



**ORIGINAL RESEARCH PAPER**

**Homoeopathy**

**ROLE OF HOMOEOPATHY IN OBESITY WITH HIGH FASTING INSULIN.**

**KEY WORDS:**

**Dr. Aparna Kulkarni**

Research Coordinator

**INTRODUCTION**

**DIABETES AND OBESITY OPD OBSERVATION-**

The prevalence of overweight and obesity and diabetes has risen dramatically among males & females of all age group.

For early detection of diabetes or prediabetes and metabolic syndrome need to check levels of fasting insulin in obese patients.

**THE NATIONAL INSTITUTE OF DIABETES, DIGESTIVE AND KIDNEY DISEASES (NIDDK) STATES THAT -**

women with waist-hip ratios of more than 0.8, and men with more than 1.0, are at increased health risk because of their fat distribution

Indian women are more likely to be obese than their male counterparts, new research shows.

There were 20 million obese women in India compared with 9.8 million obese men.

**WHY TRACK INSULIN**

Individuals with obesity, Prediabetes, type -2 diabetes, and metabolic syndrome, insulin resistance recognised that it is elevated insulin rather than blood glucose.

Too much insulin promotes weight gain by storing fat. It promotes insulin resistance, lowers magnesium levels, and increases inflammation. It also tends to lower HDL ("good") cholesterol and raise levels of LDL ("bad") cholesterol.

**AIM AND OBJECTIVE-**

- To evaluate fasting insulin level in obese individuals.
- To evaluate obesity.
- To use selected homoeopathic medicine

**STUDY HYPOTHESIS**

Increased fasting insulin level in obese. Obese patients are most often prediabetic patients. Homoeopathic efficacy in controlling prediabetes and reducing obesity.

**MATERIALS AND METHODS**

**STUDY SETTING:**

Study Conducted at Anantrao kanase Homoeopathic Medical college & Hospital, Alephata.

**DURATION OF THE STUDY:**

Study carried out between April 2017-December 2018.

**MATERIALS:**

The experimental population selected from the Patients reporting to college OPD. Survey study was done to select population.

**INCLUSION CRITERIA-**

- BMI above 23.
- May or may not be having positive family history of obesity.
- Obese teenagers and adults with age ranging from 13-60 years with high fasting insulin.

**EXCLUSION CRITERIA:**

- Persons below age 13 and above age 60 years.
- Patients who are having BMI below 23.
- Female patients with pregnancy and other illnesses.
- Obese patients with normal fasting insulin.

**OBESITY DEFINITION-**

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health.

- Normal Fasting Insulin Level--2.6 – 25 µU/mL
- Abnormal Fasting Insulin Level -- above 25 µU/mL

Nutritional Status	WHO criteria BMI cut-off	"Asian criteria" BMI cut-off
Underweight	<18.5	<18.5
Normal	18.5 – 24.9	18.5 – 22.9
Overweight	25 – 29.9	23 – 24.9
Pre-Obese	-	25 – 29.9
Obese	≥30	≥30
Obese Type 1 (obese)	30 – 40	30 – 40
Obese Type 2 (morbid obese)	40.1 – 50	40.1 – 50
Obese Type 3 (super obese)	>50	>50

- **Body Mass Index (BMI)** is a simple index of weight-for-height that is commonly used to classify underweight, overweight and obesity in adults.
- **Formula to calculate BMI** Weight in Kilogram/ (Height in Meter)<sup>2</sup>

All included patients are on the treatment of homoeopathically selected medicine.

Some symptomatic remedies like- uranum nitricum, Abroma Augusta, Cephalandra Indica, Syzygium jambol.

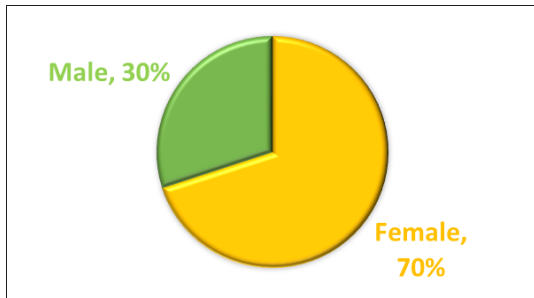
- Along with this some commonly used constitutional medicines like Calc carb, Acid group like muratic acid and acid phos, phosphorous.

**SELF-MADE ASSESSMENT SCALE IS PREPARED TO ASSESS THE PROGRESS OF THE CASE-**

Criterion for assessment –

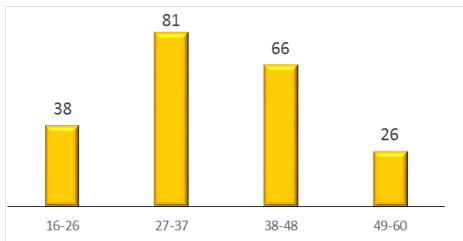
1. Weight.
2. BMI.
3. waist:hip ratio.
4. Fasting insulin.

5. Subjective feeling of wellbeing.

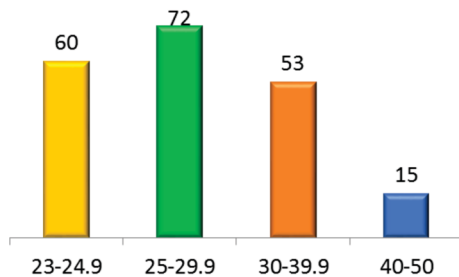


- These patients are prediabetic cases and managed well with homoeopathic medicine.
- Thus homoeopathy can help in controlling prevalence of diabetes in India.

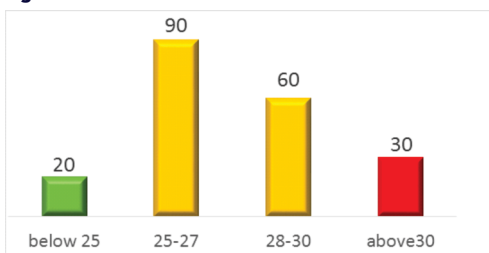
**Age Distribution**



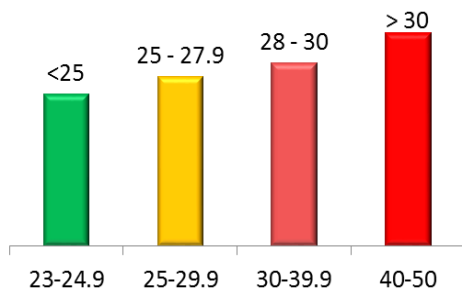
**BMI**



**Fasting Insulin**



**BMI vs Fasting Insulin**



**RESULTS**

The study type is prospective interventional study- It shows that overweight and obese patients have high values of fasting insulin levels.

With use of specific homoeopathic medicine in specific dose and potency gives better result in managing the carbohy drate metabolic disorders.

**CONCLUSION**

Study concludes with observation as follows-

- Obese patients have high fasting insulin levels.