



Obesity: Pathophysiology, Clinical Implications, And Scope Of Homoeopathic Management – An Integrative Review

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ABSTRACT

Background: Obesity is a global health concern characterized by excessive fat accumulation and associated with multiple comorbidities ⁽¹⁾.

Objective: To review the etiology, pathophysiology, and management of obesity, and explore the role of homoeopathy as a complementary therapeutic approach.

Methods: A narrative review of literature was conducted using PubMed, Scopus, and Google Scholar (2015–2023).

Results: Obesity results from a complex interaction of genetic, environmental, and behavioral factors ^(2,3). Conventional management includes lifestyle modification, pharmacotherapy, and bariatric surgery ⁽⁴⁾. Homoeopathy, based on individualized treatment, may assist in managing associated symptoms and improving overall well-being.

Conclusion: Homoeopathy may serve as an adjunct in obesity management; however, further clinical evidence is required.

KEYWORDS: Obesity; Body mass index; Metabolic syndrome; Homoeopathy; Repertory; Integrative medicine

1. INTRODUCTION

Obesity is defined as abnormal or excessive fat accumulation that presents a risk to health ⁽¹⁾. It is commonly assessed using body mass index (BMI), where $BMI \geq 30 \text{ kg/m}^2$ is considered obese ⁽⁵⁾. The prevalence of obesity has nearly tripled worldwide since 1975, making it a major public health issue ⁽¹⁾. It is associated with conditions such as diabetes, hypertension, cardiovascular diseases, and certain cancers ⁽²⁾.

2. ETIOLOGY AND PATHOPHYSIOLOGY

Obesity is multifactorial:

Causes:

- Excess caloric intake ⁽²⁾
- Sedentary lifestyle ⁽³⁾
- Genetic predisposition ⁽²⁾
- Hormonal imbalance (leptin, insulin resistance) ⁽⁴⁾

Mechanism:

- Energy imbalance → fat accumulation ⁽²⁾
- Adipose tissue acts as an endocrine organ ⁽⁴⁾
- Chronic low-grade inflammation ⁽⁴⁾

3. CLINICAL FEATURES AND COMPLICATIONS

Features:

- Increased body weight ⁽¹⁾
- Fatigue
- Breathlessness
- Reduced physical activity

Complications:

- Type 2 diabetes ⁽²⁾
- Hypertension ⁽²⁾
- Dyslipidemia ⁽⁴⁾
- Osteoarthritis
- PCOS

4. DIAGNOSIS

- BMI calculation ⁽⁵⁾
- Waist circumference ⁽⁵⁾
- Lipid profile
- Blood glucose levels

5. CONVENTIONAL MANAGEMENT

- Lifestyle modification (diet + exercise) ⁽⁴⁾
- Pharmacotherapy ⁽⁴⁾
- Bariatric surgery ⁽⁴⁾

Limitations:

- Compliance issues
- Side effects
- Weight regain ⁽⁴⁾

6. WEEKLY INDIAN DIET CHART FOR WEIGHT REDUCTION

Weekly Indian Diet Plan

Day	Early Morning	Breakfast	Mid-Morning	Lunch	Evening	Dinner
Mon	Lemon water	Poha	Fruit	Roti+Dal	Tea+Chana	Soup
Tue	Jeera water	Chilla	Coconut water	Rice+Rajma	Buttermilk	Roti+Sabzi
Wed	Honey water	Oats	Papaya	Roti+Dal	Tea+Makhana	Soup
Thu	Methi water	Upma	Fruit	Roti+Veg	Sprouts	Roti
Fri	Lemon water	Besan chilla	Apple	Rice+Dal	Buttermilk	Soup
Sat	Warm water	Idli	Coconut water	Roti+Chole	Tea	Roti
Sun	Detox water	Daliya	Fruit	Pulao	Herbal tea	Soup

Exercise Protocol

Regular exercise improves metabolism and aids weight reduction ^(2,4).
150–300 minutes per week recommended.

Dietary Principles

- Calorie deficit with balanced nutrition ⁽¹⁾
- High fiber, low refined carbohydrates
- Adequate protein intake
- Avoid sugar, fried foods, and processed items

Additional Guidelines

- Drink 2.5–3 liters water daily ⁽¹⁾
- Eat dinner before 8 PM

Avoid:

- Sugar
- Bakery items
- Fried snacks
- Prefer:
- Millets (bajra, jowar)
- Seasonal vegetables
- Home-cooked food

Dietary regulation plays a crucial role in obesity management. A balanced Indian diet with controlled caloric intake complements homoeopathic treatment by improving metabolism and reducing associated symptoms.

Scientific Note: Weight reduction depends on sustained lifestyle modification, and dietary interventions should be individualized based on patient needs and comorbidities ^(1,4).

7. ROLE OF HOMOEOPATHY

Conceptual Basis

Homoeopathy treats obesity through individualization, addressing constitution and metabolic tendencies ⁽⁶⁾.

Therapeutic Scope

Homoeopathy may help in:

- Regulating metabolism
- Reducing cravings
- Managing associated symptoms

It should be used as an adjunct to lifestyle modification.

8. REPERTORIAL APPROACH

Relevant rubrics were selected from the Synthesis Repertory ⁽⁶⁾.

- Generalities – Obesity
- Generalities – Food – desire – sweets
- Stomach – Appetite – increased
- Mind – Emotional eating
- Generalities – Indolence

9. HOMOEOPATHIC REMEDIES

Calcarea carbonica	Fat, fair, flabby with large abdomen; profuse sweating on head. Chilly, easily tired, anxiety about health and security.
Natrum muriaticum	Fat mainly on hips and thighs; craving for salt, possible anaemia. Reserved, silent grief, avoids consolation.
Lycopodium clavatum	Big abdomen with thin limbs; marked bloating and gas (worse evening). Right-sided complaints, irritable with low confidence.
Graphites	Obesity with tendency to skin issues and constipation. Chilly, slow, timid; cracks in skin, sticky discharges.
Antimonium crudum	Obesity from overeating; thick white-coated tongue. Irritable, worse from cold bathing and sour foods.
Capsicum annuum	Fat, flabby with weak muscles; tendency to sluggish metabolism. Homesick, indolent, dislikes exercise.
Pulsatilla	Obesity with hormonal imbalance; prefers fatty food but digestion weak. Mild, weepy, seeks company; better in open air.
Sepia officinalis	Obesity around abdomen and pelvis, especially in women. Irritable, indifferent to family; bearing-down sensation.
Nux vomica	Obesity due to sedentary life, overeating, stimulants. Irritable, chilly, digestive disturbances with constipation.
Phytolacca berry	Used for weight reduction; acts on fat metabolism. Obesity with glandular involvement and sluggish system.

9. DISCUSSION

Obesity is a multifaceted disorder requiring a comprehensive management strategy ⁽²⁾. While conventional therapies focus on weight reduction, homoeopathy provides a holistic approach targeting constitutional and psychological aspects⁽⁶⁾. However, scientific evidence supporting homoeopathy remains limited and requires further validation.

10. CONCLUSION

Obesity is a major global health concern with significant morbidity ⁽¹⁾. Homoeopathy may serve as a supportive therapy in individualized cases but should be integrated with lifestyle modifications.

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