

Weight Loss with Homeopathy: Case Series **Seyedaghanoor Sadeghi***

Received: June 19, 2017, **Accepted:** June 24, 2017, **Published:** June 30, 2017

Medical Doctor and Professional,
Homeopathy Formal Member of LMHI,
Tehran, Iran

Introduction

WHO defines overweight as a BMI (Body Mass Index) equal or more than 25, and obesity as a BMI equal or more than 30. Obesity has reached epidemic proportions globally, with at least 2.8 million people dying each year as a result of being overweight or obese. Once associated with high-income countries, obesity is now also prevalent in low- and middle-income countries. According to WebMd website; being obese means having so much body fat that your health is in danger. Having too much body fat can lead to type 2 diabetes, heart disease, high blood pressure, arthritis, sleep apnea, and stroke.

Case Series of 3 Patients

Case 1

A young married man aged 27 was seen for low self-confidence, early ejaculation, obesity being 140 kg, nightmares, knee pain on ascending and some other symptoms on Sept. 19, 2008. *Calcerea carbonica* 30c was selected as his constitutional remedy [1].

His case was taken again and *Lachesis* was prescribed on Jan. 28, 2009. A single dose of *Lach* 30c was taken by the patient, 17 weeks after the 1st session. He experienced a weight loss of 105.8 kg. In February of 2010 his weight lowered to 105.8, a loss of 34.2 kg. His BMI that was 41.385 lowered to 31.255, i.e. a loss of 10.130 [2].

Case 2

A married woman aged 37, post-graduate student of Human Genetics, was seen because of Lupus disease and generalized articular pains. She also suffered from muscular laxity leading to strained patellar ligament, several years before being seen. She also complained of constipation and did not have good relationship with her husband and her daughter. *Sepia* 30c was selected for her. Seventeen drops of the 1st glass was given to her. Her feeling changed towards her family so that she developed better relationship with them. Her pains reduced remarkably, constipation improved; she felt more energetic and started walking daily. As a matter of fact, she lost 9 kg in about 4 months after taking Homeopathic remedy of *Sepia* [3,4].

Case 3

A young male aged 32, was seen for severe obesity on March, 9,

2014. He got angry easily. Besides he was very lazy and inactive, suffered from bulimia, hypertension, and would internalize his emotions. Low self-confidence, insomnia, cigarette smoking, knee pain were the other symptoms. *Lycopodium clavatum* was selected based on his totality of symptoms. A single dose of *Lycopodium* LM1, 15 drops, was taken by him. A weight reduction of 3 kg was reported after 18 days of taking the remedy [5].

Results

Holistic approach to patients with obesity and overweight, helps the 3 patients in this article, to lose remarkable weight in the 1st case who was under treatment for about 5 months, a moderate weight loss in the lady who used the remedy for 3 months, and a mild reduction in the 3rd case after 18 days [6].

Conclusions

When proper constitutional remedies are selected for patients with obesity and being overweight, besides their mental and emotional characteristics, improves the patient as a whole not just considering their excess weight without considering their psychiatric aspect. The longer the patients are under proper treatment with proper remedies, the more weight they may lose. Randomized clinical trials are suggested to show the efficacy of homeopathic remedies in weight loss to reduce health risks due to obesity and being overweight.

***Corresponding author:** Sadeghi S

✉ Drsadeghi.h@gmail.com

Medical Doctor and Professional,
Homeopathy Formal Member of LMHI,
Tehran, Iran.

Tel: 989120379815

Citation: Sadeghi S (2017) Weight Loss with Homeopathy: Case Series. Am J Ethnomed. Vol. 4 No. 1:7

References

- 1 Personal files recorded at the clinic.
- 2 Mathur KN (2005) Systematic Material Media of Homeopathic Remedies.
- 3 www.who.org
- 4 <http://www.webmd.com/diet/obesity/tc/obesity-overview#1>
- 5 <http://hpathy.com/clinical-cases/homeopathic-cure-of-an-obese-patient/>
- 6 <http://www.webmd.com/diet/obesity/obesity-health-risks#1>