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Homoeopathic approach in peptic ulcers

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Abstract

Peptic ulcer is a common gastrointestinal condition characterized by open sores that develop on the inner lining of the stomach, upper small intestine, or oesophagus. It is increasingly recognized as a lifestyle-related disorder in today's fast-paced world. They caused due to *H. pylori* infection, Excessive use of NSAIDs (e.g., aspirin, ibuprofen). Lifestyle factors: Smoking, alcohol, high-stress levels, irregular meals, other contributors like Spicy food, caffeine, and genetic predisposition. Modern lifestyles, especially those involving prolonged desk work and reduced physical activity, have led to an increase in psychobiological disorders. Psychological stimuli and physical stress have a profound impact on the human stomach. This connection was first demonstrated by Dr. William Beaumont through a series of direct observations over the course of one year. His subject was a Canadian voyageur who had sustained a gunshot wound that left his stomach permanently exposed. Beaumont's groundbreaking studies provided the earliest insights into the interaction between emotions and gastric functions. More than a century later, these findings were confirmed by researchers Wolf and Wolf through experiments on a subject known as "Tom," whose stomach was similarly exposed. Their work demonstrated that emotional stress significantly affects gastric acid secretion, motility, and mucosal blood flow. Specifically, negative emotions such as pain, fear, and depression tend to cause blanching of the gastric mucosa, leading to reduced secretion and motility^[5]. In contrast, emotional states such as anxiety and hostility are associated with increased gastric acid secretion and motility. These findings highlight the intricate connection between the mind and the digestive system, reinforcing the importance of managing psychological stress to maintain gastrointestinal health. Homoeopathy, a holistic system of medicine, offers a gentle and individualized approach to the management of peptic ulcers, focusing on treating the root cause, not just the symptoms.

Keywords: Peptic ulcer, homoeopathy, approach

Introduction

Modern lifestyles, especially those involving prolonged desk work and reduced physical activity, have led to an increase in psychobiological disorders. Psychological stimuli and physical stress have a profound impact on the human stomach.

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Human stomach initiates the process of digestion and prepares food mechanically and chemically to receive into small intestine for complete digestion. Stomach and first part of duodenum derived from foregut and get blood supply from celiac axis.

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So, first part of duodenum above the entrance of alkaline bile and pancreatic juice exposed to acid gastric juice. So, ulcers developed in stomach and first part of duodenum are same in their pathology and aetiology that is peptic juice. So, they consider together as peptic ulcer. There are also other sites like lower end of oesophagus and jejunum, Mickels diverticulum. Peptic ulcer differs from any ulcer in other part of body by number of etiological agents.

Pathology of Peptic Ulcer

The main mechanism is imbalance between protecting and damaging factors of gastric and duodenal mucosa. Protecting factors are mucus, bicarbonate, prostaglandins, good blood flow and cell regeneration and damaging factors *H. pylori* infection, NSAIDS, acid and pepsin, cigarette smoking, alcohol. Blood group O is more susceptible than blood group 'A' and 'B'. There is Hormonal and nervous control over gastric secretion. The stomach once called the seat of the soul and still a recognised source of ecstasy and grief, is one of the most metabolically active organs of the body (Wolf) [5]. Emotional and systemic stress play important role in gastric secretion through Hypothalamus - Anterior pituitary-ACTH -cortisone—gastric gland. Most common site for peptic ulcer is pyloric side of acid line. Overstimulation of vagus nerve responsible for increase acid secretion and motility which causes entry of acid in duodenum. Food in pyloric antrum stimulate gastric secretion. In spite of these theories Gastric and duodenal ulcer different in site, size, aetiology, aggravation and amelioration.

Clinical features

Homoeopathic Approach

Our homoeopathy medicine gives best result in mysterious peptic ulcer. As it is psychobiological disease homoeopathic theory do best. Syphilitic miasm is known as destructive miasm. Syphilitic miasm is mostly chronic one. Here body destroys itself to survive by producing different type of lesion. Ulceration is one of them. In syphilitic miasm process is slow and degenerative. So, homoeopathy medicine gives best result in treatment of peptic ulcer. Here we discussed some Important and particular remedies for gastric and duodenal remedies.

1. **Hydrastis:** Sore feeling in stomach. Weak digestion, cannot eat bread or vegetables. Atonic dyspepsia, ulceration of mouth. Excessive use of alcohol. Useful for debilitated person [1].
2. **Kali bichromium:** Fatty constitution, symptoms from excessive use of beer. Dyspepsia with headache, Objects become Obscure, violent headache supraorbital, tough stringy discharge Adhere to the part, pain in small parts shift rapidly, loss of appetite [4].
3. **Lycopodium:** Emaciated person emaciation. Emaciation particularly upper part of the body. Aggravation from 4 to 8 p.m. Violent hunger yet few mouthfuls of food full the stomach [1].
4. **Phosphorus:** Suitable for tall, slender persons. As soon as food become warm it thrown out. Very sensitive nature. Nausea from placing hand in warm water [4].
5. **Argentum nitricum:** Suitable for old looking patient. Great Logging for fresh air. Craving for sugar. Belching after every meal. Flatulent dyspepsia [2].
6. **Arsenicum album:** Mentally restless. Can not bear smell or sight of food. Aggravation from-1 to 2 p.m., 12-

2 a.m. Gastric derangement after cold fruits, ice- cream, ice water, alcohol, beer, cheese. Cold water lies like stone. Burning in Stomach like coal of fire [1].

7. **Calcarea carb:** Suitable for pale, weak, timid, fatty Flabby persons. Coldness of single part, sweat of single part. Sour vomiting, sour stool, sour eructation, sour odour of whole body [4].
8. **Nux vomica:** Irritable persons. Complaints due to Bad effects of coffee, tobacco, alcoholic stimulant, over eating, long continued mental exertion, oversensitive, tendency to nausea and vomiting every morning. Pressure an hour or 2 after eating as a from stone [2].

Conflict of Interest

Not available

Financial Support

Not available

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