

Comparative Study on the Impact of Calc Carb with and Without Advised Dietary Patterns on Obesity: A Comprehensive Analysis

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ABSTRACT

Introduction: Obesity has emerged as a global health epidemic, necessitating effective and sustainable interventions. This study aims to investigate the efficacy of Calc Carb, a natural remedy, in combating obesity, both in isolation and in conjunction with advised dietary patterns. The results provide insights into the potential synergistic effects of holistic interventions in the battle against obesity.

Need of the study: The prevalence of obesity is on a swift rise across a majority of industrialized nations. According to data from the World Health Organization, overweight and obesity could soon surpass more conventional public health issues like under-nutrition and infectious diseases, emerging as the foremost contributors to poor health.

Objectives: To study comprehensive analysis, Comparative Study on the Impact of Calc Carb with and without Advised Dietary Patterns on Obesity.

Materials and methods: A prospective study spanning 90 Days was conducted, involving 20 patients diagnosed with obesity. The selection of the 20 cases was accomplished through the application of a simple random sampling technique. Subsequently, these 20 cases were randomly allocated into two groups, namely Group A and Group B, each consisting of 10 cases. Group A underwent therapeutic treatment with Calc Carb, while Group B received dietary advice.

Results: The study concludes that the therapeutic efficacy of Calc Carb alone in treating obesity is inferior to the outcomes achieved when combining Calc Carb with both dietary regulation and exercise.

Conclusion: In the Homoeopathic management of obesity, two primary approaches are employed: therapeutic prescription and dietary advice. This study indicates that Calc Carb is not as effective as diet control and exercise in addressing obesity.

Keywords: Obesity, Homoeopathy, Dietary Patterns, Calc Carb.

Introduction:

The contemporary lifestyle characterized by reduced physical activity and heightened mental stress has given rise to a distinct set of diseases not prevalent in earlier times. Termed as the diseases of modern civilization, these health issues have become increasingly prominent in urbanized and industrialized societies over the last three decades. It can be argued that obesity is indicative of an internal imbalance in the human system and warrants a holistic approach to treatment, with the administration of suitable Homoeopathic remedies.

In Aphorism 261 of the VIth edition of the Organon of Medicine by Dr. Samuel Hahnemann, it is emphasized that the most effective approach to managing chronic diseases involves addressing impediments to recovery and introducing supportive measures. This includes the removal of obstacles and, when needed, providing their opposites. Essential components of this approach encompass engaging in harmless moral and intellectual activities, participating in active outdoor exercises regardless of weather conditions (such as daily walks and light manual labor), and consuming appropriate, nourishing, and non-medicinal food and beverages.

Hence, it is imperative to combine medication with a balanced diet and heightened physical activity to address obesity, which stems from consuming more food than the body can expend for energy. Originally, the Homoeopathic Materia Medica relied on the individualized study of drugs. Moreover, there exists a diverse range of well-proven remedies. Presently, the compendium includes over 3000 medicines, encompassing remedies that are partially proven or possess only therapeutic values.

Calcarea ostreorum or carbonicum Hahnemanni in obesity:

Calcarea carbonicum is Calcium carbonate used as Homoeopathy medicine for treatment of obesity. During our review of the literature, we encountered a lack of substantial pharmacological evidence supporting the safety and efficacy of the subject under investigation. Consequently, we selected Calc Carb drug for assessment, conducting evaluations on healthy human subjects with a focus on diet.

- **Dr.Phatak.S.R.:** Calcarea Carbonica is often prescribed in children for dentition, constipation, diarrhoea and obesity. It is also used in females for menstrual irregularities and weight loss. It's constitution is often termed as fat, fair and flabby and the personality of Calcarea Carbonica is said to be mild yet obstinate.
- **Dr.Murphy:** Calc Carb clinically indicated for Obesity. Calc Carb causes impaired nutrition leading to emaciation, indigestion, malnutrition. It alters the blood causing anaemia. The symptoms have been obtained from patients taking the medicine for the reduction of obesity.

Back ground: Calc Carb produces, when taken in excess, a cachetic or depraved state, which may lead to the development of various chronic disorders. The functions of various organs are disturbed, but the lymphatics are most prominently affected with the resulting enlargement of the glands.

Common Name: Calcarea Carbonate

Chemical Name: CaCO_3

Kingdom: Mineral Kingdom

Source: Calcium Carbonate is taken from the soft snow white calcareous substance found between the outer and inner harder shell of the oyster.

Preparation: Prepared by Trituration method, following Hahnemanns Homoeopathic Proving.

Calc Carb is one of the greatest remedy for fair, fatty, flabby persons. Used widely as Homoeopathic medicine to treat obesity.

Diet advised: Based on the concept of Basal Metabolic Rate (BMR), dietary calorie recommendations are adjusted every 10 days. The recalibration involves calculating the BMR every 10 days, with corresponding adjustments made to the diet based on changes in weight and BMR. The dietary plan

incorporates variations in calorie intake, with increments or decrements of 200-400 calories relative to the BMR.

These dietary modifications are implemented in both vegetarian and non-vegetarian meal plans. Notably, a particular focus is given to low-carbohydrate diets as part of the overall strategy.

Materials and Methods:

- Study setting: The study was conducted at College OPD, Clinics and Camps.
- Study duration: 90 Days.
- Study design or Type of Study: Prospective, Before and After, Cross Sectional Study.
- Sample size & selection of sample: 20 cases were selected by simple random sampling technique. Selected 20 cases were divided in two groups (Group A and Group B) randomly. Each group comprises 10 cases. Group A received Calc Carb as therapeutic medicine. Group B received diet.

Inclusion Criteria:

Patients between the age group of 20-50 years, of both the sexes, and different socio- economic status are included. Patients having BMI more than 30 are included.

Exclusion Criteria: The study focused on obese patients with age below 20 or above 50, and those with a BMI less than 30. The research employed various tools, including a Questionnaire, Body Composition Monitor with Scale, and a Diet Chart. Medication was administered in the form of Mother Tincture, with a specific repetition pattern.

The study involved the use of a Questionnaire to assess patient parameters, such as BMI, weight relative to age and gender. The results were analyzed based on BMI changes and the effectiveness of the medicine. The key parameters for evaluation included changes in clinical findings e.g., BMI and alterations in symptoms and signs.

To select the patient sample, a simple random sampling technique was employed, resulting in 20 cases. These cases were then randomly divided into two groups: Group A and Group B, each consisting of 10 cases. Group A received Calc Carb as their therapeutic medicine, while Group B followed a dietary intervention.

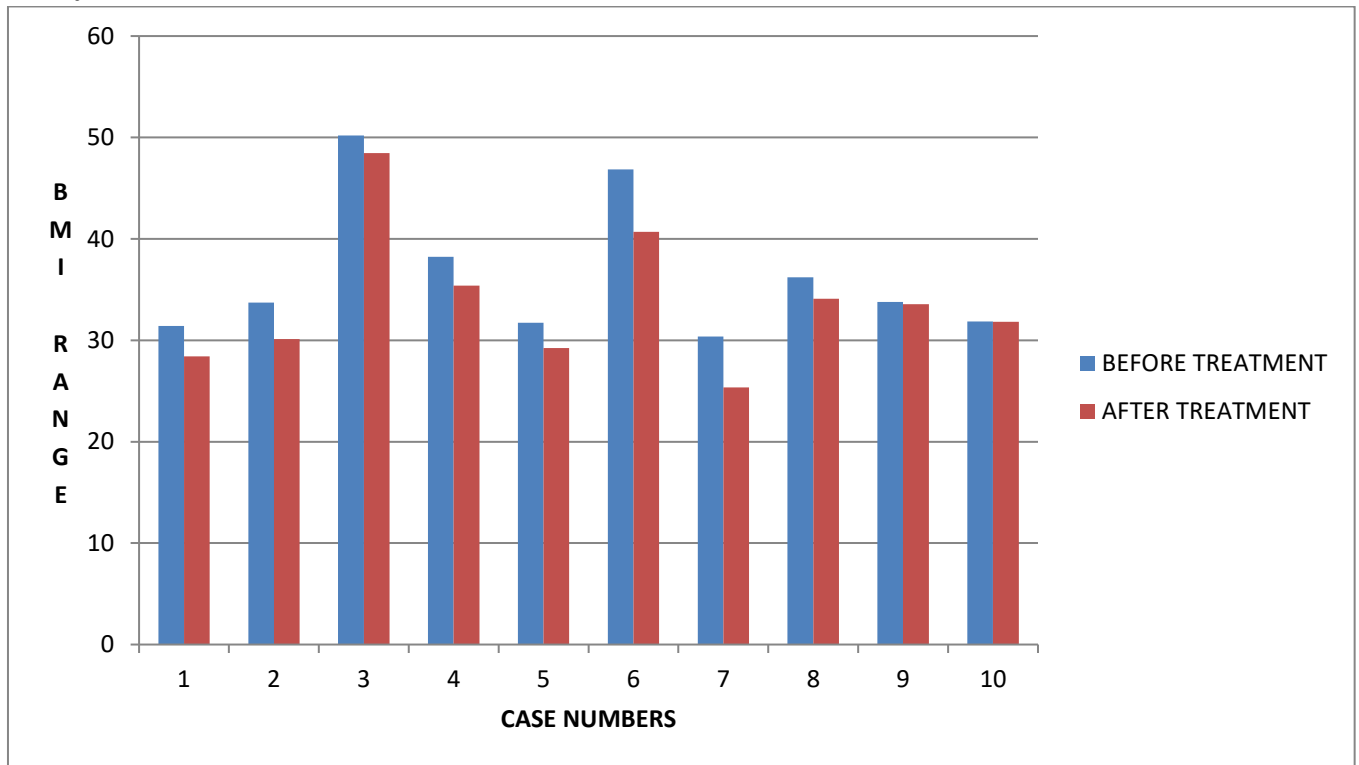
The effectiveness of the treatments was assessed as follows:

- Improved: A relative decrease in BMI of 5 kg/m² or more.
- Partially improved: A relative decrease in BMI between 1-4 kg/m².
- Not improved: The BMI remained the same or increased.

Result:

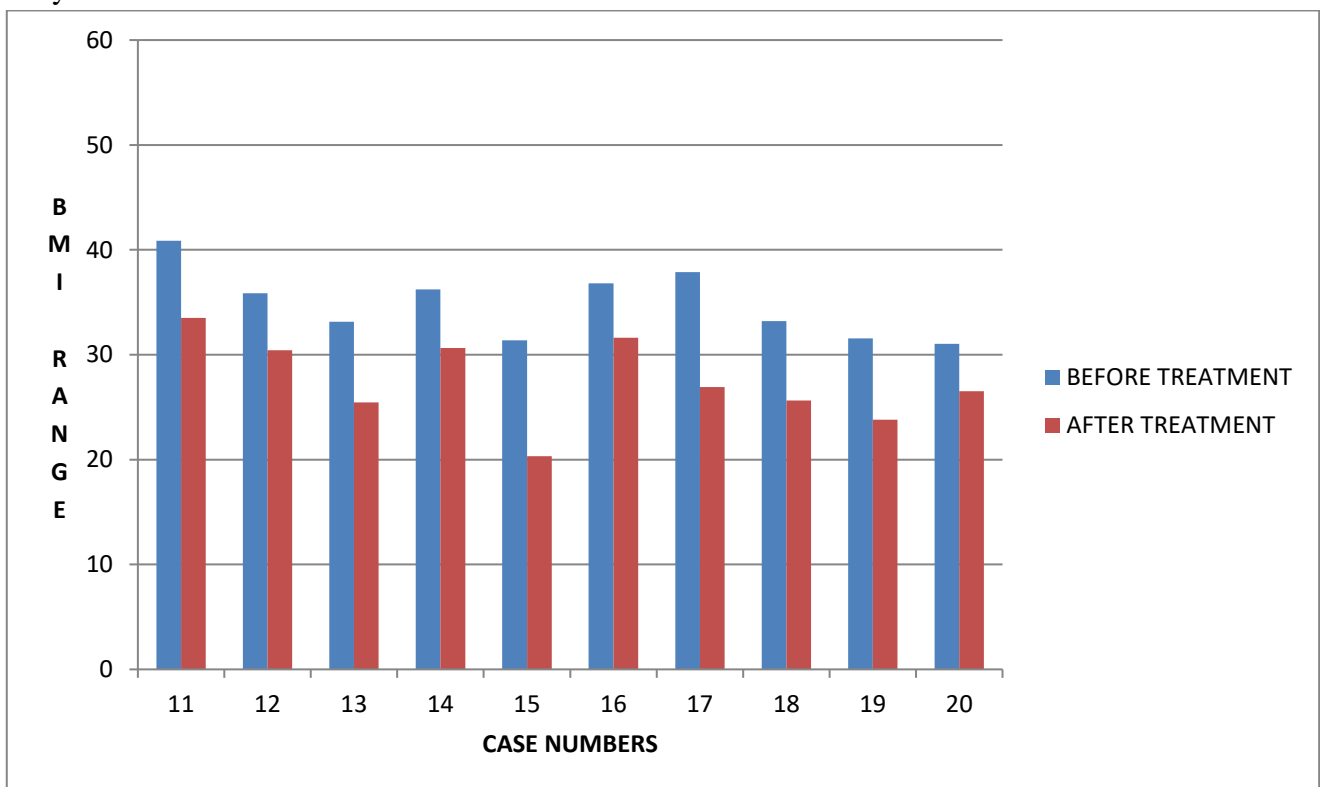
The study concluded that the therapeutic effectiveness of Calc Carb medication in treating obesity yielded inferior results compared to the combination of diet control and exercise. The evaluation of treatment efficacy was based on both clinical improvement and weight loss. A comprehensive depiction of the data collection process is elucidated through the utilization of tables and charts. Statistical analysis was conducted employing the student t-paired test to derive conclusive results aligning with the study's objectives. The distribution of cases was assessed in relation to Body Mass Index (BMI) both before and after the administration of Calc Carb treatment.

Analysis of BMI after treatment of Calc Carb:



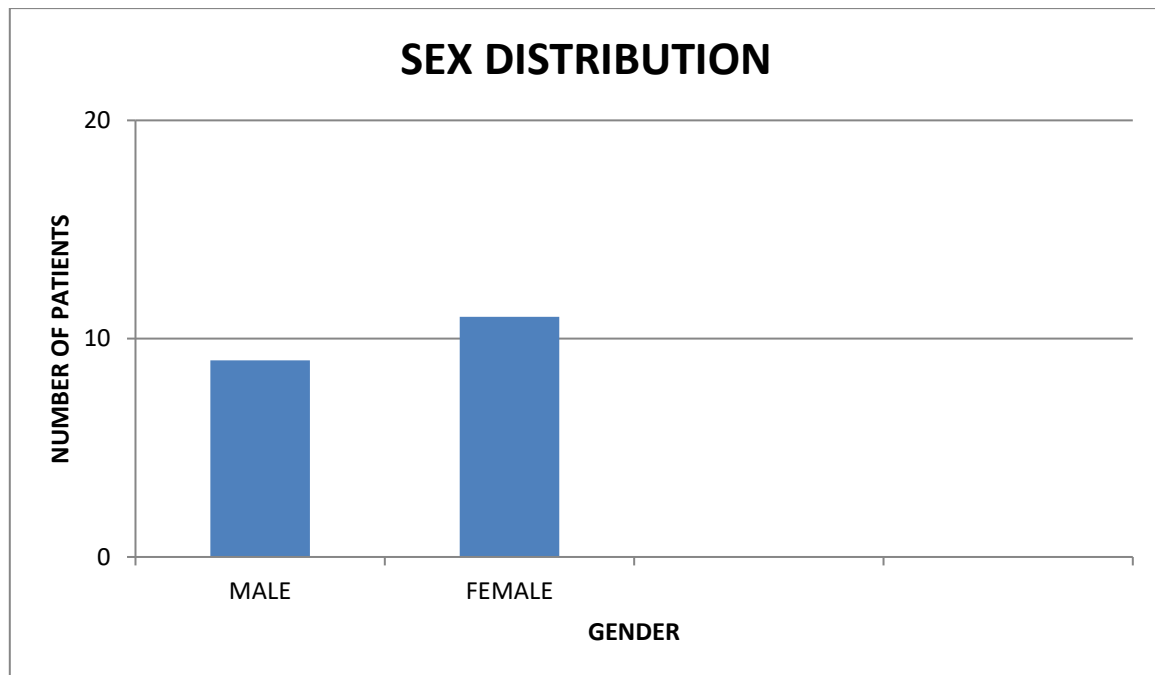
Distribution of cases according to BMI before and after treatment of Diet:

Analysis of BMI after treatment of diet.



Sex distribution: Figure 2: Male- 45%; Female- 55%

In this study, 09 were male and 11 were female.



Discussion: The present study focused on patients who presented at the outpatient department of the college, including clinics and camps. A total of 20 cases were selected randomly to participate in the study. To assess the patients' clinical condition both before and after treatment, a specific scoring system was employed, as indicated earlier. Statistical analysis was performed using a t-test to evaluate the significance of the treatment's impact on both Calc Carb and diet interventions. The results indicated a high degree of significance, suggesting that both Calc Carb and dietary interventions are effective in managing obesity.

In this study, paramount significance was accorded to Calc Carb and dietary interventions, with nearly all cases being subjected to this combined approach. Among the 20 cases included in the study, 10 were administered Calc Carb alone, while the remaining 10 received both Calc Carb and dietary interventions. The outcomes revealed that 5 cases exhibited significant improvement, 13 cases displayed partial improvement, and 2 cases showed no improvement. Upon analyzing these results, it becomes evident that the combination of Calc Carb and dietary measures proves effective in treating obesity.

Furthermore, a detailed examination of clinical improvements demonstrated that 6 cases (30%) fell under the category of moderate/partial improvement. Specifically, 10 cases (50%) reported good improvement, while 4 cases (20%) indicated poor improvement. These findings underscore the efficacy of the Calc Carb and dietary approach in addressing obesity, with a substantial proportion of cases showing positive clinical outcomes.

Conclusion: The management of obesity in Homoeopathy primarily involves two approaches: therapeutic prescription and dietary advice. Both aspects are examined in this study. The findings suggest that Calc Carb is less effective compared to the combination of diet control and exercise.

Acknowledgments:

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