

Obesity - a Case Study

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Obesity is excessive accumulation of fat in adipose tissues of the body due to imbalance in energy intake and energy expenditure i.e. consumption of more calories than the body can use. Heavy accumulation of fat in the body to such a degree that it rapidly increases the risk of heart disease, diabetes etc. that can damage your health and knock years off your life. The fat may be equally distributed around the body or concentrated in the midriff (apple-shaped) or the hips and thigh. The main cause is over eating i.e. intake of calories beyond the body's energy requirements. Irregularity in eating, junk food consumption, sedentary habits, lack of exercise, and stress in modern competitive life do contribute to obesity. Improper functioning of thyroid or pituitary glands may also lead to obesity.

History of present illness

Mrs. X, 47, from Mumbai was admitted at Arogyadham (Sevagram) for an indoor 15-days Naturopathy and yoga therapy treatment for Obesity and Osteoarthritis. She had history of Migraine and sleeplessness since 3 years. She had Edema around ankles and feet. Gradually she developed generalized weakness, fatigue and decreased sleep.

Physical examination

When admitted on 12/10/2016 her BP was 132/92 mm Hg; pulse 78 beats/min; respiratory rate 18 breath/min; breath holding time 8 sec/min; height is 5.3 ft And her weight was 122.3 kg and BMI is 47.76 kg/m² ('obese'). She had Obesity since adulthood. Her main aim to come at Arogyadham was to recover from Obesity and Osteoarthritis and improve her lifestyle, decrease stress, increase flexibility, improve balance and lose weight.

Treatment at Arogyadham

The objective of the treatment was to reduce weight and relieve pain from knee joints. So that she could resume her normal routine without any pain. Treatment was as follows:

A. Diet therapy:

Time	Diet	Quantity	Days
7.00 am	Herbal Juice (Neem, Aloe vera, Carrot, Beet)	200 ml	Daily
8.00 am	Breakfast Fruits + Herbal Tea (Dry Ginger, Tulsi, lemon grass, Jaggery)	1 bowl	Daily
10.00 am	Lemon Jaggery/Honey Water	200 ml	3 times a day
11.30 am	Lunch		
	a) Fruit Diet (Apple/Papaya/Mosambi/Anar)	1 bowl	2 Days a week
	b) Juice Diet (Lauki Juice, Fruits and Vegetables Juices)	200 ml	Once a week
	c) Boiled Diet (Boiled Mung, steamed sprouts, Daliya, Boiled Veg. etc.)	1 bowl	Once a week
	d) Raw Diet (Veg salad, Sprouted etc.)	1 bowl	Once a week
	e) Boiled and Normal Diet (steamed sprouts, Jowar/Wheat/Mix Roti, Butter milk, Veg Soup)	1 bowl, 2 Roti	Twice a week
2.00 pm	Lemon Jaggery/Honey Water	200 ml	Daily
5.00 pm	Herbal Tea	20 ml	Daily
7.30 pm	Dinner (Fruits and Vegetables)	1 bowl	Daily