

- Obesity
- Asclepias Incarnata
- Homeopathic Medicines For Obesity & Related Conditions

HomeoBuzz

CONTINUING MEDICAL INFORMATION

Vol. 14, No. 06, September 2018, Total No. of Pages 16

Dear Readers,

We are totally encrypted in sedentary lifestyle in this modern world and it is well known that various deadly diseases co-exist with it. Approximately 2 million deaths annually are attributed to physical inactivity, prompting WHO to issue a warning that a sedentary lifestyle could very well be among the 10 leading causes of death and disability in the world.

Sedentary lifestyle doubles the risk of cardiovascular diseases, diabetes, and obesity, and increases the risks of high blood pressure, osteoporosis and lipid disorders. Acknowledging the concern, there is a range of homeopathic medicines from B. Jain Pharmaceuticals providing the best possible solution.

Guatteria Gaumeri is a product for hypercholesterolemia. B. Jain's Pharmaceuticals pioneered to bring the herb efficacy into use to millions of people suffering from hypercholesterolaemia. Other products like Omeo Slim Drops indicated for tendency to gain weight due to faulty activity of the glandular secretion, Omeo Diabetes Drops for symptoms diabetes mellitus, Rauwolfia Serpentina 1X tablets for management of high blood pressure & Omeo Calcium Tablets which helps in better absorption of calcium. All the products are effective to fight the battle against these diseases along with lifestyle modification by regular exercise and nutritious diet.

Apart from pharmacotherapy, another duty is to enlighten the importance of exercise and nutritious diet. National Nutritional Week is celebrated each year from 1st September to the 7th September to spread awareness and encourage the people as a society to understand the importance of nutrition and adopt a healthy, sustainable lifestyle. Stay healthy and reach your full potential is what we believe.

Kuldeep Jain
Chief Editor

Dear Doctors,

Obesity and overweight are the two pandemic phenomenons in the present scenario. The cost of obesity and as well as their related non-communicable diseases is staggering for any society & paralyzing the country towards development. As per WHO reports, in the year 2016 more than 1.9 billion adults were overweight. Of these over 650 million were obese.

The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended. Engaged in less physical activity along with escalated mastication of junk food are the elemental issues that need to be resolved.

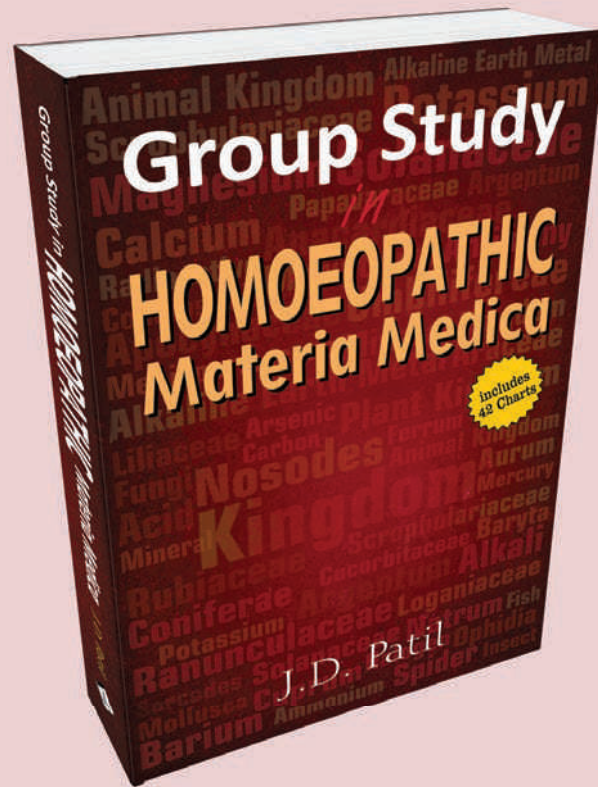
The increase in obesity has also led to increase in associated co-morbidities like diabetes mellitus (type 2), hypertension, dyslipidemia, coronary heart disease (CHD), non-alcoholic fatty liver disease (NAFLD), obstructive sleep apnea and certain cancers. It is an important need to initiate the treatment as early as possible to prevent the development of co-morbidities. Pharmacotherapy can be added along with active exercise and healthy dietary choices for weight loss.

Homoeopathy helps to improve the metabolism, cut out the excess fat and treats the underlying cause. It helps obese through specific constitutional medicine prescription or with combination products which are effective in reducing weight. This issue puts shine on Obesity - A Worldwide Epidemic.

Dr. Sana Parveen
Editor

Group Study in Homoeopathic Materia Medica

Dr J. D. Patil



- It is a unique compilation that presents schematic overview of group-wise study of drugs included in the homeopathic materia medica.
- It concisely presents the most important aspects on the subject of group study at a glance.
- This edition features new groups in the Plant, Animal, and Mineral kingdom.
- Nosodes and Sarcodes have been discussed in detail.
- The book features Bach flower remedies.
- Exciting and enriching knowledge of homoeopathic remedies has been explained group wise.
- Gist of each group encompassed in a concise yet comprehensive schematic diagram. Flow charts have been included so as to simplify the study.
- This book will be immense help to undergraduate, post-graduate and practitioners in their day-to-day work.

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Obesity is a condition characterized by an excess of body fat. In its simplest terms, obesity can be considered to result from an imbalance between the amount of energy consumed in the diet and the amount of energy expended through exercise and bodily functions. People who are obese are more likely to develop a range of chronic conditions.

In 2006, the number of obese and overweight people in the world overtook the numbers who are malnourished and underweight. It would, however, be wrong to focus only on those who are obese because, in countries like the USA and the UK, fat deposition is affecting almost the entire population. As per WHO reports, worldwide obesity has nearly tripled since 1975. In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.

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^2).

Adults:

For adults, WHO defines overweight and obesity as follows :

Overweight is a BMI greater than or equal to 25; and obesity is a BMI greater than or equal to 30.

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.

For children, age needs to be considered when defining overweight and obesity.

Children under 5 years of age

For children under 5 years of age:

Overweight is weight-for-height greater than 2 standard deviations above WHO Child Growth Standards median; and

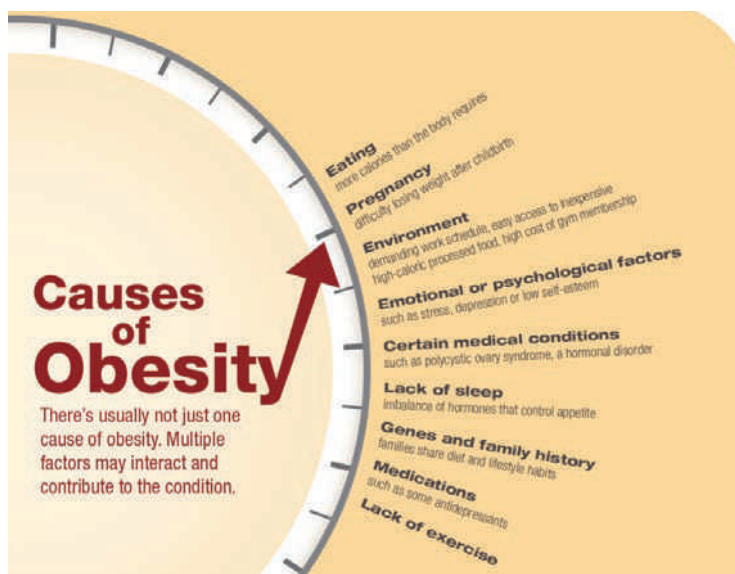
Obesity is weight-for-height greater than 3 standard deviations above the WHO Child Growth Standards median.

Children aged between 5–19 years

Overweight and obesity are defined as follows for children aged between 5–19 years:

Overweight is BMI-for-age greater than 1 standard deviation above the WHO Growth Reference median; and

Obesity is greater than 2 standard deviations above the WHO Growth Reference median.



CAUSES

The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended. Globally, there has been:

- An increased intake of energy-dense foods that are high in fat; and
- An increase in physical inactivity due to the increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization.

Changes in dietary and physical activity

patterns are often the result of environmental and societal changes associated with development and lack of supportive policies in sectors such as health, agriculture, transport, urban planning, environment, food processing, distribution, marketing, and education.

COMMON HEALTH CONSEQUENCES

Raised BMI is a major risk factor for non-communicable diseases such as:

- Cardiovascular diseases (mainly heart disease and stroke), which were the leading cause of death in 2012.
- Diabetes
- Musculoskeletal disorders (especially osteoarthritis – a highly disabling degenerative disease of the joints)
- Some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon).

The risk for these non-communicable diseases increases, with increases in BMI.

Childhood obesity is associated with a higher chance of obesity, premature death and disability in adulthood. But in addition to increased future risks, obese children experience breathing difficulties, increased risk of fractures, hypertension, early markers of cardiovascular disease, insulin resistance and psychological effects.

FACING A DOUBLE BURDEN OF DISEASE

Many low- and middle-income countries are now facing a "double burden" of disease.

While these countries continue to deal with the problems of infectious diseases and under nutrition, they are also experiencing a rapid upsurge in non-communicable disease risk factors such as obesity and overweight, particularly in urban settings.

It is not uncommon to find under nutrition and obesity co-existing within the same country, the same community and the same household.

Children in low- and middle-income countries are more vulnerable to inadequate pre-natal, infant, and young child nutrition. At the same time, these children are exposed to high-fat, high-sugar, high-salt, energy-dense, and micronutrient-poor foods, which tend to be lower in cost but also lower in nutrient quality. These dietary patterns, in conjunction with lower levels of physical activity, result in sharp increases in childhood obesity while under nutrition issues remain unsolved.

PREVENTION

Overweight and obesity, as well as their related non-communicable diseases, are largely preventable. Supportive environments and communities are fundamental in shaping people's choices, by making the choice of healthier foods and regular physical activity the easiest choice (the choice that is the most accessible, available and affordable), and therefore preventing overweight and obesity.

At the individual level, people can:

- Limit energy intake from total fats and sugars;
- Increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts; and
- Engage in regular physical activity (60 minutes a day for children and 150 minutes spread through the week for adults).

Individual responsibility can only have its full effect where people have access to a healthy lifestyle. Therefore, at the societal level it is important to support individuals in following the recommendations above, through sustained implementation of evidence based and population based policies that make regular physical activity and healthier dietary choices available, affordable and easily accessible to everyone, particularly to the poorest individuals. An example of such a policy is a tax on sugar sweetened beverages.

The food industry can play a significant role in promoting healthy diets by:

- Reducing the fat, sugar and salt content of processed foods;
- Ensuring that healthy and nutritious choices are available and affordable to all consumers;
- Restricting marketing of foods high in sugars, salt and fats, especially those foods aimed at children and teenagers; and
- Ensuring the availability of healthy food choices and supporting regular physical activity practice in the workplace.

Research Corner

The Effect of Nutritional and Homeopathic Treatments Versus Exclusive Nutritional Treatments in Patients with Obesity or Overweight³

A prospective comparative quasi-experimental study was conducted, in 30 people with obesity or overweight who were subjected to a nutritional treatment accompanied by a homeopathic treatment and a control group integrated by 30 people who were subjected to an exclusive nutritional treatment. The sampling method was probability, randomizing subject types. When comparing the weight loss to the difference of the initial weight and final weight registered in both groups, it was found that in the group which had a unique nutritional treatment, the average weight loss was 0.776 kg with a standard deviation equal to 0.910, while in the group that received a nutritional treatment accompanied by homeopathy the result was 2.257 kg with a standard deviation of 1.625. Through an analysis of mean difference concerning the weight loss, the group with nutritional treatment and the group with nutritional treatment and homeopathy obtained a $P=0.000$, because the value is < 0.05 there is a significant difference, detecting that the loss of weight was greater in the group of nutritional treatment complimented with homeopathic treatment, but when comparing the BMI there is no significant difference detected since the $p= 0.497$ is > 0.05 . The use of a homeopathic treatment accompanied by a nutritional treatment has better results in the reduction of weight.

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OBESE??

What's the **big** deal.



Omeo™ SLIM Drops

INDICATIONS:

For the tendency to gain weight due to faulty activity of the glandular secretion.

COMPOSITION:

Calcium carbonicum Hahnemann	12X	10% v/v
Croton tiglium	4X	10% v/v
Fucus vesiculosus	2X	10% v/v
Graphites	12X	10% v/v
Natrum sulphuricum	2X	10% v/v
Spongia tosta	3X	10% v/v
Excipients:		q.s.
Alcohol content		46% v/v

Dosage:

10-15 drops should be diluted with water and taken 2-3 times a day before meals or as prescribed by the physician.



Pack sizes available: 30ml

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ASCLEPIAS INCARNATA



Natural Order : Asclepiadeae

Common Names: Flesh-colored Asclepias,
Swamp Milk-weed.

Part used : Root

Habitat : United States.

Physiological action:

Large doses produce vomiting and purging; in small doses, it acts as a stomachic, and is a quick and powerful diuretic.¹

INDICATIONS :

- ❖ It is indicated in chronic gastric diseases of a mucous character.¹
- ❖ In catarrhal discharges and leucorrhoea.¹
- ❖ Dropsy with dyspnoea.¹
- ❖ Dr. Hauser recommends it strongly for gonorrhoea and syphilis. He gives a table-spoonful of the tincture three times a day, before breakfast, dinner, and supper.²

Prescribed dose : Tincture and first potency.³

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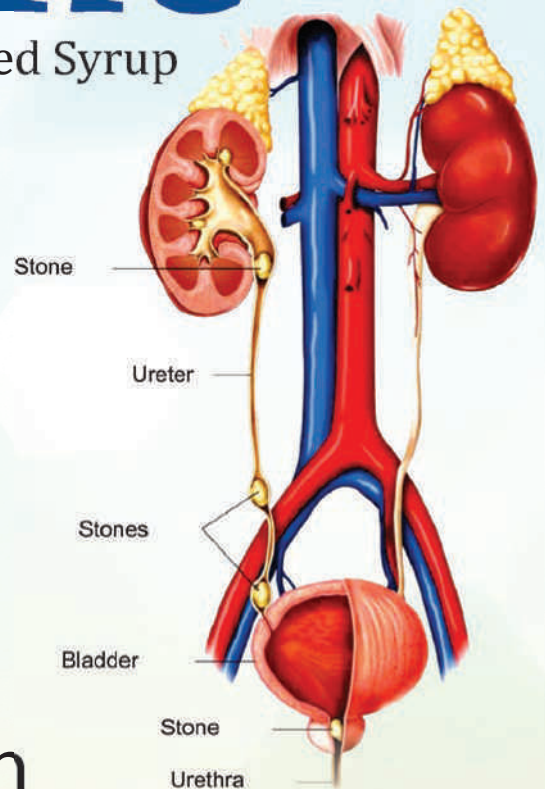
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K-Stone

Medicated Syrup



Indications:

- Renal colic
- Burning urine
- Pain while urination
- Increased frequency of urination
- Haematuria (blood in urine)



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Composition

Berberis vulgaris	Ø	0.125ml
Sarsaparilla	Ø	0.125ml
Ocimum canum	Ø	0.125ml
Hydrangea arborescens	Ø	0.025ml
Cantharis	Ø	0.025ml
Dulcamara	Ø	0.025ml
Equisetum hyemale	Ø	0.025ml
Caramel & flavour		q.s.
Aqua to make		5.0ml
Alcohol content		12% v/v

Dosage :

Adults & >12years old, 2 teaspoons,
3 times a day Children <12years old,
1 teaspoon, 3 times a day or as
prescribed by the physician.



Pack size available:

60ml | 100ml | 200ml | 500ml

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HOMOEOPATHIC MEDICINES FOR OBESITY & RELATED CONDITIONS

Homoeopathy is the holistic system of medicine which deals with the patients on the basis of symptom-similarity, matching the symptoms of the patients with that of the proved medicine. In obesity, it helps to improve the metabolism, helps to cut out the excess fat and treats the underlying cause.

Homoeopathic medicines are not the substitute for active exercise as the main treatment for obesity consists of restricted diet, physical activity along with medications. Diet programs may produce weight loss over the short term, but maintaining this weight loss is frequently difficult and often requires making exercise and a lower food energy diet a permanent part of a person's lifestyle.

Some important remedies are discussed below which are indicated in obesity & related conditions but for determination of homeopathic remedy, the physician must need to know the case history.

Calcarea carbonica

- This remedy is indicated in leucophlegmatic, scrofulous individuals, who are light complexioned, have dry, tow-like hair, fair skin, and blue eyes.¹
- They are pale, weak, easily tired from any form of exertion, and are disposed to become corpulent, with muscles that are soft and flabby.¹
- Oxidation is imperfect and there is a deposit of adipose especially about the abdomen.¹
- Tardy development of bony tissues, lymphatic enlargements, open fontanelles, curvature of bones, profuse perspiration over the head, tendency to obesity with pot belliedness are guiding symptoms.²



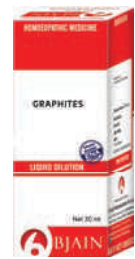
Fucus vesiculosus

- A remedy for obesity and non-toxic goitre; also exophthalmic. Thyroid enlargement in obese subjects.⁴
- Dose- Tincture, five to sixty drops three times a day before meals.⁴



Graphites

- Remedy is indicated in those who are inclined to obesity.¹
- "What Pulsatilla is at puberty, Graphite is at the climacteric."³
- Anaemia with redness of face.⁴
- Adapted to females with a tendency to unhealthy corpulence, deformed nails, and menstrual irregularities.⁵
- Tendency to obesity during pregnancy.¹⁴



Phytolacca berry

- A study was made to evaluate its anti-obesity effect in the rat model. The experiment was conducted in rats using the diet-induced obesity model in which cafeteria and atherogenic diets were used. The results revealed that the Phytolacca berry extract had significant anti-obesity activity by reducing excess body weight, and cholesterol and triglyceride concentrations.¹¹



HOMOEOPATHIC APPROACH

Lycopodium clavatum

- For persons intellectually keen, but physically weak; upper part of body emaciated, lower part semi-dropsical; predisposed to lung and hepatic affections (Cal., Phos., Sulph.); especially the extremes of life, children and old people.³
- Intolerant of cold drinks; craves everything warm.⁴
- Ailments develop gradually, with weakness.⁶
- Diseases - OBESITY - body fat, but legs thin.⁷

Natrium muriaticum

- GENERALS - OBESITY - Thighs and buttocks.⁸
- Great liability to take cold (Cal., Kali c.).³
- Dry mucous membranes. Constrictive sensation throughout the body.⁴
- Craving for salt.⁴

Ammonium carbonicum

- Stout, fleshy women with various troubles in consequence of leading a sedentary life; delicate women who must have the "smelling-bottle" continually at hand; readily catch cold in winter.³
- Fat patients with weak heart, wheezing, feel suffocated.⁴
- Diseases - OBESITY - elderly people.⁷

Ammonium muriaticum

- Ammonium muriaticum has a characteristic appearance which is obvious at first sight, especially if the patient is sitting at the time. His body is corpulent, obese, and his belly prominent, indicating a flabbiness of the abdominal muscles, yet his legs are far too thin.⁹
- Diseases - OBESITY - body fat, but legs thin.⁷

Antimonium crudum

- For children and young people inclined to grow fat (Cal.); for the extremes of life.³
- Young people disposed to obesity (Calc.).
- Cannot bear heat of sun. All the conditions are aggravated by heat and cold bathing.⁴
- Corns and callosities on soles, with excessive tenderness; can only walk with pain and suffering.¹⁰

Kalium carbonicum

- For diseases of old people, dropsy and paralysis; with dark hair, lax fibre, inclined to obesity (Am. c., Graph.).³
- Pains stitching, darting, worse during rest and lying on affected side.³
- Fatty degenerations.⁴

Sepia officinalis

- Diseases - OBESITY - menopause, during.⁷
- Diseases - OBESITY - pregnancy, after.⁷
- Diseases - OBESITY - uterine complaints, with.⁷



Carlsbad aqua

- Indicated when there is hepatic derangement with obesity or diabetes.¹
- The bowels are constipated, and only move when there is much abdominal force.¹
- Flashes of heat all over.⁴

Baryta carbonica

- Old, cachectic people; scrofulous, especially when fat; or those who suffer from gouty complaints.³
- Enuresis nocturnae in obese children.¹²
- Obese girls with primary amenorrhoea.¹²
- Genital hypoplasia, delay of puberty with obesity.¹³

**Spongia tosta**

- Diseases – OBESITY.⁷
- Constitutions – OBESITY.⁷

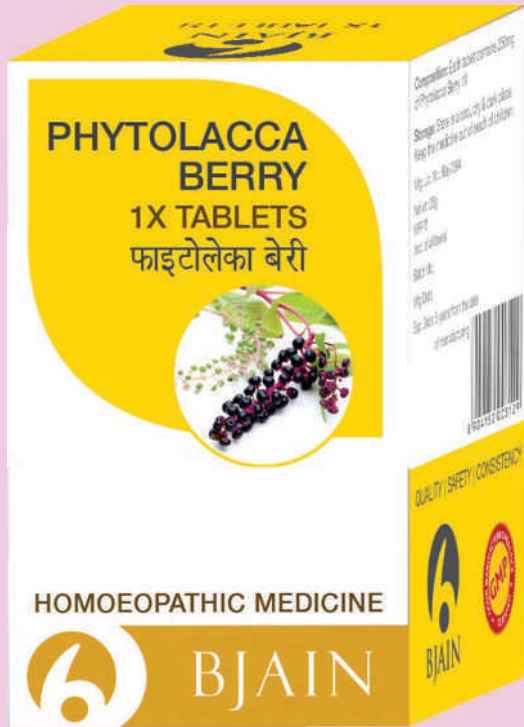
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- Ringworm
- Psoriasis
- Itching eczema with thick crust

Composition:

Acidum chrysophanicum 1x 5%w/w,
Ointment base q.s.



Pack sizes available:
15gm | 30gm

Omeo™

Skoockum Chuck

Ointment



Indications:

- Eczema
- Dry skin
- Itching

Composition:

Skoockum chuck 6x 1gm,
Paraffin base q.s.



Pack sizes available:
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