



Obesity and its Homoeopathic Management: A Comparative Study of Calcarea and Carbon Group Remedies

Dr. Mukta Ingle^{1*}, Dr. Vishwanath G.^{2*}

¹Assistant Professor, Guru Mishri Homoeopathic Medical College, Shelgaon, Jalna, Maharashtra, India

²PG Scholar, Department of Materia Medica, Guru Mishri Homoeopathic Medical College, Shelgaon, Jalna, Maharashtra, India

^{2*}Email : drvishwanathreddy19@gmail.com

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ABSTRACT

Obesity is a multifactorial chronic disorder characterized by excessive accumulation of body fat and is associated with significant metabolic, cardiovascular, musculoskeletal, and psychological complications. Its development involves genetic, dietary, behavioural, endocrine, and environmental factors. Conventional management includes dietary modification, physical activity, behavioural interventions, pharmacotherapy, and bariatric procedures when indicated.

In Homoeopathic Materia Medica, obesity is approached through individualization rather than body weight alone. The patient's constitutional characteristics, appetite, food desires, digestion, thermals, perspiration, mental state, associated complaints, and modalities are considered in remedy selection. The Calcarea and Carbon groups are of particular academic interest because of their characteristic associations with nutrition, assimilation, digestion, weakness, circulation, and tissue constitution.

This article presents a concise comparative study of important Calcarea and Carbon remedies traditionally considered in patients with obesity, with particular emphasis on their constitutional and characteristic symptom pictures.

Keywords: Obesity, Homoeopathy, Calcarea group, Carbon group, Materia Medica, *Calcarea carbonica*, *Carbo vegetabilis*.

INTRODUCTION

Obesity has emerged as a major global health concern and is associated with an increased risk of diabetes mellitus, hypertension, cardiovascular disease, dyslipidaemia, osteoarthritis, fatty liver disease, and sleep apnoea. It results from a complex interaction between energy intake, energy expenditure, genetic susceptibility, hormonal influences, lifestyle, psychological factors, and environmental determinants.

From the Homoeopathic perspective, obesity is not considered merely as an isolated increase in body weight. The individual constitution and the totality of characteristic symptoms are important in selecting the appropriate remedy. Among the various remedy groups, the Calcarea and Carbon groups offer valuable comparative pictures involving nutrition, assimilation, digestion, circulation, tissue constitution, and general weakness.

ETIOLOGY

Important factors contributing to obesity include:

- Genetic predisposition and family history.
- Excess caloric intake and unhealthy dietary patterns.
- Physical inactivity and sedentary lifestyle.
- Endocrine and metabolic disorders.
- Psychological stress and emotional eating.
- Sleep disturbances.
- Certain medications.
- Age-related metabolic changes.

- Environmental and socioeconomic factors.

CLINICAL FEATURES

Common manifestations include increased body weight, central or generalized adiposity, easy fatigability, reduced exercise tolerance, excessive sweating, breathlessness on exertion, joint pain, snoring, sleep disturbance, digestive complaints, and psychological distress. Obesity may also be associated with hypertension, insulin resistance, diabetes mellitus, dyslipidaemia, and fatty liver disease.

HOMOEOPATHIC MANAGEMENT

Homoeopathic case-taking considers the complete symptom picture, including mental generals, physical generals, appetite, food desires and aversions, thirst, digestion, bowel habits, perspiration, sleep, thermal state, and associated pathological conditions.

CALCAREA GROUP

The Calcarea group is traditionally associated with nutrition, assimilation, development, glandular function, structural tissues, and constitutional weakness.

Calcarea carbonica

flabby constitution, easy weight gain, profuse perspiration, chilliness, sluggishness, constipation, poor stamina, and digestive weakness..

Calcarea phosphorica

nutritional weakness, digestive disturbances, skeletal complaints, fatigue, and developmental problems

Calcarea fluorica

connective-tissue weakness, reduced elasticity, induration, varicosities, and hard or knotty tissues.

CARBON GROUP

weak vitality, digestive fermentation, flatulence, circulatory sluggishness, exhaustion, and chronic constitutional disturbances.

Carbo vegetabilis

marked weakness, abdominal distension, excessive flatulence, belching, sluggish circulation, and a desire for fresh air.

Carbo animalis

chronic glandular complaints, induration, poor circulation, weakness, and chronic constitutional disturbance

Carbo acidum

profound weakness, respiratory difficulty, poor exercise tolerance, anxiety, and reduced vitality..

CALCAREA CARBONICA VS CARBO VEGETABILIS

The differentiation between *Calcarea carbonica* and *Carbo vegetabilis* is particularly important in the study of obesity.

Calcarea carbonica is traditionally indicated when the patient presents with flabby obesity, chilliness, profuse perspiration, constipation, sluggishness, and characteristic Calcarea mental symptoms.

In contrast, **Carbo vegetabilis** is characterized more prominently by marked weakness, abdominal distension, excessive flatulence, belching, poor circulation, and a desire for fresh air.

Thus, the distinction is not based on obesity itself but on the **associated constitutional characteristics and totality of symptoms**.

GENERAL MANAGEMENT

Management of obesity should include evidence-based lifestyle measures such as:

- Individualized dietary modification.
- Regular aerobic and resistance exercise.
- Adequate sleep.

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- Behavioural modification.
 - Reduction of highly processed and energy-dense foods.
 - Management of associated metabolic disorders.
 - Appropriate pharmacological or surgical treatment when clinically indicated.

Homoeopathic prescribing, when used, should be individualized and should not replace established medical management of obesity and its complications.

CONCLUSION

Obesity is a complex chronic disorder requiring comprehensive and individualized management. In Homoeopathic Materia Medica, remedy selection is based on the totality of characteristic symptoms rather than body weight alone.

The **Calcarea group** is traditionally associated with nutrition, assimilation, flabbiness, perspiration, glandular and structural tendencies, with *Calcarea carbonica* providing an important constitutional picture in the study of obesity. The **Carbon group** is characterized predominantly by weakness, digestive fermentation, flatulence, circulatory sluggishness, and exhaustion, with *Carbo vegetabilis* being particularly important for comparative study.

A clear understanding of these group characteristics facilitates accurate remedy differentiation and provides a useful academic framework for the study of obesity in Homoeopathic Materia Medica. However, current scientific evidence does not establish homoeopathy as an effective standalone treatment for obesity; evidence-based assessment and management remain essential.

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