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Utility of homoeopathic treatment in case of chronic gastritis

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Abstract

This is a case of 23 years old female patient presents with nausea and vomiting, pain in abdomen in the outpatient department and was suffering from chronic gastritis. A proper case taking and repertorisation was done, NATRUM MURATICUM 1 M was prescribed. After 2 months of treatment, the patient showed remarkable improvement.

Keywords: Chronic gastritis, abdominal pain, nausea and vomiting, natrum muriaticum, homoeopathy, individualized treatment, constitutional prescribing, emotional factors, humiliation, anxiety, dwelling on past, case report, holistic approach

Introduction

Gastritis is a medical condition characterised by inflammation of stomach lining. It is classified based on the acuity of the condition- acute and chronic ^[1]. Acute gastritis is a transient acute inflammatory involvement of the stomach mainly mucosa ^[2]. Chronic gastritis is more common and asymptomatic as compared to acute gastritis, there is infiltration of lymphocytes and plasma cells in lamina propria ^[3].

Classification of chronic gastritis: Based on type of mucosa affected, it is classified into 3 types

1. Type A gastritis which involves mainly the body-fundic mucosa. It is also called autoimmune gastritis due to presence of circulating antibodies and is sometime associated with other autoimmune diseases such as Hashimotos thyroiditis and Addisons disease ^[2].
2. Type B gastritis mainly involving the region of antral mucosa and is more common. It is also called as hyper secretory gastritis due to excessive secretion of acid, commonly due to H pylori infection ^[2].
3. Type AB gastritis affecting the mucosal region of A and B types. This is most common type in all group. It is also known as environment gastritis and chronic atrophic gastritis ^[2].

Signs and symptoms

- Indigestion
- Burning and gnawing feeling in stomach
- Sensation of being full after eating a small amount
- Nausea and vomiting
- Belching
- Unintentional weight loss
- Bloating
- Loss of appetite

Case report

A case of 23 years old female patient reported at BVVS homoeopathic medical college and hospital, Bagalkot on date 23/10/2024.

Present complaints

C/o nausea and vomiting since 8 months (on and off) increased since 1 month.

C/o pain in abdomen since 1 month, increased since 1 week

Details of presenting complaints

- Patient was apparently alright 1 yr back, then she started complaints of burning in epigastric region, she took allopathic treatment (pan D) and got relief. After 2 months she started experiencing nausea and vomiting.
- **Nausea:** Continuous
- **Modalities:** <after having food, > by vomiting (for sometime - again nausea reappear)
- **Vomiting:** Before vomiting - she gets sour eructation
- **Character:** Contains undigested food particles, scanty, occurs frequently, sour vomiting, vomits 15-20 min after eating.
- **Episodes:** 4 to 5 episodes per day
- **Modalities:** < after eating, fatty food, outside food.
- **Pain in abdomen**
Onset: Gradual

Duration: Since 1 month, increased since 1 week

Sensation: Gripping type of pain

Location: Epigastric region

Modalities: < after eating

Past history

- H/o similar complaints - took allopathic treatment, relieved temporarily
- H/o haemorrhoids 6 months back- took allopathic treatment got relieved.

Family history: All are apparently healthy.

Menstrual history

Menarche: 15 yrs

Menses: Regular, 26-28 days cycle, 4-5 days flow, bright red colour, no clots.

Personal history

- **Diet:** Mixed
- **Appetite:** Hunger present, decreased intake due to complaints
- **Thirst:** Thirstless
- **Desire:** Sweets
- **Aversion:** N.S.
- **B/M:** Once daily, satisfactory
- **Micturition:** 3-4/0-1, D/N
- **Sleep:** Disturbed (every 2-3 hrs she wakes up)
- **Dreams:** N.S.
- **Perspiration:** Generalized
- **Thermals:** Chilly patient

Life space investigation

Patient was born and brought up in shirur, when she was 6 months old her mother died, since then she maintained strong bond with her elder sister. As her sister pursued higher studies, she felt distant and stopped sharing her feelings.

Education: She did well in school, finishing her B.Com in Bagalkot and getting a job in Bangalore.

Work: In her work place, manager made her feel uncomfortable by asking her to sit next to him. She refused. The next day she was humiliated in front of everyone saying she was not capable of doing her job. This incident left her fearful and worried.

Personal life: After 6 months she transferred to Bagalkot and got engaged, at first her fiancé was supportive but when she shared her past experience, he started judging her and told her to quit her job. This made her to stop sharing things with him.

Mentals

Ailments from humiliation

Dwelling on past events

Anxiety about future

Workoholic

General physical examination

- **Built & nourishment:** Well built & nourished.
- **Height:** 5.1 feet
- **Weight:** 55kg
- **Head:** Scalp: Evenly distributed black hair
- **Conjunctiva:** Pink
- **Sclera:** Clear
- **Nose:** No DNS, No polyp
- **Ears:** No discharge
- **Throat:** Trachea centrally placed
- **Lymph nodes:** No lymphadenopathy
- **Upper limbs:** NAD
- **Lower limbs:** NAD
- **Pallor:** Absent
- **Cyanosis:** Absent
- **Clubbing:** Absent
- **Oedema:** Absent
- **Icterus:** Absent

Vital signs

BP: 118/80mmhg

PR: 78bpm

RR: 18cpm

Temp: 98.6 F

Systemic examination

CVS: S1, S2 heard, no murmur

CNS: Conscious & well oriented to time, place, person

RS: B/L NVBS heard

Per abdomen

Inspection: No scar marks, no distension of abdomen

Palpation: Tenderness present over epigastric region

Percussion: Tympanic note heard

Auscultation: Bowel sounds heard

Investigation Biopsy

S.N.M.C AND H.S.K HOSPITAL AND RESEARCH CENTRE
NAVANAGAR, BAGALKOT
Phone - 8884452959 8884452960, Fax - -

Patient Name : [REDACTED]	Age : 23 yrs	Sex : F
OP.NO. : 240463319	IP. NO. : 240043880	
LAB NO. : 223410	Report Date : 23-10-2024	
Referring Dr. : -		

PATHOLOGY

IPR
Specimen: Antral Biopsy.

Gross Pathology: Received two grey white tissue bits altogether measuring 0.4x0.4cm.

Microscopy: Sections studied show mucosa & submucosa. Lamina propria shows chronic inflammatory cell infiltrates comprising of lymphocytes & plasma cells. Also seen are congested & dilated blood vessels.
No evidence of h pylori/activity/atrophy/intestinal metaplasia/granuloma/malignancy seen in the sections studied.

IMPRESSION: Features are suggestive of **Chronic Non-Specific Gastritis**.

Advice: Clinical correlation.

Checked by Dr. Vidisha. **Dr. Girija. MD.**

Impression: Chronic gastritis

Totality of symptoms

- A/F humiliation
- Anxiety about future
- Workoholic
- Dwelling on past events
- Thirstless
- Disturbed sleep
- Desires sweets
- Chilly patient
- Nausea continuous
- Vomiting - undigested food particles, scanty, sour
- < After eating, outside food, fatty food
- Gripping type of pain in epigastric region.

Repertorisation

Remedy	Puls	Sep	Sulph	Nat-m	Phos	Nux-v	Calc	Ars	Chin	Lyc	Ign	Bry	Graph	Verat	Lach
Totality	42	40	40	39	37	35	34	34	34	33	33	32	32	31	31
Symptoms Covered	12	12	12	13	12	11	12	11	11	12	11	10	10	11	10
[Complete] [Mind] Anxiety:Future, about:	3	3	4	4	4	3	4	3	4	3	2	0	4	3	3
[Complete] [Mind] Industrious, mania for work:	3	4	1	1	3	4	3	1	1	4	3	3	0	4	4
[Complete] [Mind] Humiliation:Aliments from, agg.:	3	0	0	3	0	0	0	0	0	0	4	0	0	0	0
[Complete] [Mind] Dwells:Events, on past disagreeable:	0	3	3	4	1	0	2	1	3	1	3	0	1	1	0
[Complete] [Stomach] Thirstlessness:	4	4	4	3	4	4	2	4	4	4	4	4	3	3	4
[Complete] [Sleep] Disturbed:	4	4	4	4	4	4	4	4	4	4	4	4	4	3	4
[Complete] [Generalities] Food and drinks:Sweets:Agg.:	3	3	4	2	3	1	3	3	1	3	4	0	4	0	4
[Complete] [Stomach] Eruptions:Sour:	4	4	4	4	4	4	4	3	4	4	4	4	3	4	3
[Complete] [Stomach] Vomiting:Sour:	4	4	4	3	4	4	4	4	4	4	1	1	3	4	1
[Complete] [Stomach] Vomiting:Food:Undigested:	3	1	3	1	1	1	1	0	3	1	0	3	3	1	0
[Boenning] [Nausea and Vomiting] Aggravation:Eating:After:	4	3	4	3	4	4	2	4	3	1	1	3	3	4	3
[Complete] [Generalities] Vomiting:Amel.:	3	3	1	3	1	2	1	3	0	1	1	3	0	3	1
[Complete] [Stomach] Nausea:	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4

First prescription

Natrum mur 1M (1dose) stat

Pl (4-0-4) ×15 days

Follow-up

Date	Progress	Treatment
8/11/2024	Frequency of nausea and vomiting slightly reduced, epigastric pain reduced mildly. Sleep still disturbed.	Pl (4-0-4) 15 days
23/11/2024	Reduced episodes of vomiting and nausea, intensity of epigastric pain reduced	Pl (4-0-4) 15 days
8/12/2024	Nausea and vomiting reduced. Appetite improved. Mild abdominal pain only after outside food. Sleep improved.	Pl (4-0-4) 15 days
23/12/2024	Overall well-being better; mental symptoms (anxiety about future / dwelling on past) somewhat relieved.	Pl (4-0-4) 15 days

Result

After 2 months of homoeopathic treatment, the patient showed symptomatic improvement.

Conclusion

This case highlights the importance of holistic case-taking and individualized remedy selection in homeopathic practice. The patient, suffering from chronic gastritis with both physical and mental-emotional symptoms, responded well to Natrum muraticum 1M, prescribed based on totality of symptoms including emotional causation such as ailments from humiliation, dwelling on past events, and anxiety about the future.

Over a period of two months, the patient showed significant improvement in both gastrointestinal and psychological symptoms, with reduced frequency and intensity of nausea, vomiting, and abdominal pain, as well as better sleep and emotional well-being. This case demonstrates the effectiveness of classical homeopathy in managing chronic gastritis when prescribed on the basis of individual symptomatology and constitutional approach.

Acknowledgement

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