

## Usefulness Of Homoeopathic Medicines In Case Of Gastro-oesophageal Reflux, Acid Peptic Disorder, Irritable Bowel Syndrome: A Retrospective Study

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**Abstract:** Background: When the cases attending the college OPD were screened for the diagnosis, it was observed that 11% of them were suffering from the gastroenterological problems especially GERD, ACID-PEPTIC DISORDER or IBS. Hence the retrospective study of these cases were undertaken to assess the usefulness of homeopathic medicines in these cases. Material And Methods: Study Population: Subjects attending the OPD of Dr. V.H. Dave Homoeopathic Medical College. Study design: Retrospective randomized study. Sample size: 100 subjects suffering from GERD, APD or IBS were selected randomly from the subjects attending the OPD of Dr. V. H. Dave Homoeopathic College irrespective of age, gender and associated disease. Subjects under allopathic treatment for either of the disease were excluded from the study. The cases were analysed for the diagnosis, age, gender, symptoms of the disease and indications of prescribed medicines as well as subjective improvement status. The improvement was graded as Significant improvement if symptom score reduce by 75-99%, moderate improvement if score reduced by 50-74% and mild improvement if score reduced by 25-49%. Result: The subjective improvement was observed in all the three diseases i.e. 70% of cases improved in GERD, 63% cases improved in APD while 66.6% cases improved in IBS. The males were more affected than the females in case of GERD & APD while females were more affected in cases of IBS. Conclusion: The retrospective study of the cases of gastroenterology concluded that out of 100 cases 40 were suffering from GERD while 30 cases each were suffering from APD and IBS. Ars. Alb. was an indicated medicine in 52.5% cases of GERD. Kali bich. was found to be indicated in 33.3% cases of APD while Arg.nit. & Colocynth was commonly indicated in cases of IBS. Homoeopathic medicines were found to be useful in cases of GERD, APD & IBS subjectively improving the cases. [Dhingre L Natl J Integr Res Med, 2020; 11(3):65-68]

**Key Words:** GERD, APD, IBS, Ars.alb. Nux vom., Arg. Nit., Puls., Kali bich., Colocynth, Phos., Lyco.

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**Introduction:** In College OPD of Dr. V. H. Dave homoeopathic medical college, it was observed that 11% of cases attending the OPD were suffering from Gastroenterological problem & out of these Gastro oesophageal reflux (GERD), Acid-peptic disorder (APD) & Irritable Bowel Syndrome (IBS) were more predominant. These ailments can be treated with the help of Allopathic medicines but these medicines have the side effects & have to be taken for lifetime since these medicines can treat the symptoms but not the cause of the disease. So, the retrospective study was carried out to find the usefulness of homoeopathic medicines to treat these diseases especially GERD, APD & IBS.

GERD: 7.6% of Indian subjects have significant GERD symptoms. The common symptoms of GERD include Heart burn, Regurgitation, vomiting, dysphagia, chest pain, nausea, chronic cough, sore throat, hoarseness of voice.

Pathology That May Result Into GERD Can Be One Or Multiple Of The Following:

1. Impaired Salivary Function.
2. Impaired Oesophageal Clearance.
3. Impaired Oesophageal Mucosal Defence.

4. Hiatus Hernia.
5. Transient, Inappropriate Relaxation Of LES.
6. Normal/Raised Gastric Acid & Pepsin Secretion.
7. Delayed Gastric Emptying.
8. Reduced Resting Pressure Of LES.
9. Pyloric Incompetence.
10. Duodenogastric Reflux.

Acid Peptic Disorder: The point prevalence of Acid Peptic Disorder was 4.72% and the lifetime prevalence was 11.22%. The duodenal to gastric ulcer ratio was 17.1:1. Duodenal and gastric ulcer were common in men. The prevalence of Acid Peptic Disorder increased with age, with a peak prevalence of 28.8% in the 5th decade of life. The predominant symptoms of APD in Indian population are Heartburn, Pain in Epigastrium < Night, Empty Stomach, Weight loss > intake of Food, Eructation, Malaena, vomiting & haemetemesis. The following causes are present for predisposition to develop APD:

1. Tea & Coffee In Excess.
2. Eating Irritant Foods & Chillies.
3. Smoking.
4. Alcohol .
5. Stress.
6. Drugs Like Corticosteroids & Nsaids.

**Irritable Bowel Syndrome:** Irritable Bowel Syndrome is the most common functional gastrointestinal disorder with worldwide prevalence rates ranging from 9-23 %. The predominant symptoms of IBs in Indian population are bloating of abdomen, flatulence, pain in abdomen either epigastric or lower abdomen or periumbilical > by passing stools, ineffectual urging to pass stools, diarrhea or constipation, mucoid stools and eructation. One or multiple causes may precipitate IBS which are as follows:

1. Anticipatory Anxiety.
2. Grief.
3. Fears Of Various Nature.
4. Stress.
5. Post Infection.

**Pathophysiology Of IBS:** Various Explanations Have Been Suggested For The Development Of IBS.

1. Visceral Hypersensitivity.
2. Abnormal Gut Motility.
3. Autonomic Nervous System Dysfunction.
4. Small Intestine Bacterial Overgrowth.
5. Microscopic Inflammation.
6. Food Intolerance And Allergy.
7. Psychological Factor.
8. Genetic Factors.

**Objective:** To analyze the usefulness of Homoeopathic medicines in treatment of GERD, APD, and IBS.

**Material & Methods:** Study Population: Subjects attending the OPD of Dr. V.H. Dave Homoeopathic Medical College between the years 2013-2015. Study Design: Retrospective randomized study. Sample Size: 100

**Inclusion Criteria:** Subjects suffering from GERD, APD or IBS were selected randomly from the subjects attending the OPD of Dr. V. H. Dave Homoeopathic College irrespective of age, gender and associated disease.

**Exclusion Criteria:** Subjects under allopathic treatment for either of the disease were excluded from the study.

**Outcome Measures:** The cases were analysed for the diagnosis, age, gender, symptoms of the disease and indications of prescribed medicines as well as subjective improvement status.

**Results:** Result are shown in table below.

**Table No.1: Symptoms Of GERD With Result**

Symptom	S.I	M.I.	Mi.I	S.Q.	Total
Heart Burn	11	01	01	00	13
Regurgitation	10	02	01	00	13
Dysphagia	10	07	01	02	20
Chest Pain	12	04	02	02	20
Water Brush	05	03	02	04	14
Globus Sensation	06	01	01	01	09
Chronic Cough	04	02	01	03	10
Hoarseness	05	03	00	04	12
Sore Throat	03	04	02	01	10
Nausea	10	05	03	02	20
Vomiting	10	05	00	00	15

**Table No.2: Symptoms Of APD With Result**

Symptom	S.I.	Mo.I.	Mi.I.	S.Q.	Total
Pain > Intake Of Food	06	03	03	00	12
Pain < Night	04	02	03	03	12
Vomiting	05	01	01	03	10
Weight Loss	05	03	03	04	15
Heart Burn	14	00	01	06	21
>Empty Stomach	04	08	02	03	17
Eructation	06	03	03	00	12
Pain In Epigastrium	12	03	03	03	21

**Table No.3: Symptoms Of IBS With Result**

Symptom	S.I.	Mo.I.	Mi.I.	S.Q.	Total
Pain In Abdomen	07	02	01	03	13
Ineffectual Desire	07	02	03	02	14
Mucus In Stool	05	02	01	02	10
Distension Of Abdomen	07	03	01	03	14
Frequent Bowel Movement	05	02	03	00	10
Loose Stool	09	03	00	03	15
Pain>Passing Stool	10	01	01	01	13
Bloating Of Abdomen	06	09	01	02	18
Heart Burn	09	06	01	02	18

**Discussion:** The cases attending the OPD of Dr. V. H. Dave Homoeopathic College were retrospectively studied for the period from 2013 to 2015. After screening the cases 100 cases suffering from GERD, APD or IBS were randomly selected for the analysis. In the study it was observed that out of 100 cases of gastroenterological problem 40 were of GERD and 30 each were of APD and IBS. In case of GERD the common symptoms observed were heartburn,

regurgitation, dysphagia, chest pain, water brash, chronic cough, nausea, vomiting, sore throat and hoarseness (Table no.1).

In cases of APD the predominant symptoms observed were Pain >Intake of Food, Pain < Night, > Empty stomach, Pain in epigastrium, Heart burn, vomiting, eructation, vomiting and weight loss (Table No.2).

In the cases of IBS the predominant symptoms observed were Pain in abdomen (lower, periumbilical or epigastrium) > by bowel movement, distension or bloating of abdomen, heart burn, frequent bowel movement, ineffectual urging, passing of mucus & loose stool or constipation (Table No.3).

The males were more affected than the females in case of GERD & APD while females were more affected in cases of IBS (Table No.4). The age group of 31 -60 was more to have all the three gastroenterology problems under study (Table No.5).

**Table No.4: Gender Distribution**

Disease	Male	Female
GERD	24	16
APD	21	09
IBS	10	20
Total	55	45

**Table No.5: Age Distribution**

Age Group	GERD	APD	IBS	Total
10-20	04	06	02	12
21-30	02	00	03	05
31-40	12	04	13	29
41-50	10	12	05	27
51-60	08	08	05	21
61-70	02	00	02	04
71-80	02	00	00	02

**Table No.6: Result Distribution**

Disease	Significant Improvement	Moderate Improvement	Mild Improvement
GERD	11	09	08
APD	11	06	02
IBS	10	09	01
Total	32	24	11

**Table No.7: Indicated Medicines With Result**

Remedy	GERD				APD				IBS			
	Total	S.I.	Mo.I.	Mi.I.	Total	S.I.	Mo.I.	Mi.I.	Total	S.I.	Mo.I.	Mi.I.
Arg.nit.									11	04	02	01
Ars. Alb.	21	07	05	04								
Colocynth									10	04	02	00
Kali bich.					10	03	02	01				
Lycopodium					05	01	01	01	05	01	02	00
Nux vom.	04	01	01	00	03	01	00	00	04	01	03	00
Phosphorus					12	06	03	00				
Pulsatilla	15	03	03	04								
Total	40	11	09	08	30	11	06	02	30	10	09	01

The subjective improvement was observed in all the three diseases i.e. 70% of cases improved in GERD, 63% cases improved in APD while 66.6% cases improved in IBS (Table No.6). The medicines Ars. Alb., Nux Vom. & Pulsatilla were effective in cases of GERD. In cases of APD medicines that were useful were Kali bich, Lycopodium, Nux vom., & Phosphorus. In cases of IBS, the remedies that were commonly indicated & were found to be effective were Arg.nit., Colocynth, Lycopodium & Nux vom. The symptoms of the indicated medicines confirmed during the study were as follows:

Ars. Alb.: Useful In GERD:

- Stomach is irritable and it rejects food and water in spite of hunger and thirst.
- Every time he drinks he vomits it up.
- Chest wall heaves up and down and his whole frame shakes and the sound becomes audible to those near about.
- Severe pain in the region of the heart.
- Constant titillating cough
- Stomach feels swollen as if full of water.

Arg.Nit. : Useful In IBS:

- The diarrhoea is oftentimes brought about by over-indulgence in candy and sugar.

- Sometimes they pass masses of epithelium connected by muco-lymph as in Aloes.
- It is also indicated in diarrhoea from fright, excitement and apprehension, as has been mentioned before.
- Eructation usually relieves a big portion of her uneasiness.
- The pain is referred to the pit of the stomach, and from this spot it radiates into all directions.
- Dyspepsia is characterised by gastrodynia.

Kali Bich: Used In APD:

- Effect of over-indulgence in beer or other malt liquors.
- After food the patient complains of a great weight in the pit of the stomach.
- Nausea and vomiting after beer.
- Feels as if digestion had stopped.
- Gastric symptoms are relieved after eating.
- Vomiting.
- Stools brown, frothy.

Colocynth: Useful In IBS:

- Chronic constipation
- Profuse watery diarrhoea.
- Gripping in the abdomen, forcing the patient to bend double for relief.
- Relief is immediate, but temporary from evacuation; sharp pains soon return, and last till another stool.

Lycopodium: Of Use In APD & IBS:

- Dyspepsia due to farinaceous and fermentable food, cabbage, beans, etc.
- Sour eructations.
- After eating, pressure in stomach, with bitter taste in mouth.
- Eating ever so little creates fullness.
- Incomplete burning eructation rise only to pharynx. There burn for hours.
- Immediately after a light meal, abdomen is bloated, full.
- Constant sense of fermentation in abdomen, like yeast working; upper left side.
- Diarrhoea.
- Stool hard, difficult, small, and incomplete.
- Ineffectual urging.
- Haemorrhoids; very painful to touch, aching.

Phosphorus: Useful In Cases Of APD:

- Sour taste and sour eructation after every meal.

- Throws up ingesta by the mouthfuls.
- Vomiting; water is thrown up as soon as it gets warm in the stomach.
- Cardiac opening seems contracted, too narrow; the food scarcely swallowed, comes up again.

**Conclusion:** This retrospective study of 100 cases of gastroenterology specifically GERD, APD & IBS has proved the usefulness of Homoeopathic remedies to improve the symptoms of GERD, APD & IBS. This study was retrospective randomized study wherein cases were randomly selected from the cases of GERD, APD & IBS attending the OPD of Dr. V. H. Dave College over the period of 2 years from 2013-2015. The study has to be carried out on single remedy found most effective in this study for particular disease condition so that its efficacy can be proved statistically. This study recommends the certain symptoms of effective medicines for further confirmation.

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