and sugar.
- Foods that cause the least weight gain
- And on the other side of the coin are those foods that give us a free pass, and can be eaten whenever and however much you would like:
- White or oily fish: goldfish, whiting, red bream, hake, cod, etc., are good because they don't have carbohydrates nor fats, and the offer omega-3 and phosphorous.
  - Lean meats: like chicken or turkey, always removing the fat. They also satiate and have a lot of protein.
  - Shellfish and crustaceans: clams, lobster, oyster, calamari and spider crab, etc. They have very little fat and are rich in iodine and zinc, good quality proteins and they have very few carbohydrates.
  - Vegetables: spinach, broccoli, carrots, tomato, onion, lettuces, cabbage, Swiss chard, leeks, asparagus, and the list continues. They provide excellent amounts of vitamins

and minerals and they have almost no fat. They also provide a lot of water for the body.

Legumes: lentils, garbanzos, soy, green beans, etc., provide the body with zinc, phosphorous, iron, magnesium and a lot of vitamins. They have protein as well.

Fruit: all fruits that you can think of, except bananas, grapes, coconut, and quince, because they have a lot of sugar. All other fruits provide water and antioxidants.

### III. AIMS AND OBJECTIVES:

1. To study various clinical presentation of diseases resulting from obesity due to food.
2. To study role of homoeopathic remedies in treating diseases resulting from obesity due to food.

### IV. MATERIAL AND METHODOLOGY

Sources of Data:

1. OPD
2. Peripheral OPD
3. Camps

A) Methods of collection of data:

1. The present study was undertaken at O.P.D
2. 30 cases of food related obesity associated with diseases like heart disease, type 2 diabetes, obstructive sleep apnea and osteoarthritis are taken
3. Age group 20-70 were considered and both the sexes were taken for the study.
4. The cases were recorded, keeping the holistic concept in mind.
5. The characteristic symptoms of the patients were recorded, and the physical and mental generals and particular symptoms were given importance.
6. In female cases, apart from the above history, inquiry into obstetric and menopausal history and history of any hysterectomy was recorded.
7. Various expression of disease in the life time of the patients was identified.
8. The cases were analysed and evaluation was done.
9. Standard general instructions were given to all the patients with special modifications made as required depending on patient's lifestyle.
10. If patients were on any other local therapies were advised to stop the same gradually.
11. All the cases were called for follow-ups once a week, fortnight or monthly considering the pathology and condition of the patient.
12. All the cases were re-assessed as per the criteria once in thirty days as and when required and the progress was recorded.
13. During the course of treatment, of the patient suffered with acute remedies, then followed by constitutional drugs.
14. Drugs were selected as per the totality and potency and repetitions were followed as per the planning and programming based on susceptibility of the case.

15. Discussion is carried out in each case under the heading as Case Discussion.

16. The following parameters were fixed according to the type of response obtained during the course of the treatment:

**CURED:** Feeling of mental and physical wellbeing with disappearance of the symptoms, signs for more than four months with no recurrence.

**IMPROVED:** Feeling of mental and physical wellbeing with disappearance of all the symptoms sign for less than three months with occasional appearance of symptoms due to faulty life style.

**NOT IMPROVED:** - No Feeling of mental and physical wellbeing with disappearance of all the symptoms sign for even a month even after making changes in food and life style.

A case paper is evolved to record the following:

1. Recording the case.
2. Discussion of the data.
3. Repertorisation of the cases if required.
4. Treatment.
5. Follow-up.

### V. OBSERVATION AND ANALYSIS

TABLE I: AGE DISTRIBUTION OF PATIENTS WITH FOOD RELATED OBESITY

Sr. No.	Age	No. of Patients	Percentage
1	20-30	21	70
2	31-40	7	23.33
3	41-50	1	3.3
4	51-60	0	0
5	61-70	1	3.3

TABLE II: SEX DISTRIBUTION OF PATIENTS WITH FOOD RELATED OBESITY

Sr. No.	Sex	No. of Patients	Percentage
1	Male	18	60
2	Female	12	40

TABLE III: DISEASE CLASSIFICATION OF PATIENTS WITH FOOD RELATED DISEASES

Sr. No.	Classification	No. of Cases	Percentage
1	Acute	4	13.33
2	Chronic	26	86.66

TABLE IV: DISEASES RESULTING FROM FOOD RELATED OBESITY

Sr. No.	Diseases	No. of Patient	Percentage
1	Heart disease	8	26.66
2	Type 2 diabetes,	15	50
3	Obstructive sleep apnea,	1	3.3
4	Osteoarthritis	1	3.3
5	Depression	2	6.6
6	Acne	3	10

TABLE V: MIASM

Sr. No.	Miasm	No. of Patient	Percentage
1	Psora	0	0
2	Sycotic	11	36.67
3	Syphilitic	18	60
4	Tubercular	1	3.33

TABLE VI: RESULT

Sr. No.	Result	No. of Patients	Percentage
1	Cured	10	33.33
2	Improved	18	60
3	Not Improved	2	6.67

TABLE VII: REPRESENTATION OF REMEDIES USED

Remedies	Occurrence
Arsenic Alb	2
Lycopodium	2
Sulphur	3
Nux Vomica	2
Cina	1
Natrum Muriaticum	2
Bryonia	2
Belladonna	1
Mercurius solubilis	1
Lachesis	1
Calc Iod	1
Phosphorus	3
Pulsatilla	2
Silicea	2
Opium	1

Ars Iod	1
Benzoic Acid	1
Muriatic Acid	1
Medorrhinum	1

The above table represents the usage of each remedy in the study of 30 cases of food related obesity and the resulting diseases.

#### VI. SUMMARY AND CONCLUSION:-

**Role of homoeopathy in food related obesity and resulting diseases:-** Homoeopathy has got a vast scope in obesity resulting diseases as we all know that a detailed case taking could be a part and parcel of psycho-therapy for these patients. In the cases taken for different ailments the patients it was observed that many cases required counselling and moral support to fight their disease. Another common health problem was due to decent in the level of income which affected social, health, nutrition and psychic state of the patient. These are of considerable significance to the homoeopath to enable him to understand the life situation, build a complete psychosomatic picture and make a proper anamnesis.

A thorough case-taking is the first step towards the selection of the simillimum for the treatment of the patient. The best result would come only by constitutional treatment by using the remedy indicated by the totality of the symptoms at that time.

With the help of constitutional treatment, they could get back to their normal work with less difficulty during walking and strenuous activities.

It was observed that certain people left the treatment as they wanted faster results and unsatisfied with the mode of treatment.

#### REFERENCES

- [1] Harrison's Manual of Medicine (15 Edition, published by McGraw-Hill)
- [2] Davidson's Principle and Practice of Medicine, 19th Edition-ELBS Publisher
- [3] API Textbook of Medicine (7th Edition, published by Association of Physician of India)
- [4] Homoeopathic MateriaMedica & Repertory (9th Edition by W. Boericke, B Jain publishers)
- [5] A Synoptic key of MateriaMedica (1996 Edition by C.M. Boger B Jain Publishers)
- [6] Barthel H and Will K; Synthetic Repertory, New Delhi, Indian reprint (B. Jain)
- [7] Roberts H. A.; Boenninghausen's Therapeutic Pocket Book; New Delhi, Indian reprint (B. Jain)
- [8] Repertory of Homoeopathic MateriaMedica Dr. J. T. Kent; New Delhi, Indian reprint, (B. Jain)
- [9] Schroyens Frederik, Synthesis; Homoeopathic Book Publishers London;