

FORWARD MARCH
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OBESITY

They cannot lose weight, never mind how much they try.

INTRODUCTION

It is true, now-a-days there is lot of hue and cry for obesity, great attention has been paid to this subject, medical and lay journals, media and fitness trainers have bombarded the society from time to time excellent rules for the diet of fat people, and in many cases these rules have been followed with the desired result - a reduction in weight, and in some cases they have been followed to the death, for there is obesity and obesity, the one, natural, a gift of the Almighty, which to fight means to kill; the other, unnatural, a gift of the devil, which can be fought and often, successfully, by a correct method of life; the method including, however, more than the matter of eating and drinking.

THE FACT

Obesity is not the disease but the outcome of the diseased system. Obesity can be hereditary, congenital and acquired. It is the manifestation and outcome of the internally deranged vital immune system. It can be accompanied by various precipitating factors like unhealthy dietary habits, modern lifestyle, stress, anxiety, depression, hormonal disorder like thyroid dysfunction, adrenal glands, ovaries dysfunction, genetic predisposition, and steroids intakes and some antidepressants, etc.

THE FICTIONS

MYTH: - Drinking lots of water can help in losing weight.

FACT: - Ingesting excess of water exerts pressure on kidneys to overwork which creates an unnecessary burden on the renal system. For a layman, it is impossible to know that this burden exists, as there is no marked symptom. But this over burden on the kidney may damage the nephrons of the kidney and over time may even results in kidney failure. Body fluids contain electrolytes in a balanced concentration. Water enters the body and leaves it either by urine or the sweat. But if the intake of the water is rapid then the excretion, then it starts diluting the balanced concentration of the electrolytes of the body fluid, which is a dangerous act. The over dilution of the electrolytes results in the shift of water from the extracellular fluid to the intracellular fluid. And the cells swell due to the extra water content in it and may even cease to function.

MYTH: - Obesity is caused by the uncontrolled eating habits and Lack of exercise.

FACT: - Sedentary lifestyle and uncontrolled eating habits are only the precipitating factors not the sole cause for to obesity. It is like that if the soil is fertile then and then only the seed can grow into the plant. It is revealed by the studies that depressed and anxious people are liable to eat a lot, constantly nibbling on high calorie snacks in order to fill the sense of emptiness within.

In certain obese individuals, fat is not alone deposited on the surface of the body but it is nearly everywhere, between the muscles, in and between the muscular fibers, on the heart and along the edges of the lungs. Only by the correct homeopathic remedy prescribed on the totality of symptoms of the patient could cure and annihilate it.

It is to be remembered that skipping a meal per day do not help in reducing weight rather it slows down the metabolism and it even increases overeating later in the day.

THE TRUTH.

Homeopathic medicines are prescribed on the signs and symptoms of the patient rather than the condition or the tagged disease. Every person is unique. People have their different underlying causes and therefore the manifestation differ from person to person with its own reflection on the body. Homeopathy treats the person as a whole. Homeopathy focuses on the patient as an individual person with all his pathological and mental conditions. For obesity there are around 143 medicines are listed in the homeopathic Repertory, but every remedy has its own uniqueness and can never be prescribed on single symptom "OBESITY" rather the case is analyzed with all the physical, mental and pathological symptoms.

THE INDICATIONS

There are plenty of symptoms given in homeopathic literature under different medicines related to obesity few of them are summarized below-

- Disposition of the abdomen to obesity.
- Disposition for obesity of the chest.
- Excessive obesity with tendency to weakness and anemia.
- Obesity with delayed menses and constipation.
- Chilly, clumsy, indolent, FAT [tendency to obesity] persons with red cheeks.
- Obesity in children, nurslings, women, in old people.
- Obesity during menopause.
- Obesity from improper nutrition.
- Obesity in thigh and buttocks. Legs thin but body fat.
- Obesity with sadness.

THE CONCLUSION

In the above mentioned example it is indicated that though the diseased condition is same but its expression varies from individual to individual, and homeopathy deals with the individualization. So Homoeopathy comes to great rescue for these cases.

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For the benefit of the general public

