

## Evaluation of Concept of Pseudo-Chronic Disease through Cases of Obesity in Age Group 25 to 35 Years in Males

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### ABSTRACT

It was a phase 2, prospective clinical study to access the concept of Pseudo-Chronic disease given by Dr. Hahnemann through the cases of Obesity. Pseudo-Chronic Diseases are the apparent disease expression that could improve through good Diet, Regimen and Hygiene and are not due to fundamental chronic Miasm. Obesity is defined as abnormal or excessive fat accumulation that presents a risk to health. According to the classification of disease in homoeopathy, obesity comes under pseudo-chronic diseases. The study consists of detailed cases with before and after comparison of data of 30 patients (15 patient in the trial or experimental group and 15 patients in the control group). Depending upon the criteria assessment changes were seen according to the scoring. Patient that were on Homoeopathic Medication along with Controlled diet and Exercise showed significant decrease in the Body Mass Index (BMI) compared to the patients that were kept only on Controlled diet and Exercise and No Homoeopathic medicine. From the above result and observations it is concluded that Homoeopathic Medicine has a great role in decreasing obesity hence proving its role in improvements of cases of pseudo-chronic diseases. No adverse effects were recorded during the study.

**Keywords:** Pseudo-Chronic, Obesity, BMI.

### INTRODUCTION

In § 77 <sup>[1]</sup> of organon of medicine Dr. CFS Hahnemann writes “Those diseases are inappropriately named chronic, which persons incur who expose themselves continually to avoidable noxious influences, who are in the habit of indulging in injurious liquors or aliments, are addicted to dissipation of many kinds which undermine the health, who undergo prolonged abstinence from things that are necessary for the support of life, who reside in unhealthy localities, especially marshy districts, who are housed in cellars or other confined dwellings, who are deprived of exercise or of open air, who ruin their health by overexertion of body or mind, who live in a

constant state of worry, etc. These states of ill-health, which persons bring upon themselves, disappear spontaneously, provided no chronic Miasm lurks in the body, under an improved mode of living, and they cannot be called chronic diseases”

Pseudo-Chronic Diseases are the apparent disease expression that could improve through good Diet, Regimen <sup>[1]</sup> and Hygiene and are not due to fundamental chronic Miasm. They are also termed as Non-Miasmatic diseases.

Various predisposing conditions to the development of pseudo-chronic disease. <sup>[1]</sup>

1. Those continuously exposed to toxic influences that could be avoided. Often

these include occupational hazards like working in smoking areas/bars, in industrially polluted areas.

2. Those who continue to take alcohol and medicinal preparations which are already showing their damaging effect on health.
3. Those who abstain from balanced diets and eat just few and selected foods. Or others get onto extreme diet protocols. Some people are too poor to afford balanced diets, and simply eat what they have in their back garden (most common in rural India).
4. Those who do not get adequate exercise and exposure to open air and sunshine. Couch potatoes, busy executives, etc
5. Those who are living a life so stressed and over working with 2-3 different part-time jobs, and too much of either physical or mental work
6. Those who continue to drive themselves with constant worry and anxiety.

**OBESITY** (According To W.H.O) [4]  
-Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters). A person with a BMI of 30 or more is generally considered obese. [5] A person with a BMI equal to or more than 25 is considered overweight.

Is a state of excess adipose tissue mass, obesity is a disease of caloric imbalance that results from an excess intake of calories above their consumption by the body.

*People considered as obese if BMI is more than 30 kg/m<sup>2</sup>.* [5]

At a given BMI woman on average have more body fat. It's a medical condition in which excess body fat has accumulated to the extent that produces negative effect on health.

Obesity is a common nutritional disorder that has resulted into stress among people of all age group.

### **Following are the some causes of obesity:**

- Excessive food intake
- Genetic
- Lack of exercise

### **Complications of Obesity**

- ✓ Hypertension
- ✓ Cardiovascular disease
- ✓ Type 2 diabetes mellitus
- ✓ Depression
- ✓ Arthritis

Obesity is a type of Pseudo-Chronic disease, in this study various homoeopathic medicines based on totality of symptoms along with adequate balanced diet and exercise helped lowering the BMI. Hence decreasing the Obesity.

## **MATERIALS AND METHODS**

### **Study setup**

Study was conducted in Bharati Vidyapeeth Homoeopathic Hospital, Pune, India

### **Case Definition**

Case presenting from male of age group 25-35 years with consent form in my study BMI>30.

### **Subjects**

30 Cases 15 patients in the Medicinal or Experimental group and 15 patients in No medicine or Control group were taken for our study.

### **Inclusion Criteria**

Cases of Male

Age group- 25 to 35 yrs.

Obese people with BMI > 30

### **Exclusion criteria**

Patient suffering from pathological diseases (DM and Hypertension etc.)

Patients with BMI below 30.

Patients below 25 years and above 35 years

### **Duration**

12 months

### **Study parameter**

Body Mass Index (BMI) [3]

### **Study procedure**

30 known cases of Generalised Obesity were enrolled in our study. 15 patients were placed in the study or experimental group and 15 patients were placed in the control group. Study was

based on Body Mass Index (BMI) count which was done before and after the intervention. Homeopathic Medicine was given either in 30, 200C or 1M potency as per the prescribing totality. [6] All the follow-ups were taken weekly. In all the follow-ups details of the symptomatic, clinical, investigative changes was recorded

followed by the criteria assessment. Depending upon the assessment criteria further follow up was decided.

### Statistical analysis

Statistical analysis paired t- test was done by Graph Pad Prism version 5 software by using Body Mass Index (BMI) scores taken before and after the study.

**Table 1- Statistical Analysis of BMI Pre and Post Treatment (Medicinal group)**

OBSERVATION	N	MEAN±SD	SEM	MIN	MAX	MEDIAN	'P' value	MEAN OF DIFFERENCE
BMI MEDICINAL GROUP BEFORE TREATMENT	15	27.27±1.387	0.3581	25.00	30.00	27.00	<0.0001	MG before and after Rx
BMI MEDICINAL GROUP AFTER TREATMENT	15	20.73±1.710	0.4415	19.00	24.00	20.00		6.5333

**Table 2- Statistical Analysis of BMI Pre and Post Treatment (Control Group)**

OBSERVATION	N	MEAN±SD	SEM	MIN	MAX	MEDIAN	'P' value	MEAN OF DIFFERENCE
BMI MEDICINAL GROUP BEFORE TREATMENT	15	27.67±1.235	0.3187	26.00	30.00	28.00	<0.0767	CG before and after Rx
BMI MEDICINAL GROUP AFTER TREATMENT	15	26.93±2.154	0.5561	23.00	31.00	27.00		6.5333

## RESULTS

Total 30 patients (n=30) were selected based on the age group of 25-35 years. Out of which 19 were of age group 25-30 (63%) and 11 were of age group 30-35 (37%) according to age wise distribution. According to occupation wise distribution 07 was working class (22%), 23 were students (22%). Mean of Medicinal Group before treatment =12.47, Mean of Medicinal Group after treatment=28.27, Mean of Placebo group before treatment=11.93, Mean of Placebo Group after treatment=11.80. The P value is <0.0001

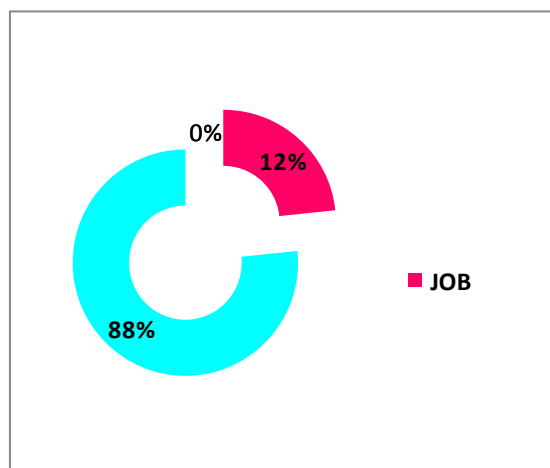


Figure 2- OCCUPATION

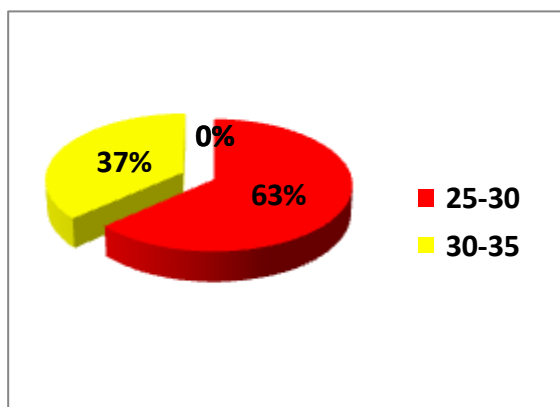


Figure 1- AGE GROUP

## DISCUSSION

It's a medical condition in which excess body fat has accumulated to the extent that produces negative effect on health. [2] Obesity is a common nutritional disorder that has resulted into stress among people of all age group. Pseudo-Chronic Diseases are the apparent disease expression that could improve through good Diet, Regimen [1] and Hygiene and are not always due to fundamental chronic Miasm. Obesity is a form of pseudo-chronic disease. In this study 30 cases (male & female, age 15-60 yrs.) having BMI > 30 [5] were selected. Out

of which 15 patients were placed in the medicinal/Experimental group and 15 were placed in the control group. After the duration of the study that was 12 months it was perceptibly noticed that patients that took homoeopathic medicine along with diet and exercise showed perceptible changes in the Generalised obesity. This effect was demonstrated by the results of the statistical analysis using student paired, "t" test, which manifests that the pre-treatment, and post-treatment level of the BMI were different. Age wise distribution was calculated by taking out the mean. Most of the patients were found in the age group of 25-30 years (63%). This suggests that late adulthood phase of life has more risks for developing generalised obesity. Most of the patients were students (88%), which suggest that the faulty diet and junk food habit in students is a prominent cause of obesity. Finally, this study data propose that homoeopathic medicine along with controlled diet and exercise causes decrease in the obesity. It can be adopted as an alternative public health approach in restraining prevalence of obesity worldwide. Certain scale for measurement of the improvement of the patient (reduction of BMI), that is - When the reduction of Body Mass Index is in between (18.5-25) is considered as Normal, More than 25 and less than 30= Overweight, More than 30= Obese.

## CONCLUSION

From above observation it is concluded that Homoeopathic medicine along with balanced diet and exercise causes decrease in the Generalised obesity hence proving role of homoeopathic medicines in pseudo-chronic diseases. Since it is a small sample study, research should be done in the

future considering large sample & extending the duration of the study. No adverse effects were seen during the study.

## Conflict of Interest

There was no point of conflict of interest between the authors.

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