INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT (IJNRD)
© 2026 IJNRD | Volume 11, Issue 3, March 2026 | ISSN: 2456-4184 | IJNRD.ORG

Lifestyle Disorders in the 21st Century: A Homoeopathic Therapeutic Approach

Dr. Virendra Chauhan, Dr. Goutami Choudhury, Dr. Pinky Saini, Dr. Mudit Verma,

Dr. Anjali Singh
H.O.D., PG Scholar
Homoeopathy University

ABSTRACT

Lifestyle disorders have emerged as one of the most significant health challenges of the modern era. Rapid urbanization, sedentary lifestyles, unhealthy dietary patterns, chronic psychological stress, inadequate and disturbed sleep cycles have contributed to a growing global burden of metabolic and endocrine diseases. Conditions such as type 2 diabetes mellitus, hypertension, obesity, cardiovascular diseases, polycystic ovary syndrome etc are increasingly prevalent across all age groups and constitute a large proportion of non-communicable diseases (NCDs) worldwide. The pathogenesis of lifestyle disorders is multifactorial and involves complex interactions between genetic predisposition, metabolic disturbances, hormonal imbalance, chronic inflammation, and neuroendocrine dysregulation. Emerging research also highlights the role of gut microbiota, circadian rhythm disruption, and psychosocial stress in the development of these disorders. Homoeopathy, with its holistic and individualized approach, offers a therapeutic system aimed at restoring the dynamic balance of the organism by stimulating the body's inherent self-regulatory mechanisms. This article reviews the epidemiology, risk factors, and pathophysiological mechanisms underlying lifestyle disorders and discusses the role of homoeopathic therapeutics within an integrative framework for their management and prevention.

KEYWORDS

Lifestyle disorders, metabolic syndrome, homoeopathy, obesity, diabetes mellitus, integrative medicine

INTRODUCTION

Lifestyle disorders are group of diseases primarily associated with modern patterns of living that include sedentary lifestyle, poor dietary habits, lack of physical activity, psychological stress, and irregular sleep schedules. Over the past few decades, rapid industrialization and technological advancement have significantly altered human lifestyle patterns, resulting in reduced physical activity and increased consumption of energy-dense processed foods. These changes have led to a dramatic rise in chronic metabolic diseases.

Lifestyle disorders now represent a major public health concern across both developed and developing nations. The increasing prevalence of obesity, metabolic syndrome, diabetes mellitus, hormonal imbalance and cardiovascular diseases reflects the impact of unhealthy lifestyle practices on human health. Unlike infectious diseases, lifestyle disorders develop gradually over time due to prolonged exposure to behavioural and environmental risk factors.

Homoeopathy, founded by Samuel Hahnemann, is a system of medicine based on the principle of "similia similibus curentur" or "like cures like." It emphasizes individualized treatment and aims to restore the harmony of the vital force. Because lifestyle disorders are chronic conditions influenced by both physical and

psychological factors, the holistic philosophy of homoeopathy offers a potentially valuable complementary therapeutic approach.

EPIDEMIOLOGY OF LIFESTYLE DISORDERS

Lifestyle disorders have reached epidemic proportions worldwide. According to global health reports, non-communicable diseases account for the majority of deaths globally, with metabolic and cardiovascular disorders forming a substantial proportion of this burden. The increasing prevalence of lifestyle diseases is particularly evident in rapidly urbanizing regions where dietary patterns and physical activity levels have undergone significant changes.

Obesity is one of the most important risk factors for lifestyle diseases and has increased dramatically in recent decades. The rising prevalence of obesity has been accompanied by an increase in type 2 diabetes mellitus and cardiovascular diseases. Additionally, metabolic disorders are increasingly affecting younger populations due to early exposure to unhealthy lifestyle habits.

Metabolic syndrome represents a cluster of metabolic abnormalities including abdominal obesity, insulin resistance, dyslipidemia, and hypertension. Individuals with metabolic syndrome are at significantly increased risk of developing diabetes mellitus and cardiovascular complications. In this social media era, mental health disorders like anxiety, depression, chronic stress etc are rising in a significantly higher rate .The growing prevalence of these syndromes highlights the urgent need for preventive strategies targeting lifestyle modifications.

RISK FACTORS AND DETERMINANTS

Lifestyle disorders arise from a complex interplay between environmental, behavioural, and genetic factors.

Sedentary lifestyle – Reduced physical activity due to modern occupational patterns, prolonged sitting, and excessive screen time contributes significantly to weight gain and metabolic dysfunction.

Dietary habits – High intake of processed foods, refined carbohydrates, saturated fats, low fiber, and high sugar level beverages promotes obesity and insulin resistance.

Psychological stress – Chronic psychological stress affects hormonal balance and can lead to overeating, high cortisol levels, sleep disturbances, and metabolic dysfunction.

Sleep disturbance – Irregular sleep patterns and insufficient sleep have been associated with hormonal imbalance, increased appetite, and impaired glucose metabolism.

Genetic susceptibility – Genetic predisposition may influence an individual's susceptibility to metabolic disorders when combined with adverse lifestyle factors.

PATHOPHYSIOLOGICAL MECHANISMS

Insulin resistance is a central feature of metabolic disorders such as type 2 diabetes mellitus. Peripheral tissues such as muscle, liver, and adipose tissue become less responsive to insulin, leading to impaired glucose uptake and persistent hyperglycemia.

Chronic low-grade inflammation is another important mechanism. Obesity is associated with increased production of inflammatory cytokines from adipose tissue, which contribute to insulin resistance and endothelial dysfunction.

Neuroendocrine stress response also plays an important role. Chronic psychological stress activates the hypothalamic-pituitary-adrenal axis, resulting in increased secretion of cortisol. Persistent elevation of cortisol promotes visceral fat accumulation, hyperglycemia, low immunity, hormonal imbalance and hypertension.

Hormonal imbalance in return contributes to disorders such as polycystic ovarian syndrome, which is characterized by hyperandrogenism, insulin resistance, and ovulatory dysfunction.

EMERGING RESEARCH PERSPECTIVES

Recent research highlights several additional mechanisms involved in lifestyle disorders.

Gut microbiome – The intestinal microbiota plays an important role in digestion, immune function, mental health and metabolic regulation via the gut-brain axis. Alterations in microbial composition known as dysbiosis have been linked to obesity, insulin resistance, depression, anxiety disorders and systemic inflammation.

Circadian rhythm disruption – Disturbances in sleep–wake cycles due to night-shift work or excessive screen exposure may adversely affect metabolism and increase the risk of metabolic diseases.

Epigenetic influences – Environmental and lifestyle factors can modify gene expression through epigenetic mechanisms, increasing susceptibility to metabolic disorders.

MANAGEMENT:

INTEGRATIVE MANAGEMENT

Management of lifestyle disorders requires a multidisciplinary approach. Lifestyle modification remains the cornerstone of therapy and includes regular physical activity, a balanced diet with nutrient dense food items, weight control measures, a proper sleep-wake routine and stress management.

Homoeopathic therapeutics can be integrated with conventional medical management to address both physical and psychological aspects of disease. Patient education and behavioural counselling are essential for long-term success.

PREVENTION STRATEGIES

Preventive strategies plays a vital role in reducing the burden of lifestyle disorders. Public health initiatives should focus on promoting healthy dietary habits, encouraging regular exercise, and increasing awareness about the dangers of sedentary behaviour.

Early screening for metabolic risk factors such as obesity, cardiovascular diseases, hypertension, and impaired glucose tolerance allows timely intervention and reduces the risk of further development of disease and complications.

HOMOEOPATHIC THERAPEUTIC APPROACH

Homoeopathy aims to stimulate the body's self-healing capacity of vital force through individualized remedies selected according to the totality of symptoms.

Some well-known remedies are:

1. **Abroma augusta** : In Diabetes mellitus, profuse urination day and night, albuminuria with fishy odor of urine, dryness of mouth with great thirst.

2. **Calcarea carbonica** : It is often indicated in individuals with obesity, slow metabolism, fatigue, and a tendency toward metabolic disturbances. A jaded state, mental and physical due to overwork. Scrofulous constitutions who take cold easily, who grow fat, large bellied with a large head, fair, fatty and flabby.

3. **Conium maculatum:** In cases of enlarged ovaries, ovaritis, leucorrhea, delayed and scanty menses. Breasts enlarge and become painful before and during menses. Depressed, timid, averse to society and afraid of being alone.

4. **Lycopodium clavatum** : It is useful in metabolic disorders associated with digestive complaints such as bloating and flatulence. Excessive hunger with much bloating. Eating ever so little creates fullness. Best adapted to intellectually keen people but of weak, muscular power.

5. **Natrum muriaticum :** It is commonly prescribed in individuals whose metabolic disturbances are associated with psychic cause of diseases like emotional stress or suppressed grief. Oversensitive to all sorts of influences, hyperthyroidism, goiter, Addison’s disease, diabetes etc.

6. **Sepia officinalis:** It is frequently indicated in hormonal disturbances, particularly in women with menstrual irregularities and polycystic ovarian syndrome. Bearing down sensation as if everything would escape through the vulva. All sort of menstrual abnormalities like menses too late, scanty, irregular, early and profuse.

7. **Syzygium jambolanum** : It has traditionally been used in the homoeopathic management of diabetes mellitus causing marked degree of diminution and disappearance of sugar in urine. Great thirst, weakness and emaciation, very large amount of urine and high specific gravity.

Remedy selection should always be individualized based on detailed case taking, construction of totality of symptoms and constitutional assessment.

CONCLUSION

Lifestyle disorders represent a major challenge to global health. Their development results from complex interactions between behavioural, metabolic, genetic, and environmental factors.

Homoeopathy offers a holistic approach that emphasizes individualized treatment and restoration of the body's natural balance. When combined with lifestyle modification and preventive healthcare strategies, homoeopathic therapeutics may contribute to improved metabolic health and overall wellbeing. Continued research and integrative healthcare approaches are essential to address the growing global burden of lifestyle disorders.

REFERENCE:

- Boericke W. New Manual of Homoeopathic Materia Medica with Repertory. New Delhi: B. Jain Publishers; 2017.
- Allen HC. Keynotes and Characteristics with Comparisons of Some of the Leading Remedies of the Materia Medica. New Delhi: B. Jain Publishers; 2020.
- Park K. Park's Textbook of Preventive and Social Medicine. 26th ed. Jabalpur: Banarsidas Bhanot; 2021.
- Murphy R. Lotus Materia Medica. 3rd ed. New Delhi: B. Jain Publishers; 2017.
- Hahnemann S. Organon of Medicine. Dudgeon RE, Boericke W, editors. 6th ed. New Delhi: B. Jain Publishers; 2002.