

## Efficacy of Homoeopathic Medicines in Cases of Gastroesophageal Reflux Disease

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### Abstract:

This study was carried out in 150 patients between the age group of 20 to 60 yrs. After detailed case history, examination and certain investigations. Homoeopathic similimum was prescribed. While dealing with the case homoeopathic remedies like nux vomica, lycopodium, carbo veg, mag carb, abies can, abies nigra were found to be frequently used. Borax, ipecac, bismuth, kali bi etc were also used. On evaluation they showed significant relief from symptoms as well as marked improvement in general condition. At the end of the study 44 % cases showed improvement, 34 % showed partial improvement and 24 % showed no improvement. This proves that Homoeopathy is highly effective in treating GERD.

**Key Words:** GERD, Homoeopathy, Remedy

### Introduction:

Gastroesophageal reflux disease (GERD), also known as acid reflux is a long term condition in which stomach contents rise upto oesophagus, resulting in either symptoms or complications. Symptoms include taste of acid in the back of mouth, heartburn, bad breath, chest pain, vomiting, breathing problems and wearing away of the teeth; complications include oesophagitis, oesophageal stricture and barrett's oesophagus.

### Incidence:

GERD is generally considered to be one of most prevalent conditions affecting GIT. The incidence is about 10 to 30 %.

### Aetiopathogenesis-

1. Abnormalities with lower oesophageal sphincter.
2. Sleeping habits (night watching)
3. Faulty eating habits(excessive consumption of spicy and acidic foods)
4. Smoking
5. Few medications(e.g. steroids)
6. Stress
7. Hiatal hernia
8. Obesity
9. Zollinger Ellison syndrome which can be present with increased gastric acidity due to gastrin production.
10. High blood calcium level which causes increased gastrin production leading to increased acidity.
11. Scleroderma and systemic sclerosis which can feature oesophageal dysmotility.

### Clinical Features:

Classic symptoms of GERD are heartburn, acid regurgitation, retro sternal burning. Symptoms often occur after meals and can increase when a patient is recumbent. Other ancillary symptoms are dysphagia, odynophagia and belching. Atypical GERD symptoms include chest pain, asthma, cough, hoarseness, sore throat, globus and repetitive throat clearing.

### Investigations:

Blood tests: CBC, ESR, LFT, RFT, Stool routine micro and occult blood serum electrolytes, sr calcium etc.

Endoscopy, ambulatory 24 hour ph monitoring

### Diagnosis:

A diagnosis is mainly based on clinical examination

### Treatment:

The treatment may include food choices, life style changes, medications and possibly surgery. A weight loss may be effective in reducing severity and frequency of symptoms.

### Homoeopathic Approach:

As per theory of chronic diseases Dr Hahnemann considered the three fundamental miasms which are:

Psora-it leads to functional disturbances so reduced effectiveness of existing pepsin in the body.

Sycosis-There is GIT disharmony and dysfunctional feedback mechanism thereby pepsin secretion is reduced and causes inflammation of inner mucosa of GIT.

Syphilis- Due to decrease in pepsin secretion self digestion of inner layer of GIT by highly acidic material(micro and macro vascular) are domain of syphilis.

Homoeopathic Therapeutics:

Following remedies are preeminently indicated in GERD cases:

Nux Vomica, Lycopodium, Carbo Veg, Mag Carb, Nat Mur, Abis Can, Abis Nigra, China, Capsicum, Arsenic, Phosphrus, Bismuth, Ipecac, Borax, Abrotinum, Antim Crud, Mag Phos,.

#### Aims and Objectives:

To study the scope of Homoeopathic remedies in GERD patients.

#### Study Design:

Experimental and prospective type of study without control group.

#### Materials And Methods:

150 cases were selected from college hospital, college opd and camps. Duration of study was of 18 months.

#### Sampling Technique:

Simple randomized sampling technique was used.

#### Method of Selection:

A. Inclusion criteria:

Age group of 20 to 60 years of both sexes are considered.

B. Exclusion criteria:

- Patient having history of immunodeficiency disorder.
- Patient with malignancies.
- Patients with gross pathological changes.

#### Selection of Remedy:

After detailed Homoeopathic case taking and physical examination, individualizing totality was formed and selection of remedy was done according to symptoms similarity.

#### Drug Potency:

Low to moderate potency

#### Drug Administration:

This was done through oral route.

#### Drug Dispensing:

Was done in globules, powder and liquid.

#### Criteria for Follow Up:

All patients were duly followed and details of symptomatic and clinical changes were recorded.

#### Data Collection:

Was done according to standardized Homoeopathic case proforma and was thoroughly maintained.

#### Observations And Results:

Table No 1. Age Distribution

Age Distribution	No of Patients	Percentile
20-30	15	10%
30-40	60	40%
40-60	75	50%

Table No 2. Sex Distribution

Sex Distribution	No of Patients	Percentile
Female	90	60%
Male	60	40%
Total	150	100%

Table No 3. Result of Treatment

Prognosis	No of Cases	Percentile
Improved	65	43.33%
Partially Improved	50	33.33%
Not Improved	35	23.33%

**Summary:**

The study was carried out in 150 patients between the age group of 20 to 60 yrs after detailed case history, examination and certain investigations homoeopathic similimum was prescribed, While dealing with the case homoeopathic remedies like nux vomica, lycopodium, carbo veg, mag carb, abies can, abies nigra were found to be frequently used. Borax, ipecac, bismuth, kali bi etc were also used. On evaluation they showed significant relief from symptoms as well as marked improvement in general condition.

**Conclusion:**

At the end of the study 44 % cases showed improvement, 34 % showed partial improvement and 24 % showed no improvement. This proves that homoeopathy is highly effective in treating GERD.

**Source of Support:** Nil

**Conflict of Interest:** Nil

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