

Review Article

Homeopathic Management of Peptic Ulcer: A Review

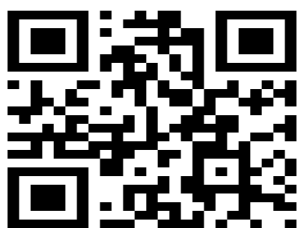
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ABSTRACT

Peptic ulcer is a chronic disease affecting up to 10% of the world's population. The formation of peptic ulcers depends on the presence of gastric juice pH and the decrease in mucosal defenses. Non-steroidal anti-inflammatory drugs (NSAIDs) and *Helicobacter pylori* (*H. pylori*) infection are the two major factors disrupting the mucosal resistance to injury. Conventional treatments of peptic ulcers, such as proton pump inhibitors (PPIs) and histamine-2 (H2) receptor antagonists, have demonstrated adverse effects, relapses, and various drug interactions. On the other hand, Homoeopathic medicines are useful in the prevention and treatment of numerous diseases. Hence, this review presents common homoeopathic drugs that may be used for the treatment or prevention of peptic ulcers.

Keywords: Peptic Ulcer, Homoeopathy, Management



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INTRODUCTION:

Peptic ulcers are sores which develop in the lower esophagus, stomach, pylorus, duodenum, or jejunum. Erosions are often referred to as ulcers. But they are breaks in the mucosal membranes that do not extend below the epithelium. Peptic ulcers are usually caused by the bacteria *H. pylori*, but some causes are also responsible. *H. pylori* generally cause inflammation.

There are three types of peptic ulcers:

Duodenal ulcers: These ulcers develop in duodenum (the proximal part of the small intestines). Majority (about 80%) of all peptic ulcers are duodenal ulcers. These ulcers occur most commonly in men between ages 20 - 50.

Esophageal ulcers: These ulcers develop inside the esophagus.

Gastric ulcers: These ulcers develop inside the stomach. These are most common in

middle-aged and elderly populations, especially in frequent users of nonsteroidal anti-inflammatory drugs (NSAIDs), alcohol, or tobacco.

Peptic ulcers are also classified into two types according to their nature. They are: Acute peptic ulcer & chronic peptic ulcer

Causes of peptic ulcer:

- Excessive consumption of alcohol
- Infection with *Helicobacter pylori*
- Prolonged or regular use of nonsteroidal anti-inflammatory drugs (NSAIDs)
- Radiation therapy
- Smoking
- Stomach cancer

Signs, symptoms & pathophysiology of peptic ulcer:

The most common symptom of a peptic ulcer is

- Abdominal pain at night
- Bloody stools
- Burning abdominal pain (mild to severe)
- Changes in appetite
- Chest pain
- Dark stool
- Indigestion
- Nausea and vomiting
- Weight loss

Pathophysiology

Stomach contains acidic secretions (HCl) which can digest substances.

Gastric mucus protects the stomach from:

- Auto-digestion
- Mechanical trauma
- Chemical trauma
- Prostaglandins provide another line of defense.
- Gastric ulcer occurs due to destruction of the mucosal barrier.
- The duodenum is protected from ulceration by the function of Brunner's glands. These glands produce a viscid, mucoid, alkaline secretion that neutralizes the acid chyme.
- Duodenal ulcers appear to result from excessive acid protection. *Helicobacter pylori* releases a toxin that destroys the gastric and duodenal mucosa, reducing the epithelium's resistance to acid digestion and causing gastritis and ulcer disease.
- Salicylates and other NSAIDs inhibit the secretion of prostaglandins (substances that block ulceration).
- Certain illnesses like pancreatitis, liver disease, Crohn's disease, gastritis, and Zollinger-Ellison syndrome, can cause ulceration.
- Excess use of alcohol, coffee, and tobacco, may contribute by accelerating gastric acid emptying and promoting mucosal breakdown.
- Emotional stress also contributes to ulcer formation because of the increased stimulation of acid and pepsin secretion and decreased mucosal defense.
- Physical trauma and normal aging are additional predisposing conditions.

Complications of peptic ulcer:

- Gastric perforation

- Gastric outlet obstruction
- Hemorrhage
- Shock

Diagnosis methods/tests of peptic ulcer:

- Barium swallow or upper GI and small bowel series
- Gastric secretory studies
- Serologic testing
- Stool analysis
- Upper GI tract X-rays

Homoeopathic approach:

Homoeopathy, as its Greek derivation implies, is a system of treating likes by likes. In other words, a remedy is prescribed which is capable itself of producing in the healthy similar symptoms to those in the patient. "Similia Similibus Curentur" - let likes be treated with likes, as a system of drug - therapeutics based on the law of similar.

The successful applications of the law of similar is depends entirely on the concepts of Individualization and susceptible constitutions which form the cornerstone of homoeopathic practice. The concept of individualization takes into consideration the total response of the organism to the unfavourable environment. This total response is seen through signs and symptoms on three planes: Emotional, Intellectual (spiritual), Physical where the life-force manifests itself.

The disease primarily is a disturbance in the vital force which governs and regulates all the organs and parts of the body. In health this vital force maintains normal growth and co-ordination of all organic functions. When, from some disease-producing cause, this force becomes disturbed, sickness or disharmony of function results. The causes of disturbance may be infections, injuries, exposure, climatic conditions, violent emotions, errors in diet, or others.

Homeopathic Medicines for Stomach Ulcers

1. **Argentum Nitricum:** One of the best Homeopathic medicines for stomach ulcers with radiating pains. *Argentum Nitricum* also used when a person feels symptoms such as vomiting, nausea, and belching along with pain in the stomach.

2. **Nux Vomica:** Highly effective among Homeopathic medicines for stomach ulcers where eating worsens pain. This stomach pain arises due to eating outside food such as fast food or spicy food, alcohol drinks, coffee, tobacco and more for that Nux Vomica homeopathic remedy is this kind of stomach pain.
 3. **Kali Bichromicum:** One of the most wonderful Homeopathic medicines for ulcers in the stomach. This remedy helps when a person feels heaviness in the stomach and also some gastric problems.
 4. **Lycopodium Clavatum:** One of the effective Homeopathic medicines for stomach ulcers with the bloated abdomen is Lycopodium Clavatum. Mostly used when a person feels a burning sensation in the abdomen and bloating. This remedy used to consume with warm water get relief from stomach pain. Don't eat food like cabbage and beans in this condition.
 5. **Carbo Veg:** One of the known Homeopathic medicines for peptic ulcers is the Carbo veg. This remedy is useful when a person feels sour belching or heartburn with stomach pain. Sometimes this pain moves towards the backside of a person.
 6. **Graphites:** If a person suffers from vomiting or burning sensation after eating then this homeopathic medicine Graphite used for peptic ulcers.
 7. **Phosphorus:** Common Homeopathic medicine for peptic ulcers using cold drinks to get relieves pain. People feel burning sensation after eating more, even feel different tastes such as sour and bitter.
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