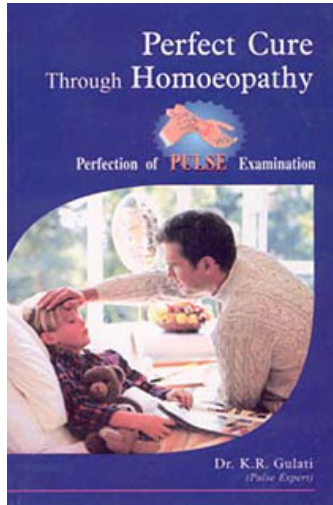


# K.R. Gulati

## Perfect Cure through Homoeopathy

Reading excerpt  
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# AILMENT AND CONDITION

## A. WEIGHT PROBLEMS AND EATING DISORDERS

### 1. Obesity

The definition of obesity is an excess of fat and the definition of overweight is an excess of body weight relative to the height. It is important to note that a muscular person may be overweight but have a low fat percentage, so body weight cannot be used alone as an accurate gauge for obesity. Obesity occurs when over a period of time net energy intake exceeds net energy output. Excess weight is often blamed on gland problems and occasionally this is the case, when the thyroid gland is not secreting sufficient hormones and weight also increases due to consumption of more sweets and excessive alcohol. Thus over-eating and lack of exercise are the most frequent causes.

Obesity is a considerable risk which invites huge groups of diseases in life. The risk is significantly greater if obesity is associated with smoking. In terms of serious conditions associated with obesity, it significantly increases the risk of a heart attack, heart failure, high blood pressure, etc. On the other hand, there is an increased risk of diseases associated with low fibre in the diet like diabetes that develops in older persons. There is also new evidence that infants who are notably under weight at one year of age have a significant risk of developing diabetes later. Fat tissue is a large reservoir of cholesterol and obese people have a higher concentration of cholesterol in the bowel with a tendency to precipitation of gallstones. Generally, in case of fatty women, there is also complication in pregnancy and a reduction in fertility. Another chance is that fat people die sooner. And of course, it is dangerous to be so fat that one cannot get out of the bed.

If you are over weight, you should take sensible measures to be healthy including regular exercise and control of appetite. The amount and the type of food eaten should be associated with less fat and sugar.

The homoeopathic treatment for obesity is constitutional, which may be adopted. In the meantime, specific remedies according to the relation of symptoms may be tried for early relief.

*Antimonium crudum* 30, 200

=> Tendency to grow fat due to increased appetite and disturbance of stomach accompanied with tongue coated thick white, is useful in young infants.

***Calcarea carbonica***

- => Eating when worried, panic attacks and depression.
- => Craving for sweets, cramping pain, swollen breasts before periods. Tendency to arthritis.

***Fucus vesiculosus Q***

- => Heavy forehead, obstinate constipation.
- => Thyroid enlargement associated with obesity and non-toxic goitre.

***Graphites***

- => Hard pressure in stomach, burning in stomach due to hunger.
- => Mammae swollen and hard pressure in stomach.
- => Tendency to obesity associated with induration of tissues.
- => Eating relieves a burning pain in the stomach.

***Lachesis mutus***

- => Weight gain during menopause.
- => Breasts swollen, painful before menses and better on appearance of menses.
- => Indecisiveness, depression, sensation of lump in throat associated with a hot feeling and stiff neck.

***Lycopodium clavatum***

- => Weight goes up when under stress.
- => Eats more when anxious, seems to put on weight even when eating small quantities.
- => Difficulty in concentrating along with confused thoughts, weak memory and irritability before periods.
- => Canine hunger, wants to eat all the time but their appetite is very uncertain. In spite of such an appetite, a few mouthfuls bring satiety and a sense of fullness; feel as if eaten upto throat and there is no space for any more; wants someone to be in the next room due to lack of self-confidence.

***Natrium muriaticum***

- => Weight gain under stress due to marked increase in appetite.
- => Seems to put on weight even if eats only small quantities of food with sensation of a lump in the throat.

***Kalium carbonicum***

- => Weight increases due to stress because eats when anxious.

## 18. Senility (Old Age)

Childhood is very precious and old age is very tough and stuffy but everyone has to pass through this stage at any cost. Any disease may easily occupy a place in the body due to weakness and the loss of immunity. External and internal diseases like formation of scar tissues, enlargement of glands, diseases of skin, abnormal stiffness and immobility of joints by fusion of the bone, opacities in the cornea, cataract, noises in the ears, dyspepsia, stricture of rectum, fibroids and increasing pains of all kinds are just a few examples.

### *Baryta carbonica*

=> Useful in general degenerative changes especially those which begin in old age. Patient is mentally weak, childish, affected, having an enlarged prostate and indurated testis, digestion problems, constipation, is very weak and weary, and must sit or lie down.

### *Nux vomica*

=> This is pre-eminently a remedy for conditions occurring in old age. Usually an individual becomes easily irritated and thinks that time is passing too slowly, has an affected nervous system, suffers from photophobia, ear problems, generally stomach and abdomen are disturbed, constipation with irritation of the bladder (urination with dribbling). It is known as man's tonic.

### *Thiosinaminum*

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=> No individual can be safe from the onset of old age, and each and every disease may easily occupy a place in the body. This is an eminent remedy having the power of resolving external and internal diseases, for loosening scar tissues, enlarged glands, diseases of skin, abnormal stiffness and immobility of joints by fusion of bones, opacities of cornea, cataract and noise in the ears. Stomach and abdomen are usually disturbed with constipation problems. This remedy may be given 2 grains twice a day and it can easily protect one from the onset of old age.

### *Formicum acidum*

=> Cough at night and constrictive pain in the chest.

=> Pain in the bowels before stool with contraction of the anus; flatus cannot pass easily; worse in the morning; burning pain in stomach.

=> Useful in increasing strength and decreasing tiredness as per the feeling of the patient.

# MENTAL DISEASES

## 1. Epilepsy

Epilepsy is also called 'fits' by the local population. It is mostly due to an imbalance of wind, mucus and energy. The onset is frequently sudden with the patient first emitting a loud cry that is followed by a loss of consciousness. Generalized convulsions, lockjaw, cyanosis, foaming at the mouth (sometimes blood comes out of the mouth if the tongue or lips have been bitten), bloodshot eyes, for a few minutes the patient enters into a stuporous sleep. In some cases, the victim sleeps for at least half an hour before he slowly regains consciousness. Upon awakening, the patient has a headache and experiences mental fatigue, generalized pain and discomfort, and does not remember anything about the epileptic episode. The severity of the epileptic attacks is such that the patient only takes on a fixed stare and stands or sits as if in a trance, and drops anything held in his hands at that time without knowing and becomes quite pale. Such an episode is called a *small epileptic attack*. In some cases, this phenomenon is a daily recurrence, or one that takes place every few days, or every few months. In some cases attacks occur several times during a day.

### *Argentum nitricum*

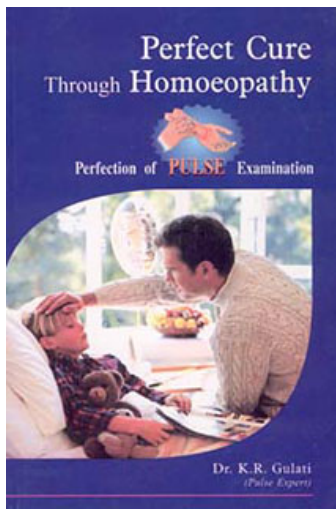
- => Fearful, nervous, low spirited, easily discouraged and frightened
- => Marked symptom is that the pupils become dilated a few days before the attack of epilepsy. Has trembling hands and restlessness after the epileptic attack.
- => The aura is preceded by menses and a frightening feeling which may be there for several hours before the attack.

### *Bufo rana*

- => Suits epilepsy which arises from fright or self-abuse (masturbation).
- => The aura preceding the attacks starts from the genital organs and the patient may be seized with violent convulsions during coitus.
- => Suitable if the aura starts from the solar plexus.
- => The patient becomes very irritable, short tempered and often talks irrationally especially in the sexual form that is brought on by masturbation.

### *Belladonna*

- Specially indicated in acute epilepsies with cerebral symptoms where the face becomes flushed.



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Perfection of Pulse Examination

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