



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)

IJHS 2020; 4(3): 37-40

Received: 28-05-2020

Accepted: 30-06-2020

## Dr. Jyoti Patel

Department of Human Physiology and Biochemistry, Aarihant Homoeopathic Medical College and Research Institute, Swarnnim Start Up & Innovation University, Bhoyan Rathod, Gandhinagar, Gujarat, India

## Dr. Vidhi Khamar

Department of Homoeopathic Material Medica, Aarihant Homoeopathic Medical College and Research Institute, Swarnnim Start Up & Innovation University, Bhoyan Rathod, Gandhinagar, Gujarat, India

## Dr. Nisha Manani

Department of Homoeopathic Material Medica, Aarihant Homoeopathic Medical College and Research Institute, Swarnnim Start Up & Innovation University, Bhoyan Rathod, Gandhinagar, Gujarat, India

## Dr. Megha Parmar

Department of Homoeopathic Pharmacy, Aarihant Homoeopathic Medical College and Research Institute, Swarnnim Start Up & Innovation University, Bhoyan Rathod, Gandhinagar, Gujarat, India

## Corresponding Author:

### Dr. Jyoti Patel

Department of Human Physiology and Biochemistry, Aarihant Homoeopathic Medical College and Research Institute, Swarnnim Start Up & Innovation University, Bhoyan Rathod, Gandhinagar, Gujarat, India

## A homoeopathic approach in the treatment of gastritis

**Dr. Jyoti Patel, Dr. Vidhi Khamar, Dr. Nisha Manani and Dr. Megha Parmar**

### Abstract

Homeopathic medicines are prescribed on the basis of presenting complaints while taking into account the physical, emotional and genetic make-up that individualizes a person. This constitutional approach encompassing mind and body works at root-level. Homeopathy is very effective in managing all the acute as well as chronic expressions of gastritis; it also plays an important role in prevention of relapse of the condition. Here we are discussing detail about gastritis and its homoeopathic treatment.

**Keywords:** Homoeopathy, gastritis, homoeopathic medicines, constitutional, characteristics, rubrics, therapeutics

### Introduction

Homeopathy is considered to be the most ideal method for treating Gastritis. In homeopathy the treatment for the gastritis is done only after detailed examination of the individual's sign and symptoms and constitution. Hurry and Worry that are at the base of the disease now a day and are related to one's nature and tendency, which can be tackled by a constitutional or individualized homeopathic treatment. The homoeopathic remedies are not just control the symptoms but they work deep inside and also prevent recurrence of the disease by treating the root causes successfully. For gastritis homeopathy is strongly recommended as it is safe and does not lead to any side effects. Due to holistic approach of the treatment in homeopathy we can get rid of disease from physical as well as mental aspect also.

### General View about Gastritis

**Definition:** Gastritis is an inflammation, irritation or erosion of the stomach mucosa.

Gastritis is not one disease but a group of conditions, which are characterized by inflammation of the lining of the stomach. Gastritis can broadly be divided into acute gastritis and chronic gastritis.

**Types of Gastritis:**

Gastritis can broadly be divided into:

1. Acute gastritis and
2. Chronic gastritis.

**1. Acute gastritis:** Acute gastritis is a sudden inflammation of the lining of the stomach. Acute gastritis is a term covering a broad Spectrum of entities which include inflammatory changes in the gastric mucosa. Inflammation of the whole stomach is called pangastritis and an inflammation of a part of stomach is called antral gastritis.

Acute gastritis can divided into:

Erosive and Non-erosive

### Causes

Medications, alcohol, eating or drinking corrosive substances, extreme physiological stress, infections.

Acute gastritis is often associated with a severe, acute illness, or trauma.

### Risk factors

Nonsteroidal anti-inflammatory drug use (NSAIDs), recent heavy alcohol use, and physiological stress such major surgery, head trauma, renal failure, liver failure or respiratory failure.

## 2. Chronic Gastritis

Chronic gastritis is an inflammation of the lining of the stomach that occurs gradually and persists for a prolonged time.

### Causes

Prolonged irritation from the use of nonsteroidal anti-inflammatory drugs (NSAIDs), infection with the bacteria *Helicobacter pylori*, pernicious anemia (an autoimmune disorder), degeneration of the lining of the stomach from age, chronic bile reflux.

### Sign and Symptoms

The signs and symptoms of gastritis include:

- A gnawing or burning ache or pain in the upper abdomen that may become either worse or better after eating.
- Loss of appetite.
- Bloating: A feeling of fullness in upper abdomen after eating
- Weight loss.
- Belching: Belching either does not relieve the pain or relieves it only briefly.
- Nausea and vomiting: The vomit may be clear, green or yellow, blood-streaked, or completely bloody, depending on the severity of the stomach inflammation.

In more severe gastritis, bleeding may occur inside the stomach. Any of the following symptoms can be seen as well as those already mentioned.

- Pallor, sweating, and rapid (or “racing”) heart beat.
- Feeling faint or short of breath
- Chest pain or severe stomach pain
- Vomiting large amounts of blood
- Bloody bowel movements or dark, sticky, very foul-smelling bowel movements

### Homeopathic Treatment of Gastritis

Homeopathy is one of the most popular holistic systems of medicine. The selection of homeopathic medicine for gastritis is based upon the theory of individualization and symptoms similarity by using holistic approach. This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering. The aim of homeopathic medicine for gastritis is not only to treat gastritis but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several remedies are available to treat gastritis that can be selected on the basis of cause, sensations and modalities of the complaints.

### Rubrics of Gastritis in Repertories

There are so many rubrics given in the repertories related to gastritis. Some of them are given here:

- [Boenninghausen's] Stomach, Inflamed, Acute gastritis
- [Boericke] Stomach, Inflammation
- [Boericke] Stomach, Inflammation, Acute
- [Boericke] Stomach, Inflammation, Chronic (catarrh of Stomach)
- [Boger] Supplementry references, Gastritis
- [Complete] Stomach, Gastritis
- [Kent] Stomach, Inflammation
- [Knerr] Stomach, Burnining, Gastritis, in

[Murphy] Clinical, Gastritis, Infection

[Murphy] Clinical, Gastritis, Infection, Chronic

[Murphy] Stomach, Gastritis, Inflammation, Chronic

[Murphy] Stomach, Gastritis, Inflammation

[Synthesis] Stomach, Inflammation, acute

There are number of medicines has been given in the Materia medica which has great affinity to cure the different kind gastric derangements. Some of them are mentioned here:

- Nux Vomica
- Lycopodium
- Phosphorus
- Arsenic album
- Carbo vegetabilis
- Mercurious Solubilis
- Veratrum album
- Bryonia alba
- Belladonna
- Argenticum Nitricum
- China officinalis
- Sulphur

### Homeopathic Therapeutics for Gastritis

#### Nux Vomica

It has great affinity to gastric derangement. It is pre-eminent remedy for the disease conditions arise due modern life style. Nux vomica is mostly indicated in case of chronic gastritis which is caused by tobacco, alcoholic stimulants, aromatic or patent medicines, sedentary habits, highly spiced food. Heartburn with flatulence for gastritis has nausea and vomiting in the morning He feels “If I could only vomit I would be so much better”. Alternating constipation and diarrhea. Eructations sour, bitter; nausea and vomiting every morning with depression of spirits, after eating. Drinking milk seems to cause acidity. Hunger, but if he eats ever so little, he is satisfied and feels quite full. Repeated, violent vomiting of sour mucus with headache or with blood. Contractive, squeezing stomachache.

#### Lycopodium

It has pain in the pit of stomach when the hypochondria are pressed and pain in hypochondria when the pit of stomach is pressed. Indicated for gastritis has fullness even after a light meal, with no intestinal irritation. A grand characteristic of Lycopodium is “The patient goes to meals with a vigorous appetite, but after eating a small quantity of food he feels so full and bloated that he has to force himself to swallow another mouthful; and he leaves the table with his hunger, only momentarily satisfied.” Craves everything warm, intolerant to cold drinks. Incomplete burning eructation rise only to pharynx, then burns for hours. Eructation ameliorates gastric troubles. Bitter taste in mouth at night, sour vomiting.

#### Phosphorus

Irritation, Inflammation and degeneration of mucus membrane. Gastritis with chronic erosion. Burning, gnawing circumscribed pain. The all gone, weak feeling at 11 a.m. starting from stomach to bowel. Craves for cold food and cold drinks which give relief temporarily, but are vomited as soon as they become warm in stomach. Very useful remedy in the vomiting of chronic dyspepsia. Hunger soon after eating. Sour taste and sour eructations after every

meal. Belching large quantities of wind, after eating. Throws up ingesta by the mouthfuls. Pain in stomach; relieved by cold food, ices. Region of stomach painful to touch, or on walking. Inflammation of stomach, with burning extending to throat and bowels. Bad effects of eating too much salt.

### **Arsenic Album**

Restlessness is one of the grand characteristics of Arsenic. Ailments from fear, fright and worry. Foul, bitter or sour taste. Cannot bear the sight or smell of food. Great thirst; drinks much, but little at a time. Burning pain in stomach like fire, as if hot coals were applied to part, better by hot application, hot drinks. Acrid and bitter eructation. Irritative dyspepsia and acute inflammation. Nausea, retching and vomiting of slimy mucus tingled with blood. Trembling and coldness of extremities with pain in stomach and oppressive anxiety. Dyspepsia from vinegar, acids, ice-cream, ice-water, tobacco. Terrible fear and dyspnea, with gastralgia; with great exhaustion

### **Carbo Vegetabilis**

Best suitable for Patient seems to be too weak to hold out. Persons who have never fully recovered from the effects of some previous illness. Violent burning in the stomach, with paroxysmal cramps which force the patient to double up; with flatulence. Putrid variety of dyspepsia. Slow digestion; feels as if a weight in the stomach, which is not relieved by eating; but after a few mouthfuls there is a sense of fullness. Eructations are rancid, putrid or sour. Heaviness, fullness, and sleepiness; tense from flatulence, with pain; worse lying down. Eructations after eating and drinking. Contractive pain extending to chest, with distention of abdomen. Colic, with the sensation of a burning pressure; much flatulence and sensitiveness of the pit of the stomach. Pain in the hypochondria like that of a bruise.

### **Mercurious Solubilis**

It has deathly faintness at the pit of stomach. Profuse saliva in the mouth with a putrid or bitter or sour and rancid taste. Mercurial smell and taste in mouth. Stool hot, scanty, bloody, slimy, and offensive, with terrible cutting, colicky pains. Useful in painful acute inflammation. Tenesmus, not relieved by stool. A never get done feeling in the rectum. Complains worse in both warm and cold atmosphere. Stomach is chronically disturbed, sour eructations, regurgitations, heartburns etc.

### **Veratrum Album**

Hiccups after hot drinks. forcible eructations, mostly of air. After eating, empty eructation of air. After frequent eructation, copious ejection of mucus. Constant sick eructation with very violent cough. Voracious hunger, great thirst. Vomiting is –Slimy acid liquids with food froth. Yellowish green or white mucus. With black bile and blood. Colicky pain with salivation, profuse cold perspiration.

### **Bryonia**

It is best adapted to persons of gouty or rheumatic diathesis. Great thirst for large quantities at long intervals. Pressure as from stone at pit of the stomach, relieved by eructation. Stool large, hard, dark, and dry, as if burnt. Diarrhea during a spell of hot weather; bilious, acrid with soreness of anus; like dirty water; of undigested food; from

cold drinks when overheated, from fruit or sour foods aggravated in morning, on moving, even a hand or foot and ameliorated by absolute rest. Aggravation from any motion, and corresponding relief from absolute rest, either mental or physical. Pains: stitching, tearing, worse at night.

### **Belladonna**

Abdominal pain in short attacks, causes redness of face and eyes. Abdomen tender, distended; aggravated by least jar. Loss of appetite with desire to drink without thirst. Eructation and vertigo. Nausea and inclination to vomit. Violent stomachache after a meal. Bilious vomiting.

### **Argentum Nitricum**

Violent belching and great relief from it. Pain is gnawing, ulcerative, referred to the pit of stomach. Vomiting of glairy mucus, which can be drawn into strings. Longing for sugar which aggravates the complaints. Pain in spot radiates to every direction.

### **China Officinalis**

Homeopathic medicine for gastritis best suited to weak patients having low vital power. Sensation of satiety after a few mouthfuls of food. Sour, bitter eructations; flatulence is offensive. Slow digestion and patient faints easily. There is a sensation as if food had lodged in the oesophagus. In cases where the food does not digest, but lies a long time in the stomach, causing eructations and finally is vomited out undigested.

### **Sulphur**

Burning in the stomach. Gastritis caused by chronic alcoholism. When carefully selected remedies fail to produce favorable effects, especially in acute diseases, it frequently serves to rouse the reactive powers of the system. Weak, empty, gone or faint feeling in the stomach about 11 a.m. and can not wait for lunch. Congestion of abdomen. Stool acrid excoriating. It follows Aconite well. Sour eructation all the day. Long heartburn. Belching up of a portion of the food that had been eaten. In the morning inclination to vomit. Morning nausea. Bulked eructation on going to sleep.

### **Some Diet & Lifestyle Tips for Gastritis**

- Eating habits. If you experience frequent indigestion, eat smaller, more frequent meals to buffer stomach acid secretion. Avoid any spicy, acidic, fried or fatty food. Practice good eating habits.
- Avoid alcohol. It irritates and erodes the mucous lining of the stomach, causing inflammation and bleeding.
- Don't smoke. Smoking interferes with the protective lining of the stomach, making the stomach more susceptible to gastritis as well as ulcers. Smoking also increases stomach acid; delays stomach healing and are a leading risk factor for stomach cancer. Still, quitting isn't easy, especially if you've smoked for years. Talk to your doctor about methods that may help you stop smoking.
- Switch pain relievers. Some may cause stomach inflammation or make existing irritation worse.
- Follow doctor's advice. Your doctor may recommend that you take an over-the-counter antacid or acid blocker to help prevent recurring gastritis.
- Maintain a healthy weight. Heartburn, bloating and

constipation tend to be more common in obese people. Maintaining a healthy weight can often help prevent or reduce these symptoms.

- Exercise regularly. Aerobic exercise that increases your breathing and heart rate also stimulates the activities of intestinal muscles, helping to move food wastes through your intestines more quickly.
- Manage stress. Stress increases risk of heart attack and stroke, increases stomach acid production and slows digestion. For relaxation practice yoga. Make a habit of regular exercise, morning walk, eat healthy, nutritious food, it boosts your immune system & makes you calm.

### **Discussion and Conclusion**

Gastritis is the very common condition prevailing into the society now a days. Due to some faulty food habits and stressful modern life style plays major role in developing this disease. Here we have discussed some of the important homoeopathic medicines which are frequently prescribed on the therapeutic basis as well as on the constitutional basis also. With the help of homoeopathic medicine we can cure the gastritis as well as can check the disease progress of the it. The medicines which are prescribed on the basis of the constitution of the person or by individualization can also prevent the recurrence of the gastritis. So from this work we can conclude that the homoeopathic medicine are very useful in the treatment of the gastritis as well as to prevent the recurrence of gastritis.

### **References**

1. <https://hpathy.com/cause-symptoms-treatment/gastric-complaints/>
2. [https://www.researchgate.net/publication/50924739\\_Scientific\\_evidence\\_of\\_the\\_homeopathic\\_epistemological\\_model](https://www.researchgate.net/publication/50924739_Scientific_evidence_of_the_homeopathic_epistemological_model)
3. Calvin B Knerr Repertory of Hering's guiding symptoms of our materia medica
4. Kent JT. Repertory of the Homoeopathic Materia medica
5. William Boericke Pocket manual of Homoeopathic Materia medica and repertory
6. Robin Murphy Homoeopathic medical Repertory
7. Boenninghausen's Therapeutic Pocket Book
8. Boger CM. Boger Boenninghausen's Characteristics and Repertory
9. Roger van Zandvoort's Complete Repertory
10. Fredrik Schroyens Synthesis Repertory 9.1
11. Lilianthal Homoeopathic therapeutics
12. Clerke JH. A Dictionary of Practical Materia Medica