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## CASE REPORT

### OBESITY AND HOMOEOPATHY- A CASE STUDY

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#### Abstract

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**Key Word-** Obesity,  
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Obesity is a condition characterized by an excess of body fat which results from an imbalance between the amount of energy consumed in the diet and the amount of energy expended through exercise and bodily functions. Those persons who are obese are more prone to chronic diseases.

Case Summary: A 49 years, old female came with a complaint of putting on weight even after low consumption of fatty food. A complete case was recorded and studied thoroughly and after repertorization, on the basis of individualization, Calcarea Carbonica was prescribed. The aim of article is to show the Homoeopathic approach in obese patient.

#### INTRODUCTION

Obesity is regarded as a pandemic with potentially disastrous consequences for human health. The best way to understand the current obesity epidemic is to consider humans as “Obesogenic

Organisms” who for the first time in their history find themselves in a “Obesogenic Environment” i.e. where people circumstances encourage them to eat more and exercise less this includes availability of cheap and heavily marketed energy rich

food, the increase in labor saving devices and increase in passive transport. The rise in obesity suggest that the effects of our obesogenic environment are overriding the biological regulatory mechanisms in more and more people.<sup>1</sup>

### **Epidemiology**

2010: Over one quarter of adults in the U.K. were obese (i.e., BMI  $\geq$  30 Kg/m<sup>2</sup>) when compared with 1980 it's prevalence was 7% and in 1995 it was 16%. Almost two third adult population of the U.K. are overweight (i.e., BMI  $\geq$  25 Kg/m<sup>2</sup>)<sup>1</sup> In developing countries average national rates of obesity are low but these figures may disguise high rates of obesity in urban communities for eg approx one quarter of women in urban India are overweight. In India it is estimated that 5% of population receives 40% of the available food energy leading to obesity in the urban population in parallel with persisting under nutrition in some rural communities.<sup>1</sup>

If secular trends continue, by 2030 an estimated 38% of the world's adult population will be overweight and another 20% will be obese. In the USA, the dire projections based on earlier secular trends point to over 85% of adults being overweight or obese by 2030.<sup>2</sup>

### **Aetiology<sup>1,3,4</sup>**

Causative factors depends on increasing energy intakes and decreasing energy expenditures.

- **Increasing Energy Intake:** Increase drinks with highly refined sugar content and salty snacks. Increase snacking and loss of regular meals. Increase energy dense food mainly fat.
- **Decreasing Energy Expenditure:** Increase car ownership. Decrease sports in schools, walking to school or work. Decrease manual labour. Increase time spent on computer games and watching TV & Mobile phones.
- **Reversible causes of obesity and weight gain:** Hypothyroidism, Cushing's Syndrome, Insulinoma, Hypothalamic tumours or injury, Drug treatments.

### **Types Of Obesity<sup>1,3</sup>**

The body fat distribution is divided into 2 parts:

1. **Central Obesity (Abdominal, Visceral, Android or Apple Shaped Obesity)** – Increased intra abdominal fat. More common in male and closely associated with type 2 diabetes, metabolic syndrome and cardiovascular diseases.
2. **Generalised obesity (Gynoid or Pear shaped obesity)** – Increased Subcutaneous fat accumulation.

### Complications<sup>1,3</sup>

- Type 2 Diabetes
- Hypertension
- Hyperlipidemia
- Liver Fat accumulation
- Restricted ventilation
- Mechanical Effects of weight causing urinary incontinence, osteoarthritis, varicose veins
- Increased peripheral steroids interconversions in adipose tissues causing hormone dependent cancers ( Breast, Uterus), PCOS
- Others: Skin Infections, Gallstones, Socioeconomic disadvantage, Psychological Morbidity.

### Management<sup>1</sup>

- Successful treatments for weight loss include setting goals and making lifestyle changes such as eating fewer calories and being more physically active.<sup>4</sup>
- Lifestyle Advise
- Increase Physical Exercise
- Low fat Diet

### CASE STUDY

Mr. XYZ, 49 yrs. old came to us with a complaints of putting on weight even after low consumption of fatty food.

#### Presenting Complaints

- Patient c/o Putting on Weight since the age of 32yr after last delivery. Putting on weight even after taking

care of diet. Weight: 101Kg; Height: 4'11".

- Breathlessness while walking: < movement, ascending and descending since 6 months.
- Left knee joint pain since 1 yr; <long standing and walking; > Rest.
- Stiffness in knee joints B/L; <long standing.

#### Past History

H/o Chickenpox in childhood.

#### Family History

- **Mother:** Obese
- **Sister:** Obese

#### Constitution

Fair complexion with height of 125 cm and weighing 101 Kg (BMI= 64.4 kg/m<sup>2</sup>- overweight)

#### Patient as a whole

- **Desire:** Milk Products
- **Aversion:** Eggs
- **Appetite:** 2-3 chapaties/meal; 2meal/day.
- **Thirst:** 2-3 lit./day, Takes seasonal water.
- **Stool:** Satisfactory and normal bowel habit.
- **Sweat:** On whole body on physical exertion, on face and neck.
- **Thermal Reaction:** Chilly<sup>++</sup>
- **Sleep:** 7-8 hrs. at night. Dullness whole day.

- **Menstrual History:** Menopause at age of 48 year.
- **Obstetric History:** G<sub>2</sub> P<sub>2</sub> A<sub>0</sub> L<sub>2</sub> ; 1Male, 1Female.

**Mind:** Patient was mild and co-operative. Couldn't express anger. Desires open air, close room intolerable.

The following characteristic symptoms were considered for repertorization:

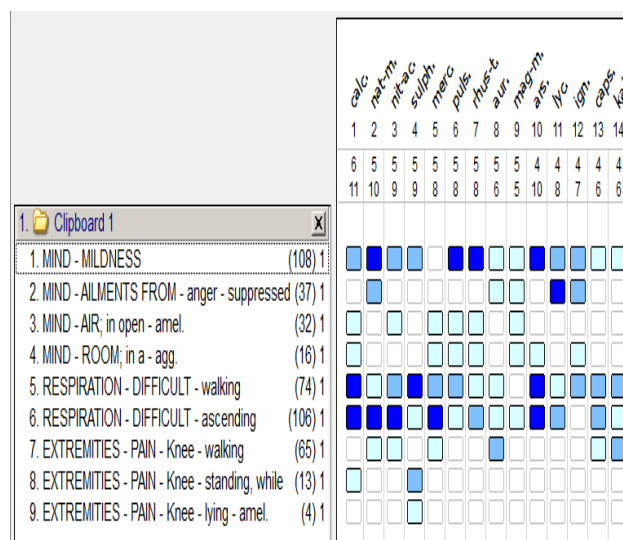
- Mildness
- Anger suppressed
- Open air amelioration
- Room in a aggravation
- Respiration difficult while walking and ascending
- Extremities pain in knee while walking, standing and amelioration lying.

**Repertorization** was done using RADAR 10.0 and the repertorial result is shown in figure.

**Intervention:** First prescription: On 30 December 2020, Cal.Carb 30C/1D/stat.

**FOLLOW UP**

Date	Symptoms	Prescription	Justification of potency & doses <sup>6</sup>
30/12/2020	Overweight. Breathlessness. Left Knee joint pain. Stiffness in knee joint B/L. BMI=64.4 Kg/m <sup>2</sup> Dullness whole day.	Calc.Carb.30/1D/ stat Rubrum 30/TDS/15 days Advice: 45 min. morning and evening walk with	Selected low potency due to low susceptibility.



**Basis of Prescription:** Medicine selected on the basis of individualisation, symptom totality and in consultation with Materia Medica was Calcarea Carbonica. Furthermore, Calcarea Carbonica was chosen as it covers the totality of symptoms and the patient's thermal reaction was chilly. Calcarea Carbonica 30C/1D/stat, was prescribed and on subsequent follow-ups, potency was changed based on the assessment of improvement in BMI. Calcarea patient is fat, fair, flabby and perspiring<sup>5</sup>.

		30 min. exercise in morning. Follow Diet chart given.	
13/01/2021	No dullness with refreshing sleep. Slight relief in breathlessness. Pain in knee joint present. Stiffness in knee joint B/L. Weight= 100kg	Calc.Carb.30/1D/ stat Rubrum 30/TDS/15 days	Repeated as used low potency
27/01/2021	Much more relief in breathlessness. Slight relief in knee joint pain. Slight relief in stiffness of both knee joints. Weight= 99kg	Phytum 30/1D/ stat Rubrum 30/TDS/15 days	Medicine not given, as it left to act
10/02/2021	No marked improvement in previous complain. Weight= 98kg	Calc.Carb.200/1D/ stat Rubrum 30/TDS/30 days	High potency given as no improvement noticed.
19/02/2021	Fever 102 degree F. Restlessness, irritable. <after midnight. Thirst: of cold water at short intervals.	Ars alb 200/2D/OD Rubrum 30/TDS/5days	Patient came with acute complaints so on acute totality medicine was prescribed. Higher potency used because of higher susceptibility.
11/03/2021	Marked improvement in breathlessness	Calc.Carb.200/1D/ stat	Potency repeated due stand still condition

	Improvement in knee joint pain Stiffness is still present Weight= 95kg	Rubrum 30/TDS/30 days	
12/04/2021	No problem in breathing. No pain in knee joints Stiffness is sometimes present Weight= 90kg	Phytum 30/1D/ stat Rubrum 30/TDS/30days	Medicine not given, as it left to act
13/05/2021	Pain knee joints since 5 days. Stiffness still felt. Weight= 87 kg	Calc.Carb.1M /1D/ stat Rubrum 30/TDS/30 days	High potency given as no improvement noticed.
07/06/2021	Fever since 1 day, temp.- 101.2 Frontal headache, dull aching pain over eyebrows. Dullness in whole body. Heaviness in eyes. Ame.-from closing eyes, lying down. No thirst, clean tongue.	Gelsemium 30/2D/ OD Rubrum 30/TDS/5days	Patient came with acute complaints so on acute totality medicine was prescribed
16/06/2021	Patient feels relaxed. Complaints got standstill. Weight= 82 kg	Calc.Carb.1M /1D/ stat Rubrum 30/TDS/30days	High potency used because of standstill of symptoms
19/07/2021	Started seeing significant improvement in weight loss.	Phytum 200/1D/ stat Rubrum 30/TDS/30days	Medicine not given, as it left to act

	Relief in knee joint pain Stiffness get slightly ameliorated. Weight= 78 kg		
18/08/2021	Significant improvement in weight loss. Relief in pain in knees. No marked improvement in the complaint of stiffness. Weight: 75 kgs	Calc.Carb.10M /1D/ stat Rubrum 30/TDS/30 days	High potency given as no improvement noticed.
20/09/2021	Patient felt better in complaints of pain and stiffness. Weight: 72 kgs	Phytum 1 M/1D/ stat Rubrum 200/TDS/30days	Medicine not given, as it left to act
22/10/2021	Patient's complaints got standstill. Weight: 70 kgs.	Calc.Carb.10M /1D/ stat Rubrum 30/TDS/30 days	Potency repeated due stand still condition
22/11/2021	Patients feels better as a whole. Complaints got improved remarkably. Weight: 68 kgs	Phytum 10 M/1D/ stat Rubrum 200/TDS/30days	Medicine not given, as it left to act
23/12/2021	No new complaints noticed. No re-occurrence of any old complaint. Patient felt better. Weight: 66 kgs.	Phytum 10 M/1D/ stat Rubrum 200/TDS/30days	No complaints noticed and patient is towards cure
17/01/2022	No re-occurrence of any old complaint.	Phytum 10 M/1D/ stat	Patient is cure but on under observation.

	Patient felt better. Weight: 64 kgs.	Rubrum 200/TDS/30days	
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## CONCLUSION

With the individualization of the case, Calcarea Carbonica was considered as the indicated remedy and it proved effectiveness in the treatment of obesity of the patient. According to patient narration she is about 70-80% better and still under the treatment.

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