

Role of Homoeopathy in the Management of Obesity in Childhood and Adolescent using Repertory of Homoeopathic Materia Medica by J.T Kent

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Abstract: Obesity is defined as an accumulation of body fat more than 22% of the total body weight for men and more than 30% of total body weight for women. Childhood obesity is defined as BMI of more than 95 percentile for age and sex. Homoeopathic medicine plays a vital role in management of childhood obesity. **Objective:** To study the role of homoeopathy medicines in treatment of childhood obesity and to study the mode of presentation of childhood obesity in clinical practice. **Result:** the use of constitutional homoeopathic medicine has a beneficial effect in cases of obesity in childhood and adolescent. **Conclusion:** The finding of the above study concluded that 94% of the cases responded well to the indicated homoeopathy similimum by using Kent repertory. This study proved the Role of Homoeopathy in the Management of Obesity in Childhood and Adolescent using Repertory of Homoeopathic Materia Medica by J.T Kent.

Keywords: Obesity, Diet and regimen, BMI, overweight, homoeopathy

1. Introduction

Obesity is defined as a condition of abnormal or excessive fat accumulation in adipose tissue to the extent that health may be impaired. Childhood obesity is defined as BMI of more than 95 percentile for age and sex. Childhood overweight is defined as BMI of more than 85 percentile for age and sex.

Prevalence

International obesity task force (IOTF) - Global prevalence of overweight (including obesity) in children aged 5-17 years is estimated to be approximately 10%. This is unequally distributed with prevalence ranging from over 30% in America to <2% in sub-Saharan desert. Indian studies- A Survey from Indian school Health Annual Reports Program (SHARP) 10,000 children at relatively affluent non-government schools were screened. Prevalence figures were 13.48% of boys and 6.06% of girls were overweight; 3.56% of boys and 11.8% of girls were obese.

Causes of Childhood Obesity

- **Genetic /Familial.**
- **Environmental-** Decreased activity, increased calorie intake, TV viewing, video games and computer games.
- **Endocrine-** Hypothyroidism, Cushing syndrome, Hyperinsulinism, Pseudo- hypo parathyroidism, Hyperandrogenism, Growth hormone deficiency and acquired hypothalamic lesions.
- **Genetic syndromes-** Prader Willi syndrome, Lawrence Moon Biedel syndrome, Carpenters syndrome, Turners syndrome, Klinefelter syndrome.
- **CNS lesions-** Infections, trauma, surgeries, irradiation, Craniopharyngioma

- **Drugs-** Steroids: Glucocorticoids and Progesterone, Antipsychotic medications: Clozapine, Olanzapine, Antidepressant drugs (SSRI): Fluoxetine, Paroxetine
- **Miscellaneous-** Leptin deficiency and MC₄R deficiency.

2. Material and methodology

Study setup: It is an exploratory study, with a sample size of 50 patients.

Subject: the subjects for the study were selected from patient attending OPD, IPD and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital.

Inclusion criteria: Children of age group 5-18 yrs has been selected for the study.

Exclusion criteria: Children below 5 years and above 18 years. Children having obesity due to medical disorders (Cushing syndrome, Nephrotic syndrome) has been excluded by clinical examination and appropriate lab investigations. Any gross pathological changes with complications with irreversible pathological changes are excluded.

Intervention: proper case taking of patient was conducted according to homoeopathic principles and was recorded. After complete case taking, repertorization was done based on the totality of symptoms. Final prescription was based on the individualization of the patient. The initial prescription of the selected medicine was done in a single dose (4 pills of globule no. 30) followed by placebo (4 pills of undedicated globules no. 30). The follow up was done monthly for up to 6 months through scheduled visits, to monitor the condition of the patient.

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3. Outcome of the Study

Out of 50 cases in the study 25 show marked improvement, 22 show moderate improvement whereas 3 cases remained unimproved.

In maximum number of cases overeating, sedentary life was found to be the main predisposing factor for obesity.

During the study Calcarea carb was the indicated medicine prescribed in maximum number of patients, other medicines being pulsatilla, gelsemium, graphite, ant crude, kali bi.

4. Conclusion

Constitutional remedies like Calc carb, Calcarea phos, Graphites were prescribed in the treatment of obesity in childhood and adolescent. This study proved the Role of Homoeopathy in the Management of Obesity in Childhood and Adolescent using Repertory of Homoeopathic Materia Medica by J.T Kent.

5. Acknowledgement

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6. Conflict of interest

The author declares that there is no conflict of interest.

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