



ORIGINAL RESEARCH PAPER

AN OBSERVATIONAL STUDY ON THE INTEGRATED APPROACH OF HOMEOPATHY, WALKING, AND ALLOPATHIC MEDICATIONS IN NORMALIZING BODY WEIGHT, BLOOD PRESSURE, AND GLYCEMIC LEVELS

Homeopathy

KEY WORDS: Homeopathy, Hypertension, Diabetes Mellitus, Integrated Medicine, Lifestyle Modification, Walking Therapy, Observational Study.

Dr. A. K. Dwivedi

Senior Homeopathic Physician, Advanced Homoeo Health Center& HMR Pvt. Ltd., Indore., Member, Scientific Advisory Board, CCRH, Ministry of AYUSH, Government of India., Executive Council Member, Devi Ahilya Vishwavidyalaya, Indore., Professor & Head, Department of Physiology, S.K.R.P. Gujarati Homeopathic Medical College, Indore

ABSTRACT

Background: Hypertension, obesity, and uncontrolled diabetes are major global health concerns. Patients often require multi-modal therapeutic strategies to achieve optimal outcomes. **Objective:** To evaluate the effectiveness of an integrated health approach comprising homeopathic treatment, continued allopathic medication, and regular walking in reducing body weight, normalizing blood pressure, and improving glycemic control in a single-patient observational study. **Methods:** This observational study includes a patient whose initial parameters showed uncontrolled hypertension (170/100 mmHg on 23/09/2024), elevated HbA1c (8.8% on 08/08/2024), and increased body weight despite ongoing allopathic medications. Homeopathic treatment was initiated on 09/10/2024 based on symptom totality, along with advice for continuation of existing allopathic medications, regular consultations with his physician, and adoption of a structured walking routine. Blood pressure, fasting blood sugar, HbA1c, and weight were monitored periodically. **Results:** Following integrated management, the patient demonstrated significant improvement. By 03/10/2025, blood pressure normalized to 120/80 mmHg, fasting blood sugar reduced to 95 mg/dl, and HbA1c improved to 6.5%. The patient also achieved substantial weight reduction and reported overall improvement in wellbeing. **Conclusion:** The integrated approach of homeopathic treatment, continued allopathic medications, and lifestyle modification (walking) resulted in remarkable clinical improvement. This suggests a potential complementary role of homeopathy in managing chronic lifestyle disorders.

1. INTRODUCTION

Hypertension, obesity, and type 2 diabetes mellitus are among the leading lifestyle-related disorders worldwide. Despite pharmacological management, several patients fail to achieve optimal control, indicating the need for a customized, multi-dimensional approach.

An integrated regimen combining homeopathy, allopathic medication, and lifestyle measures may enhance therapeutic outcomes.

This study presents an observational analysis of a patient who exhibited significant improvement after adopting an integrated treatment protocol under the supervision of Dr. A. K. Dwivedi.

2. Methodology

2.1 Study Type

Single-patient observational case study.

2.2 Patient Profile

- Name: Mr. Laxman Singh Bhadoriya
- Age: Middle-aged adult
- History: Persistent hypertension, elevated blood sugar, and rapid weight gain during 2022–2024.

2.3 Baseline Clinical Parameters

- Blood Pressure: 170/100 mmHg (23/09/2024)
- HbA1c: 8.8% (08/08/2024)
- Weight: Increased progressively (exact values not provided)

2.4 Interventions

1. Homeopathic Treatment:

Initiated on 09/10/2024 based on symptom totality and pathological findings. Medicines were selected according to classical homeopathic principles.

2. Allopathic Medication:

The patient was advised to continue previous medications and maintain regular consultations with his physician for dose adjustments as required.

3. Lifestyle Modification:

- Daily walking routine

- Increased physical activity (including optional cycling)
- Dietary awareness encouraged

2.5 Follow-Up and Monitoring

Regular evaluation of:

- Blood pressure
- Fasting blood sugar
- HbA1c levels
- Weight and general wellbeing

3. RESULTS

After adopting the integrated treatment protocol, the patient exhibited the following improvements:

Parameter	Baseline	Post-Treatment (03/10/2025)
Blood Pressure	170/100 mmHg	120/80 mmHg
Fasting Blood Sugar	High (exact value unspecified)	95 mg/dl
HbA1c	8.8%	6.5%
Weight	High	Significant reduction

The patient reported better stamina, improved daily functioning, and a sense of overall wellbeing.

4. DISCUSSION

The present observational study highlights the potential benefits of an integrated therapeutic approach:

- Homeopathic medicines, chosen on the basis of symptom totality, may have supported metabolic harmony and stress reduction.
- Walking, a proven lifestyle intervention, contributed to weight loss, cardiovascular improvement, and better insulin sensitivity.
- Continued allopathic treatment, along with periodic physician consultation, ensured safe BP and glucose management during the therapeutic transition.

The notable improvement across all measured parameters indicates a synergistic effect of these interventions rather than a single-modality outcome.

This case supports the concept that homeopathy can be effectively integrated with conventional treatment and lifestyle modifications.

5. CONCLUSION

This single-patient observational study demonstrates that:

- Combining homeopathy, allopathic medications, and regular walking can significantly improve blood pressure, glycemic control, and body weight.
- An integrated medical approach may be beneficial for patients whose conditions remain uncontrolled despite routine pharmacotherapy.

Further multi-center studies with larger sample sizes are recommended to validate these findings.

6. Patient Statement (As Provided by the Patient)

"I, Laxman Singh Bhadoriya, suffered from high blood pressure, high sugar levels, and weight gain between 2022 and 2024. After adopting both allopathic and homeopathic treatment along with daily walking, my BP and sugar became completely normal. I sincerely thank Dr. A. K. Dwivedi for his excellent treatment and guidance. I encourage others to include homeopathy, walking, and cycling in their routine for better health. Today, I am living a completely healthy life."

7. Ethical Consideration

Informed consent was obtained from the patient for the publication of clinical data

Biography:

Dr. A. K. Dwivedi, BHMS (Gold Medallist), MD, MBA, Ph.D. is Registered Homeopath for over 25 years. He is Professor & HOD: Department of Physiology S.K.R.P. Gujarati Homoeopathic Medical College, Indore. He is a Member of Executive Council, Devi Ahilya Vishwavidyalaya Indore, MP, INDIA, He is Member Scientific Advisory Board (CCRH) Ministry of Ayush, Govt of India. Member Academic Board Madhya Pradesh Medical Science University, Jabalpur MP (India). DIRECTOR, & CEO Advanced Homeo Health Center & Homeopathic Medical Research Pvt.Ltd. Indore, Madhya Pradesh, India, EDITOR, "SEHAT EVAM SURAT" (Hindi Monthly Medical Magazine)

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