

# A Prospective, Open-Label Clinical Study on the Efficacy of Calcarea Group Remedies in Obesity

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**Abstract—Background:** Obesity is a chronic lifestyle disorder with rising global prevalence. In homoeopathy, the Calcarea group of remedies such as *Calcarea carbonica*, *Calcarea phosphorica*, and *Calcarea arsenicosa* are frequently used in cases of obesity based on constitutional indications. **Aim:** To evaluate the efficacy of individualized Calcarea group remedies in managing obesity. **Methods:** A prospective, open-label, single-arm clinical study was conducted on 30 obese patients (BMI  $\geq 30$  kg/m<sup>2</sup>) aged 20–50 years. Patients were selected from the outpatient department of a homoeopathic medical college. After detailed case-taking and repertorization, individualized remedies from the Calcarea group were prescribed in centesimal potencies. Follow-up was done monthly over 6 months. Outcome measures included reduction in weight and BMI, and improvement in general symptoms. **Results:** Significant reduction in weight and BMI was observed in the majority of patients. *Calcarea carbonica* was the most frequently indicated remedy. Improvements were also noted in associated symptoms such as fatigue, constipation, and exertional breathlessness. No adverse effects were reported. **Conclusion:** Calcarea group remedies, when selected constitutionally, may offer effective management in cases of primary obesity. Further controlled studies are recommended.

**Index Terms—**Obesity, *Calcarea carbonica*, Homoeopathy, BMI, Constitutional remedy, Clinical study

## I. INTRODUCTION

Obesity is defined as excessive fat accumulation that presents a risk to health. The World Health Organization (WHO) classifies a body mass index (BMI) of 30 kg/m<sup>2</sup> or more as obese. Obesity is associated with increased risk of diabetes, hypertension, heart disease, osteoarthritis, and certain cancers. In homoeopathy, the principle of individualization guides remedy selection based on the

totality of symptoms. Remedies from the Calcarea group are known to be commonly indicated in obese individuals with specific constitutional profiles.

## II. REVIEW OF LITERATURE

*Calcarea carbonica* is indicated in individuals who are flabby, chilly, and sweat excessively, especially on the head. They may crave eggs and indigestible things and often have sluggish metabolism. *Calcarea phosphorica* is suited to pale, thin individuals who grow rapidly or suffer from glandular affections. *Calcarea arsenicosa* is used in cases where there is anxiety, restlessness, and heart symptoms associated with obesity. Various homoeopathic texts and clinical experiences support their use in obesity, but there is limited documented clinical research.

## III. OBJECTIVES

1. To study the role of Calcarea group remedies in reducing weight and BMI.
2. To observe improvement in general and associated symptoms.
3. To analyse remedy response patterns within the Calcarea group.

## IV. MATERIALS AND METHODS

- Study Design: Prospective, open-label, single-arm clinical study
- Study Setting: Homoeopathic Medical College OPD
- Sample Size: 30 patients
- Inclusion Criteria:
  - Age between 20 to 50 years
  - BMI  $\geq 30$  kg/m<sup>2</sup>
  - Primary (simple) obesity

- Exclusion Criteria:
  - Secondary obesity (due to hypothyroidism, Cushing's syndrome, etc.)
  - Pregnant or lactating women
  - Patients on concurrent weight-loss therapy

#### Procedure:

After informed consent, patients underwent detailed case-taking. Totality of symptoms was constructed and repertorization was done using standard homeopathic software. Calcarea group remedy matching the totality was prescribed in centesimal

potency. Potency and repetition were based on individual susceptibility and response. Follow-up was done monthly for 6 months.

#### Assessment Parameters:

- Weight (kg)
- Body Mass Index (BMI)
- Subjective improvement in associated complaints (fatigue, digestion, breathlessness)

### V. OBSERVATION AND ANALYSIS

#### Sample Characteristics (N = 30)

Variable	Category	No. of Patients (n)	Percentage (%)
Age Group	20–30 years	8	26.67%
	31–40 years	12	40%
	41–50 years	10	33.33%
Gender	Female	18	60%
	Male	12	40%
BMI at Baseline	30–34.9 (Obesity Grade I)	16	53.33%
	35–39.9 (Obesity Grade II)	10	33.33%
	≥40 (Obesity Grade III)	4	13.34%

#### Remedies Prescribed from Calcarea Group

Remedy	No. of Cases	Percentage (%)
Calcarea carbonica	18	60%
Calcarea phosphorica	8	26.67%
Calcarea arsenicosa	4	13.33%

#### Outcome Analysis (After 6 Months)

##### Weight Reduction

Weight Change	No. of Patients	Percentage (%)
0–1.9 kg	6	20%
2–4.9 kg	14	46.67%
≥5 kg	8	26.67%
No change	2	6.66%

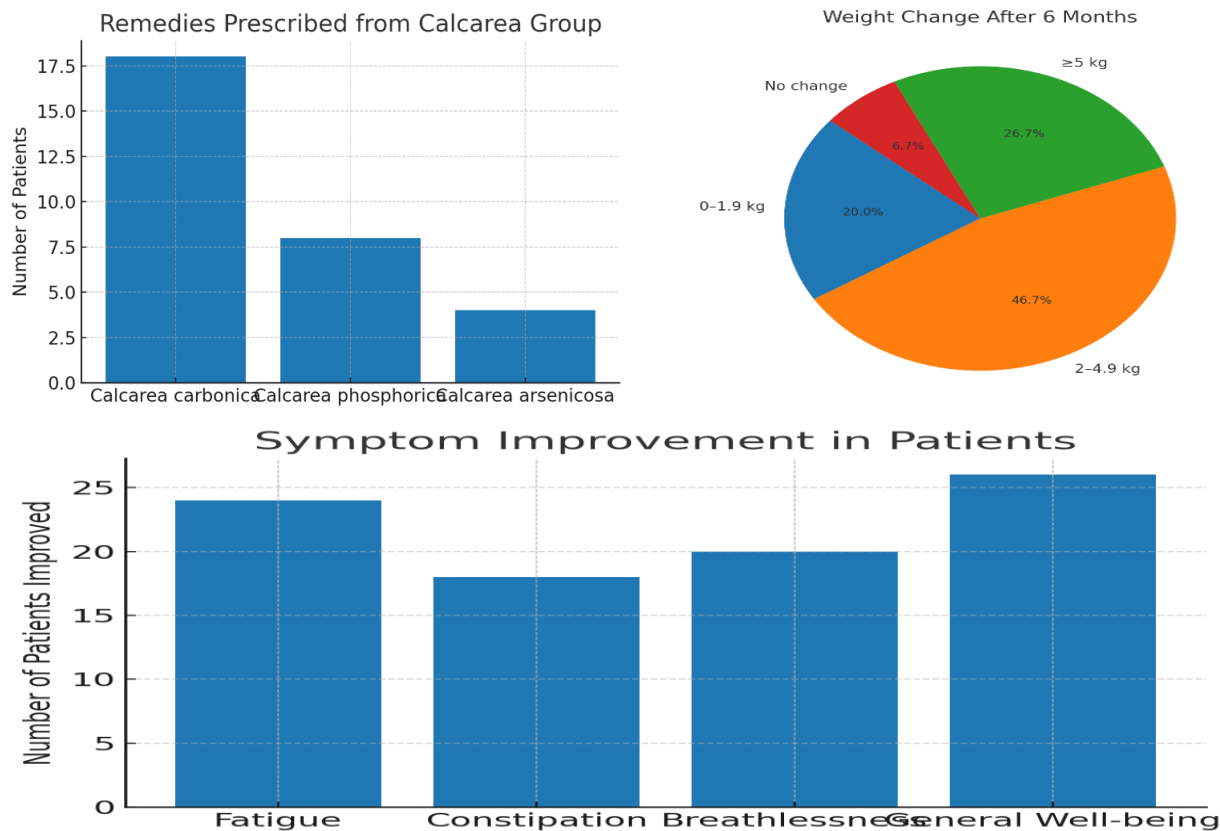
#### BMI Reduction (Average Change)

- Initial Average BMI: 33.1 kg/m<sup>2</sup>
- Final Average BMI: 31.5 kg/m<sup>2</sup>
- Mean BMI Reduction: 1.6 kg/m<sup>2</sup>

Improvement in Associated Symptoms

Symptom	Improved Cases	Percentage (%)
Fatigue	24	80%
Constipation	18	60%
Breathlessness on exertion	20	66.67%
General Well-being	26	86.67%

Graphical Analysis:



VI. DISCUSSION

The study demonstrated a positive trend in weight reduction and symptom improvement with Calcaria group remedies. Calcaria carbonica was the most frequently indicated remedy. The findings suggest that individualization and constitutional prescribing play a key role in managing obesity homoeopathically. However, the study lacks a control group and blinding, which limits the generalizability of results. Further randomized controlled trials are needed.

VII. CONCLUSION

Individualized homoeopathic remedies from the Calcaria group showed beneficial effects in managing

obesity in this small clinical study. Homoeopathy may offer a safe and effective adjunct in obesity management with holistic benefits.

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