

## HOMOEOPATHIC MANAGEMENT

Homoeopathic medicines can help you lose weight by improving digestion, elimination, and metabolism. In homoeopathy there are **189** remedies indicated for obesity. The choice of remedy depends upon the complete case history of the patient. This is very unique to homoeopathy. Medicines need to be individually prescribed, based on your own unique pattern of symptoms, behavioural aspects, constitutional characteristics, family history etc.

**Constitutional treatment is most appropriate.**

*Some of the most commonly used medicines are:*  
**Antimonium crudum, Calcarea carbonica, Capsicum, Graphites, Phytolacca berry, Senega, Thyroidinum**



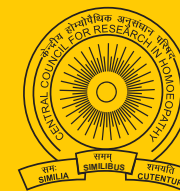
## GENERAL INSTRUCTIONS FOR TAKING HOMOEOPATHIC MEDICINES

**Note:** Keeping in view the multiplicity of causative factors, it is advised to consult a qualified homoeopathic doctor for taking the treatment.

- Medicine should be taken after cleaning the mouth & preferably on empty stomach
- Strong smelling substances like onion, garlic etc. should not be taken within half an hour before and after taking the medicine
- The medicine should not be taken if the white globules turn yellow, or if the sediments appear in the liquid form of medicine
- Homoeopathic medicines act better in patients who are not addicted to tobacco products. It is, therefore, advisable not to use cigarette, biddi, paan masala, alcohol, narcotics, etc.
- Keep the medicines:
  - Away from strong smelling substances like camphor, menthol etc.
  - Away from direct exposure to sunlight; in a cool and dry place
  - Away from the reach of children

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# WEIGH OBESITY WITH HOMOEOPATHY



**CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY**  
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## WHAT ARE OVERWEIGHT AND OBESITY?

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

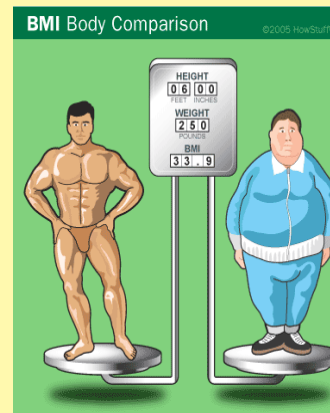
Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m<sup>2</sup>).

### The WHO definition is:

- a BMI greater than or equal to 25 is over weight
- a BMI greater than or equal to 30 is obesity

BMI provides the most useful population-level measure of overweight and obesity as it is the same for both sexes and for all ages of adults. However, it should be considered a rough guide because it may not correspond to the same degree of fatness in different individuals

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 and higher	Obese
40.0 and higher	Extreme Obesity



Because BMI doesn't directly measure body fat, some people, such as muscular athletes, may have a BMI in the obese category even though they don't have excess body fat.

## FACTS ABOUT OVERWEIGHT AND OBESITY

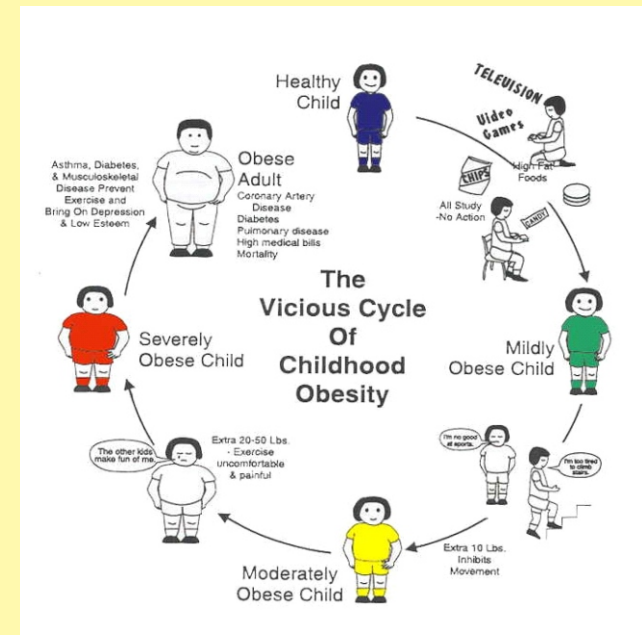
Some WHO global estimates from 2008 follow:

- 1.5 billion adults, 20 and older, were overweight
- Of these 1.5 billion overweight adults, over 200 million men and nearly 300 million women were obese
- Overall, more than one in ten of the world's adult population was obese

### Obesity in India

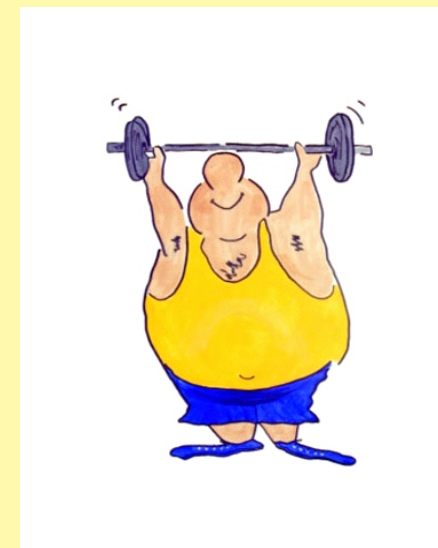
Survey conducted by National Family Health Survey (NFHS-3), Ministry of Health & Family Welfare Govt. of India suggests:

- As many as 30 million Indians are overweight
- Around 20% of school going children are overweight
- In 2011, overall prevalence of obesity/overweight amongst adolescents in Delhi is found to be at 24.2%.



If your child is overweight, further weight gain can be prevented. Parents can help their children keep their weight in the healthy range

- In infancy, breast feeding and delaying introduction of solid foods may help prevent obesity
- In early childhood, children should be given healthful, low-fat snacks and take part in vigorous physical activity every day. Their television viewing should be limited to no more than seven hours per week (which includes video games and the internet)
- Older children can be taught to select healthy, nutritious foods and to develop good exercise habits. Their time spent watching television and playing with computer or video games should be limited to no more than seven hours each week.
- Avoid snacking or eating meals while watching TV, movies and videos



## OBESITY IN CHILDREN: A SERIOUS CONCERN



Obesity has a profound effect on a child's life. Obesity increases the child's risk of numerous health problems, and it also can create emotional and social problems. Obese children are also more likely to be obese as adults, increasing their risk of serious health problems such as heart disease and stroke.



Most professionals use published guidelines based on the body mass index (BMI), or a modified BMI for age, to measure obesity in children. Consumption of just 100 calories (the equivalent of 8 ounces of a soft drink) above daily requirements will typically result in a 10-pound weight gain over one year. Many different factors contribute to this imbalance between calorie intake and consumption.

### Prevalence of childhood obesity

Rapidly changing dietary practices & a sedentary lifestyle has led to increasing prevalence of childhood obesity. During the year 2006-2009, prevalence rates indicate an increase from 9.8 to 11.7% in India.

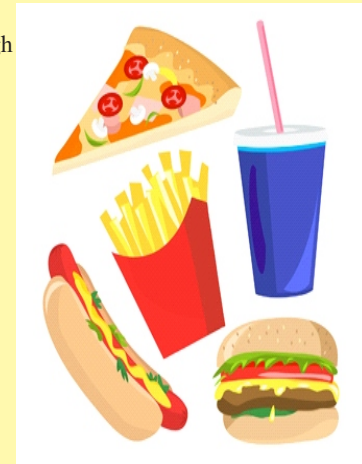
Country/City	Year	Prevalence (%)
Global	2004	10
USA/UK	2000	20
Australia	1995	20
<b>India/Chennai</b>	<b>2002</b>	<b>22</b>
<b>India/Delhi</b>	<b>2004</b>	<b>16</b>
<b>India/Delhi</b>	<b>2006</b>	<b>29</b>

### WHAT CAUSES OBESITY?

- An increased intake of energy-dense foods that are high in fat, salt and sugars but low in vitamins, minerals and other micronutrients; and
- A decrease in physical activity due to the increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization

Obesity usually results from a combination of causes and contributing factors, including:

- Genetics
- Inactivity
- Unhealthy diet and eating habits
- Family lifestyle
- Quitting smoking
- Pregnancy
- Lack of sleep
- Certain medications
- Age
- Social and economic issues
- Medical problems. Obesity can rarely be traced to a medical cause, such as Prader-Willi syndrome, Cushing's syndrome, polycystic ovary syndrome, and other conditions like low thyroid function. Some medical problems, such as arthritis, can lead to decreased activity, which may result in weight gain.

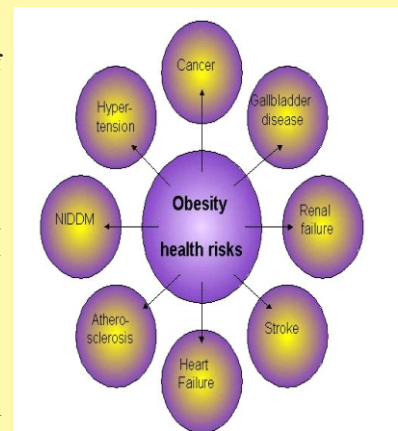


The risk factors can be countered through diet, physical activity and exercise, and behaviour changes.

### HEALTH HAZARDS DUE TO OBESITY

Obese people are more likely to develop a number of potentially serious health problems, including:

- High cholesterol and triglycerides
- Type 2 diabetes
- High blood pressure
- Metabolic syndrome - a combination of high blood sugar, high blood pressure, high triglycerides and high cholesterol
- Heart disease
- Stroke
- Cancer, including cancer of the uterus, cervix, ovaries, breast, colon, rectum and prostate
- Sleep apnea, a potentially serious sleep disorder in which breathing repeatedly stops and starts
- Depression
- Gall bladder disease
- Gynecologic problems, such as infertility and irregular periods
- Erectile dysfunction and sexual health issues
- Non-alcoholic fatty liver disease
- Osteoarthritis
- Skin problems, such as poor wound healing



## QUALITY OF LIFE

When you're obese, your overall quality of life may be lower, too. You may not be able to do things you'd normally enjoy as easily as you'd like. You may have trouble participating in family activities. You may avoid public places. You may even encounter discrimination.



Other weight related issues that may affect your quality of life include:

- Depression
- Disability
- Physical discomfort
- Sexual problems
- Shame
- Social isolation

## THINGS TO DO

- Start making healthy changes in your diet; eating more fruits, vegetables and whole grains and reducing portion sizes. *Do not skip breakfast.*
- Track how much you're eating or drinking each day so that you get a sense of how many calories you're taking in
- Begin increasing your activity level: Start gradually if you aren't in good shape or aren't used to exercising. Even a 10-minute daily walk can help

## TESTS AND DIAGNOSIS

If your doctor believes you are overweight or obese, he or she will typically review your health history in detail, perform a physical exam and recommend some tests.

These exams and tests generally include:

- Calculating your BMI
- Measuring your waist circumference. Women with a waist measurement of more than 35 inches and men with a waist measurement of more than 40 inches may have more health risks than do people with smaller waist measurements
- A general physical examination
- Blood tests. What tests you have to undergo depend on your health and risk factors

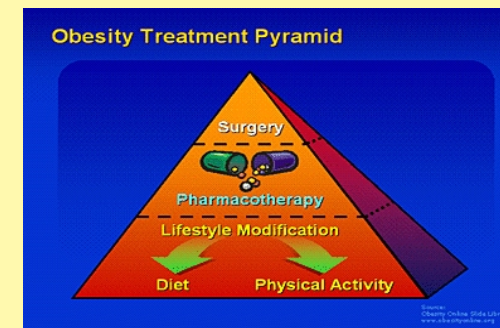
## TREATMENT & MANAGEMENT

The goal of obesity treatment is to reach and stay at a healthy weight. You may need to work with a team of health professionals, including a nutritionist, dietitian, therapist or an obesity specialist, to help understand and make changes in eating and activity habits.

The initial goal is a modest weight loss - 5 to 10 percent of your total weight. That means that if your weigh 200 pounds (91 kg) and are obese by BMI standards, you would need to lose only about 10 to 20 pounds (4.5 to 9.1 kg) to start seeing benefits.

## Dietary changes

Reducing calories and eating healthy are vital to overcoming obesity. Although you may lose weight quickly at first, slow and steady weight loss of 1 or 2 pounds ( $\frac{1}{2}$  to 1 kilogram) a week over the long term is considered the safest way to lose weight and the best way to keep it off permanently. Avoid drastic and unrealistic diet changes, such as crash diets, because they're unlikely to help you keep excess weight off for the long term.



Dietary ways to overcome obesity include:

- **A low-calorie diet**
- **Feeling full on less.** By eating larger portions of foods like fruits and vegetables, which are less packed with calories, you reduce hunger pangs, take in fewer calories and feel better about your meal, which contributes to how satisfied you feel overall.
- **Adopting a healthy eating plan.** Eat more plant-based foods, such as fruits, vegetables and whole-grain carbohydrates. Also emphasize lean sources of protein, such as beans, lentils and soy, and lean meats. Try to include fish twice a week. Limit salt and added sugar. Stick with low-fat dairy products. Eat small amounts of fats, and make sure they come from heart-healthy sources, such as nuts and olive, canola and nut oils.
- **Meal replacements.** These plans suggest that you replace one or two meals with their products - such as low-calorie shakes or meal bars - and eat healthy snacks and a healthy, balanced third meal that's low in fat and calories. In the short term, this type of diet can help you lose weight.
- **Be wary of quick fixes.** There are no magic foods or quick fixes. Fad diets may help in the short term, but the long-term results don't appear to be any better than other diets. You may lose weight on a crash diet, but you're likely to regain it when you stop the diet.

## Exercise and activity

Increased physical activity or exercise also is an essential part of obesity treatment. Most people who are able to maintain their weight loss for more than a year get regular exercise, even simply walking.

## Behavior changes

A behavior modification program can help you make lifestyle changes, lose weight and keep it off. Examine your current habits to find out what factors, stresses or situations may have contributed to your obesity.

Behavior modification, sometimes called behavior therapy, can include:

- Counseling
- Support groups