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GERD and its homoeopathic approach

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Abstract

This article reviews about GERD, which is a common clinical problem in this modern world due to change in lifestyle, dietary habits and sedentary occupations. GERD is more common in people above 40 years age. About 10-30 percent of people in western countries suffer from GERD symptoms. Homoeopathy has wide scope in preventive and curative aspect of GERD. This article deals about Homoeopathic management of GERD, different Homoeopathic remedies and also various rubrics of GERD.

Keywords: GERD, homoeopathy, curative, rubrics

Introduction

One of the most common gastrointestinal diseases is GERD, which is characterised by pathological reflux from the stomach into the lower oesophagus. At some point, about half of all adults will report having reflux symptoms. GERD is a serious health issue because it's linked to a lower quality of life. A certain amount of GERD is typical, especially after meals. An increase in transient lower oesophageal sphincter relaxations leads to pathological reflux. Numerous anatomical and physiological variables contribute to its occurrence^[4].

Anatomical factors

- Altered length of abdominal oesophagus.
- Altered obliquity of O-G junction.
- Alteration of phreno-oesophageal ligament.
- Alteration in sling mechanism of gastric musculature.

Physiological factors

- Reduced Lower oesophageal spincter pressure.
- Altered transient relaxation period in lower oesophageal spincter.
- Increased gastric distension and gastric hyper secretion.
- Reduced oesophageal clearance mechanism.
- Other factors are alcohol, smoking, stress, lifestyle^[4].

Pathophysiology

When gastrodeodenal contents are exposed to the oesophageal mucosa for extended periods of time, GERD symptoms occur. There are several recognised contributing factors, including Abnormalities of lower oesophageal sphincter.

In some cases with GERD have reduced Lower oesophageal tone permitting reflex when intra-abdominal pressure rises other basal sphincter is normal but reflex in response to frequent episodes of innapropriate sphincter relaxation.

1. **Hiatus hernia:** People suffering with large hiatus hernia develop reflux symptom but the relationship between the presence of hernia and the symptoms are poor.
2. **Delayed oesophageal clearance:** It is a primary abnormality since it persist after oesophagitis has been healed by acid suppressing drug therapy. Poor oesophageal clearance leads to increased acid exposure time
3. **Defective gastric emptying.**
4. **Gastric content:** Gastric acid is the most important oesophageal irritant and there is a close relationship between acid exposure time and symptoms. Pepsin also contribute to mucosal injury.

5. **Increase intra-abdominal pressure:** Pregnancy and obesity are established predisposing causes.
6. Systemic collagen disease involving oesophagus may cause reflux oesophagitis in this cases there is a considerable loss of lower oesophageal tone.
7. It seems increased obesity may be the cause of increased incidence of GERD ^[1].

Symptoms

Typical symptoms

- Heartburn. Chest pain.
- Difficulty in swallowing (dysphagia).
- Regurgitation of food or sour liquid (acid reflux).
- Sensation of a lump in your throat.
- Belching or water brash.

Atypical symptom

- Hoarseness or sore throat.
- Persistent dry cough.
- Dental erosion ^[4].

Since the 1970s, patients with GERD have been classified using the DeMeester score (DMS), a composite score of the acid exposure during a prolonged ambulatory pH monitoring.

Table 1: Shows Heart burn, Regurgitation and Dysphagia

Grade	Heart burn	Regurgitation	Dysphagia
0	None	None	None
1	infrequent episodes	infrequent episodes	infrequent episodes
2	Seeking Medical Therapy	On Exertion	Needs to drink Fluids Frequently to clear
3	Hinder Daily Activities	Aspiration features	Frequent Food Impaction

Homoeopathic Management

Homeopathy is very proficient in treating GERD. Additionally, it aids in avoiding a relapse of the illness. By stimulating the immune system and hastening healing in the safest and most natural manner, homoeopathic treatment for GERD gives the patient whole holistic well-being.

Rubric related to GERD from BBCR

1. Chapter water brash and heart burn-Heartburn.
2. Chapter water brash and heart burn-Regurgitation.
3. Chapter water brash and heart burn-Aggravation eating after.
4. Chapter water brash and heart burn-Water collecting in mouth ^[3].

Rubric from Boericke repertory

1. Chapter stomach-eructation-sour, burning, acid, bitter.
2. Chapter stomach-Heartburn-pyrosis.
3. Chapter stomach-Water brash.
4. Chapter stomach-Pain burning as if ulcer.
5. Chapter stomach-Erructation-Belching.
6. Chapter stomach-Regurgitation of food.
7. Chapter stomach-Modalities to pain-Aggravation-from food.
8. Chapter stomach-Vomitind-type-sour-Acid sour ^[7].

Robinia

The main GERD symptoms that should be treated with this

medication are severe heartburn, persistent sour belching, and sour vomiting from stomach acid reflux. Heartburn and acidity feelings sometimes worsen at night, when you lie down, and can keep you awake. Severe heartburn vomiting and sour belching. Acidity and heartburn are worst at night ^[7].

Carbo veg

When there is bloating and heartburn, it is helpful. Other signs include a burning sensation in the throat, a sour, foul burp that grows worse after drinking or eating, and difficulty swallowing. Even the most basic foods have a tendency to cause the disease ^[5].

Nux Vomica

Gastric cough that worsens at night and keeps you from sleeping is one of the indication. Usually, coughing causes vomiting to happen. Swallowing could be uncomfortable due to the soreness and rawness of the throat. Especially at night, there is burning in the neck. Along with heartburn and sour belching, there is food regurgitation ^[5].

Phosphorous

Voice has become hoarse. The hoarseness could get worse at night. There could be a harsh, dry, racking cough. Heartburn, sour belching, a sour taste in the mouth, food or acidic liquid vomiting, and other gastric symptoms may also be present ^[5].

Pulsatilla

Food tastes bitter, sour, or rancid. Water-brash and eructation, there is no thirst, just a wish to sooth the mouth. Pulsatilla is particularly identifiable by its bad taste. It helps dyspepsia brought on by fatty foods, meat, pastries, or mixed diets in particular. The patient feels cold, but heat makes it worse. It gets worse at night ^[8].

Lycopodium

Lycopodium patients are always belching, they have sour eructation and acrid acid burning there is a sense of satiety after eating few mouthfuls, fermentation in abdomen with loud grumbling and croaking especially in lower abdomen⁵

Natrum Carb

Ailments from taking excessive soda, Very weak digestion caused by slightest error in diet, aversion to milk, old dyspeptics always belching having sour stomach ^[7].

Argentum Nitricum

Ailments from eating sweets, enormous distension with ulceration of stomach, belching accompanies most gastric complaints, eructation of air accompanied by mouth full of undigested food ^[7].

General management

Some lifestyle modifications will help to decrease the symptoms of GERD Such as

- Avoid products with tomato or citrus based ingredients, caffeine, nicotine, alcohol, chocolate, mints, fizzy beverages, high-fat foods.
- Eat two hours before going to bed.
- Sleep with your left side in the decubitus posture.
- Raised the head of the bed by six inches.
- Weight loss should be undertaken if obese ^[2].

Conclusion

Homoeopathy offers best treatment for GERD, through safe medication without any side effects. Homoeopathy approaches every case in a holistic aspect. This system of medicine improves quality of patient's life through individualized constitutional treatment.

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