



HOMOEOPATHY FOR CHILDHOOD OBESITY: CAUSES AND CONSEQUENCES

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ABSTRACT

Overweight and obese children are likely to stay obese into adulthood and more likely to develop non-communicable diseases like diabetes and cardiovascular diseases at a younger age. The mechanism of obesity development is not fully understood and it is believed to be a disorder with multiple causes. Environmental factors, lifestyle preferences, and cultural environment play pivotal roles in the rising prevalence of obesity worldwide. In general, overweight and obesity are assumed to be the results of an increase in caloric and fat intake. On the other hand, there are supporting evidence that excessive sugar intake by soft drink, increased portion size, and steady decline in physical activity have been playing major roles in the rising rates of obesity all around the world. Childhood obesity can profoundly affect children's physical health, social, and emotional well-being, and self esteem. It is also associated with poor academic performance and a lower quality of life experienced by the child. Many co-morbid conditions like metabolic, cardiovascular, orthopedic, neurological, hepatic, pulmonary, and renal disorders are also seen in association with childhood obesity.

KEYWORDS : Childhood obesity, consequences, lifestyle, Homoeopathy**Introduction**

Childhood obesity is one of the most serious public health challenges of the 21st century. The problem is global and is steadily affecting many low and middle income countries, particularly in urban settings. The prevalence has increased at an alarming rate. Globally in 2010, the number of overweight children under the age of five is estimated to be over 42 million.

The highest prevalence rates of childhood obesity have been observed in developed countries; however, its prevalence is increasing in developing countries as well.

Females are more likely to be obese as compared to males, owing to inherent hormonal differences.

Definition of Childhood Obesity

It can be defined as an excess of body fat (BF).

The Center for Disease Control and Prevention defined overweight as at or above the 95th percentile of body mass index (BMI) for age and "at risk for overweight" as between 85th to 95th percentile of BMI for age.

Waist circumference seems to be more accurate for children because it targets central obesity, which is a risk factor for type II diabetes and coronary heart disease.

Developmental obesity begins in the early years of a child's life and continues steadily over the adult year. Hence, the foundation has already set in by the time the child is about four years old. The cells become saturated with fat and as the child grows older, more and more fat accumulates in the body.

Reactionary obesity develops due to periods of emotional stress in a child's life. During such stress periods the child may overeat resulting in increase in weight.

Causes of Obesity in Children

Causes of childhood obesity with obesity, environmental and hereditary factors play the major role. In only 5 to 10 percent cases endocrine, syndromic or CNS causes are implicated. The causes of childhood obesity may be following:

- Genetic/familial

- Environmental – decreased activity. Increased calorie intake, TV viewing, Mobile viewing.
- Endocrine –GHD, hypothyroidism, Cushing syndrome, PHP
- Genetic syndromes- prodder-Willi, Laurence-Moon- Biedi, turner.
- CNS lesions – infection, surgery, radiation, craniopharyngioma
- Miscellaneous-steroids, anti=epileptics.

Consequences

Childhood obesity has been linked to numerous medical conditions.

These conditions include, but are not limited to, fatty liver disease, sleep apnea, Type 2 diabetes, asthma, hepatic steatosis (fatty liver disease), cardiovascular disease, high cholesterol, cholelithiasis (gallstones), glucose intolerance and insulin resistance, skin conditions, menstrual abnormalities, impaired balance, and orthopedic problems. Parental feeding style is also significant.

Eating out or watching TV while eating is associated with a higher intake of fat.

Childhood obesity has also been found to negatively affect school performance.

A research study concluded that overweight and obese children were four times more likely to report having problems at school than their normal weight peers.

They are also more likely to miss school more frequently, especially those with chronic health conditions such as diabetes and asthma, which can also affect academic performance.

Homeopathy is one of the most popular holistic systems of medicine. The selection of remedy is based upon the theory of individualization and symptoms similarity by using holistic approach.

As far as therapeutic medication is concerned, several remedies are available to treat obesity in children that can be

selected on the basis of cause, sensations and modalities of the complaints.

There are following remedies which are helpful in the treatment of obesity in children: Kali Bi, Graphites, Ferrum Met, Kali Carb, Phytolacca, Capsicum, Calcaria Carb, Aconite, Ambra Gresia, Antim Crude, Sulphur, Lycopodium, Phosphorous, Natrum Carb, Calcaria Ars, Arsenic Album, Cantharis, Ammonium Carb, Carbo Veg, Crocus Sativus, Digitalis, Pulsatilla, Bryonia, Bromium, Belladonna, Hyoscyamus, Camphor, Baryta Carb, Sabadilla, Rhus Tox, Magnesia Phos, Lachesis, Platina, Sepia, China and many other medicines.

Conclusion

Parents enforce a healthier lifestyle at home, many obesity problems could be avoided.

Parental counselling, proper diet habits, regular physical activity and Homoeopathic medicine can help for childhood obesity and their Consequences.

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