

Intermittent Fasting & Homoeopathy

Dr. Tridibesh Tripathy^{1*}, Professor Shankar Das², Prof. D.P. Singh³, Prof. Byomakesh Tripathy⁴, Anjali Tripathy⁵, Prof. D.R.Sahu⁶, Prof. Rakesh Dwivedi⁷, Dr. Mohini Gautam⁸, Dr. Umakant Prusty⁹, Dr. Madan Mohan Mishra¹⁰, Dr. Pramod Bihari Pradhan¹¹, Dr. Jeevan Krushna Pattanaik¹², Dr. S.N.Pandey¹³, Dr. Sudhanshu Dixit¹⁴, Ms. Sanskriti Tripathy¹⁵, Mrs. Anjali Tripathy¹⁶, Mr. Anil Dubey¹⁷, Mr. Sovesh Chandra Tripathy¹⁸

¹BHMS (Utkal University, Bhubaneswar), MD (BFUHS, Faridkot), MHA (TISS, Mumbai), Ph.D. in Health Systems Studies (TISS, Mumbai), Homoeopathic & Public Health Expert, Visiting Professor, Master of Public Health (Community Medicine) program, Department of Social Work, Lucknow University, Lucknow, UP, India

²Pro Vice Chancellor, Tata Institute of Social Sciences, Mumbai & Former Director, IIHMR, Delhi

³Dean, School of Research Methodology, Tata Institute of Social Sciences, Mumbai

⁴Academic Director, Indira Gandhi National Tribal University, Amarkantak, M.P. and Former Vice Chancellor, Utkal University of Culture, Bhubaneswar

⁵State Consultant, Jal Jeevan Mission, WSSO office, UNOPS, State Government of Rajasthan, Former Senior Program Manager, LLF office, Lucknow and Former employee of International Development Agencies like 'WaterAid' and 'Catholic Relief Services'

⁶HOD, Department of Sociology, Lucknow University, Lucknow

⁷HOD, Department of Social Work, Co-ordinator, Master of Public Health (Community Medicine) program, Department of Social Work, Lucknow University, Lucknow

⁸Assistant Professor, Faculty, Department of Social Work, Guru Ghasidas University, Bilaspur, Chhatisgarh

⁹Research officer (Homoeopathy), Regional Research Institute (Homoeopathy), Puri, Odisha under Central Council for Research in Homoeopathy, Ministry of AYUSH, Government of India

¹⁰Homoeopathic Practitioner with 30 years of Experience, Anugul, Odisha

¹¹Nodal Officer (Homoeopathy), Directorate of AYUSH, Government of Odisha, Bhubaneswar

¹²Medical Officer attached to Dr. A.C. Homoeopathic Medical College & Hospital, Government of Odisha, Bhubaneswar

¹³Former District Homoeopathic Officer, Government of Uttar Pradesh, Lucknow, UP, India

¹⁴Homoeopathic Medical Officer, Directorate of Homoeopathy, Government of UP, Lucknow

¹⁵Ind year student, B.Tech in Biotechnology, Bennet University, Greater Noida, Uttar Pradesh

¹⁶State Consultant, JJM, United Nations Office for Project Services, Jaipur, Former Senior Program Manager, LLF, Lucknow & Former employee of International agencies such as Catholic Relief Services & Water Aid

¹⁷Masters in Social Work, Co-ordinator, programs in the institution & outreach wing of institution, Saint Mary's Hospital, Varanasi, Uttar Pradesh

¹⁸Proponent of Homoeopathy and Employee of IB valley project of Coal India Limited, Jharsuguda, Odisha

DOI: [10.36348/sijtc.2024.v07i06.003](https://doi.org/10.36348/sijtc.2024.v07i06.003)

| Received: 19.05.2024 | Accepted: 24.06.2024 | Published: 28.06.2024

*Corresponding author: Dr. Tridibesh Tripathy

BHMS (Utkal University, Bhubaneswar), MD (BFUHS, Faridkot), MHA (TISS, Mumbai), Ph.D. in Health Systems Studies (TISS, Mumbai), Homoeopathic & Public Health Expert, Visiting Professor, Master of Public Health (Community Medicine) program, Department of Social Work, Lucknow University, Lucknow, UP, India

Abstract

The article focuses on the age old concept of Ayurveda where it is advised to start eating with the rising sun & to stop eating with the setting sun. Thus, a fasting of 8 hours per 24 hours is advised. With the modern day life style, night eating & drinking came back & thus the comeback of Non Communicable Diseases (NCD). As the NCDs surged, the concept of Intermittent Fasting (IF) emerged since the process of IF led to weight loss & positive changes in the body. The current article sees the role of Homoeopathy of the AYUSH system in the process of IF. Those adopting the process of IF may use the therapeutic system of homeopathy to optimize the benefits of IF. After discussing the various modalities of IF, a homoeopathic treatment protocol is suggested on the lines of the markers mentioned above. The article aspires that this integration will help the nation to deal with the current menace of NCDs.

Keywords: Homoeopathy, Materia Medica, NCD, IF, Markers.

Copyright © 2024 The Author(s): This is an open-access article distributed under the terms of the Creative Commons Attribution **4.0 International License (CC BY-NC 4.0)** which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.

INTRODUCTION [1-6]

The modern day life is burdened with Non Communicable Diseases as a result of epidemiologic

transition. People try various methods to deal with these issues & one of the popular methods is the approach of Intermittent Fasting (IF). It is used as an effective method for weight loss & also to enhance various health markers.

One of its primary advantages is the activation of Autophagy. In this cellular process, damaged cells are eliminated and cellular regeneration is encouraged. The process also has anti ageing effects through activation of Sirtuins. These are proteins that play key role in regulating cellular health & longevity.

It also has benefits in neurological disorders like Alzheimer's. Research in this field indicates that IF may enhance brain health & cognitive function through reduction of inflammation. It also boosts cellular repair mechanisms, stimulates production of brain derived neurotrophic factor. This factor is the protein that supports neuron growth & survival.

Modalities of Intermittent Fasting [1-6].

The benefits of IF are multi directional. These areas which benefit under the category 'Scientific Markers' are 'Blood Markers', 'Weight', 'Muscle Strength', 'Mitochondria Biogenesis' & 'Neurogenesis'.

Besides these, other blood tests & biomarkers that provide insights into the effects of IF on health & ageing. Through the monitoring of these biomarkers, we can help determine biological age. This age differ from numerical age & provides accurate assessment of overall health status. These blood tests & biomarkers are 'Insulin Sensitivity', 'Inflammation Markers', 'Growth Hormone levels', 'Ketone levels', 'Oxidative Stress Markers', 'Telomere Length', 'Lipid Profile', 'Blood Pressure', 'Liver Function Tests' & 'Bone Density'.

Let us discuss the scientific markers first. The blood markers are monitoring glucose levels, cholesterol, triglycerides can provide insights into impact of IF. The positive indicators linked to IF are improved blood sugar control, lower cholesterol and lower triglyceride levels. Following that, weight loss is a significant benefit of IF if it is combined with a healthy diet & regular exercise. Reduction in weight leads reduction in body fat & this is indicative of a significant benefit of IF.

Moving on, preservation of muscle mass while promoting fat loss is a corner stone of IF if the process is done correctly. Improved muscle strength is a sign of positive muscle health. IF also stimulates production of new mitochondria that are called the power house of the cell. The process of mitochondria biogenesis enhances cellular function. The last of the scientific markers is neurogenesis. Genesis of neurons benefits the brain health & cognitive function.

The first blood test & the biomarker is the 'insulin sensitivity'. Monitoring of the IF through insulin sensitivity should lead to improved insulin sensitivity which in turn is linked to better metabolic health. The next in line is the 'inflammatory markers'. These are high sensitivity C-reactive protein (hs-CRP), InterLeukin-6 (IL-6). These two indicate the presence of underlying inflammatory processes. IF has been shown to reduce

inflammation thereby leading to improved health conditions & outcomes.

The next to follow is the 'Growth Hormone Levels' (GHL). The process of IF increases GHL that are crucial for cell regeneration, metabolism & muscle growth. GHL is followed by 'Ketone Levels' (KL). The process of IF can induce Ketosis where the body uses ketones as alternative fuel source. Ketone level monitoring will help us to determine if the body is in ketosis and whether IF promotes burning of fat.

Monitoring of markers like MalonDiAldehyde (MDA) and Glutathione are linked to 'Oxidative stress'. High oxidative stress is linked to ageing & diseases. IF process reduces the oxidative stress phenomena in the body. The process of IF can preserve 'Telomere Length' that indicates anti ageing effects. Similarly, the impact of IF on Lipid Profile turns to Cardio Vascular Health & here the process of IF impacts the lipid profile positively.

The next in line is the issue of Blood Pressure (BP) & here it shows that the process of IF helps to lower BP which is a critical risk factor for Cardio Vascular Disease (CVD). The heart health marker is followed by hepatic health. The marker 'Liver Function Tests' reduces the risk of fatty liver thereby improving liver health. The last marker is 'Bone Density' & the process of IF impacts bone health as well.

Way Ahead [1-6].

Recent observational studies have raised concerns about risks of IF especially regarding cardiovascular health. There are few studies that suggest that restricting eating to a brief 8 hour window daily could increase risk of death from heart attack, stroke especially in those people with existing cardiovascular disease or cancer. A word of caution is that these studies are observational & hence the relation between the variables cannot be attributed to 'causation'.

Homoeopathic Approach [7-24].

The article deals with the dealing of inflammatory markers. As mentioned above, the first category of markers are the blood markers. Any change in the blood or blood dyscrasia can be dealt with medicines like 'Echinacea' & Hemi Desmus' & 'Leucas Aspera'.

For weight issues, overweight issues can be dealt with medicines like 'Ammonium Bromatum', 'Esculentine', 'Somatotropine'. Similarly, underweight issues can be dealt with 'Medicago Sativa', 'Hydrastis', 'Sterculia' & 'China'.

Issues of muscle strength can be dealt with medicines like 'Curare', 'Lactic Acid', 'Strychninum' & 'Kali Permanganate'. Issues of poor mitochondria biogenesis manifests with low energy. This issue can be

dealt with medicines like ‘Avena Sativa’, ‘China’, ‘Adrenalinum’, ‘Calcarea Hypophos’.

The next is the process of neurogenesis & here the medicines like ‘Withania Somnifera’, ‘Ginkgo Alba’, ‘Hypericum’ & ‘Bacopa Monieri’ will be of help.

Insulin sensitivity can be addressed with medicines like ‘Arsenic Bromatum’, ‘Insulin’, ‘Calcarea Ars’, ‘Iodum’, ‘Bromium’, Chlorinum’. Next comes the inflammatory markers like hs-CRP & Il-6. Here medicines like ‘Prednisolone’, ‘Cortisone’, ‘Hydrocortisone’, ‘Curcuma Longa’, ‘Colchicininum’ can be prescribed.

The issue of growth hormone levels can be addressed with medicines like ‘Anterior Pituitary Hormone’, ‘Growth Hormone’. Ketone levels are to be seen both in blood & urine. These issues in both blood & urine can be dealt with ‘Argentum M’, Eup Pur’, ‘Nux Mosch’ & ‘Terebinth’.

The issues of oxidative stress markers like MDA, Glutathione & Telomere length are related to ageing. The issue of early, premature ageing can be dealt with medicines like ‘Ambra G’, ‘Arg N’, ‘Lycopodium’, ‘Selenium’, ‘Chromosome’.

A healthy lipid profile can be achieved through medicines like ‘Cholesterinum’, ‘Fel Tauri’, ‘Gautteria Gaumeri’. Optimum level of blood pressure can be obtained through medicines like ‘Crataegus’, ‘Cactus’ & ‘Glonoine’.

Healthy LFT needs medicines like ‘Ferrum Iod’, ‘Ferrum Ars’, ‘Taraxacum’. Optimal bone density needs to be achieved through medicines like ‘Symphytum’, ‘Asafoetida’, ‘Sterogyl’, ‘Garduss M’, ‘Vitamin D’ & ‘Nat Selenicum’.

To sum up the homoeopathic approach, it can be ascertained that all these markers are to be dealt Miasmatically by the homoeopaths. Along with miasmatic approach, the Bowel Nosodes & Bach Flower Remedies are also to be prescribed by the homoeopaths.

CONCLUSION [17-23]

With the resurgence of NCDs, taking medicines that only help the patient on a 24 hour cycle, it is Homoeopathy which can offer a better alternative for people who practice IF. The therapeutic system can provide help effectively as these medicines are deep acting & they help the body to restore the normal functioning.

The system also can help people as these medicines can reduce inflammations; create an enabling environment inside the body so that they can optimize the benefits of IF. The properties of Homoeopathy like cost effectiveness, therapeutic effectiveness and no side

effects will only be a bonus for the people adopting IF. It is to be noted that the concept of IF only reiterates the age old concept of Ayurveda.

Acknowledgement

The lead author thanks all the coauthors who are Homoeopaths for their contribution in the Homoeopathic section & all other coauthors for their contribution in the non Homoeopathic section. Professor Shankar Das was the Ph.D. guide of the lead author & Dr. D.P. Singh was the teacher of the lead author at Tata Institute of Social Sciences, Mumbai during 2011-2018 & 1995-1997 respectively.

Declaration: The lead author declares that the Homoeopathic protocol given here is only suggestive in nature.

Conflict of Interest: There is no conflict of interest regarding the article.

Funding: There was no funding received for the article

REFERENCES

1. Upadhayaya, R. S. (2024). Unlocking gains of intermittent fasting, TOI, Sunday, Lucknow Edition, Page 6, March 24.
2. NLEM, GOI, PIB, 13th September 2022, <https://pib.gov.in>
3. Davidson, Principles & Practice of Medicine, ELBS 16th Edition, Longman Group (FE) Limited, ISBN-0-443-04482-1.
4. Tortora, G. J., & Sandra, R. J. (1992). Principles of Anatomy & Physiology, 7th Edition, Harper Collins College Publishers, ISBN:0-06-046702.
5. Park, J. E., & Park, K. (1987). Text book of preventive & social medicine, 11th edition, M/s Banarasi Bhanot publishers, Jabalpur.
6. Singh, M., & Saini, S. Conceptual Review of Preventive & Social Medicine, second edition 2019-2020, CBS publishers & distributors Pvt Ltd, ISBN-978-93-88725-84-2.
7. Murphy, R. (2017). Homoeopathic Materia Medica, 3rd edition, B. Jain publishers (P) Ltd, ISBN-978-81-319-0859-4.
8. Murphy, R. (2017). Homoeopathic Medical Repertory, 3rd edition, B. Jain publishers (p) Ltd, ISBN-978-81-319-0858-7.
9. Phatak, S. R. (2002). A Concise Repertory of Homoeopathic Medicines, B. Jain publishers (P) Ltd, Reprint edition, ISBN-81-7021-757-1.
10. Allen, H. C. (1993). Key notes and characteristics with comparisons of some of the leading remedies of the Homoeopathic Materia Medica with Bowel Nosodes, Reprint edition, B. Jain publishers Pvt. Ltd, ISBN-81-7021-187-5, book code, B-2001.
11. Boericke, W. (2008). New Manual of Homoeopathic Materia Medica with Repertory, reprint edition, B. Jain publishers private limited, New Delhi, pages-362-366, ISBN- 978-81-319-0184-7.

12. Hobhouse Rosa Waugh, Life of Christian Samuel Hahnemann, B. Jain Publishers Private Ltd, Delhi, Reprint Edition 2001, ISBN- 81-7021-685-0.
13. Paterson, J. (1993). Introduction to bowel Nosodes, Paper presented at International Homoeopathic League council, Lyons, France, 1949: as an addendum in H.C. *Allen Key Notes, Reprint Edition*.
14. Sarkar, B. K. (1984). *Organon of Medicine* by Hahnemann, M. Bhattacharya & Co. 1st edition 1955, 8th edition.
15. Phatak, D. S., & Phatak, S. R. *Repertory of the Bio-chemic medicines*, B. Jain Publishers (p) Ltd, 2006 edition, 1st edition 1986. ISBN- 81-7021-723-7.
16. Boedler, C. R. (1996). *Applying Bach flower therapy to the healing profession of Homoeopathy*, B. Jain publishers (p) Ltd, reprint edition 1998, 1st edition. ISBN-81-7021-786-5.
17. IIPS and ICF.2021. NFHS 5, 2019-2021:India:volume 1, Mumbai:IIPS.
18. Chaturvedi, S., Porter, J., Pillai, G. K. G., Abraham, L., Shankar, D., & Patwardhan, B. (2023). India and its pluralistic health system—a new philosophy for Universal Health Coverage. *The Lancet Regional Health-Southeast Asia*, 10.
19. Popularity of Homoeopathy in India, bjainpharma.com/blog/popularity-of-homoeopathy-in-india, 2023.
20. Three types of food, healthline, www.healthline.com
21. NLEM, GOI, PIB, 13th September 2022, <https://pib.gov.in>
22. Tripathy, T., Das, P. S., & Dwivedi, D. R. (2021). Homoeopathy in COVID-19, A treatment protocol for second and third wave. *Sch Int J Tradit Complement Med*, 4(6), 86-90.
23. GOI, Ministry of AYUSH, NLEAM, 8 February, 2022.
24. Tripathy, T. (2023). Bowel Nosodes of Homoeopathy in Colorectal Cancer and Auto Immune, Metabolic, Neuro Psychiatric disorders. *Scholars J Appl Med Sci*, 11(9.014).