

Review Article

Homoeopathy and Acid Peptic Disorder

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ABSTRACT

Acid peptic disorder is a combination of Gastro esophageal reflux disease and peptic ulcer. Causative agent of peptic ulcer *Helicobacter pylori* was 1st discovered in 1981 by Barry Marshal & Robin Warren. Acid peptic disease is a prevalent disease, it affects around 5-10% of the general population worldwide, but with notable regional and racial variations. In the United States, acid peptic disease affects approximately 4.5 million people annually. Approximately 10% of the US population has evidence of a duodenal ulcer at some time. Of those infected with *H pylori*, the lifetime prevalence is approximately 20%. Only about 10% of young persons have *H. pylori* infection; the proportion of people with the infection increases steadily with age.

Keywords: Homoeopathy, Acid peptic disease, Management



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INTRODUCTION

Acid peptic disorder is a combination of Gastro esophageal reflux disease and peptic ulcer. Causative agent of peptic ulcer *Helicobacter pylori* was 1st discovered in 1981 by Barry Marshal & Robin Warren.

Esophagitis (or oesophagitis) is inflammation of the esophagus. It may be acute or chronic. The acute esophagitis can be catarrhal or phlegmonous, whereas the chronic esophagitis may be hypertrophic or atrophic.

Gastro esophageal reflux disease (GERD) is chronic symptoms or mucosal damage caused by stomach acid coming up from the stomach into the esophagus. A typical symptom is heartburn.

Benign esophageal stricture is a narrowing or tightening of the esophagus that causes swallowing difficulties.

Gastritis is an inflammation of the lining of the stomach, and has many possible causes. The main acute causes are excessive alcohol consumption or prolonged use of nonsteroidal anti-inflammatory drugs (also

known as NSAIDs) such as aspirin or ibuprofen.

A peptic ulcer, also known as PUD or peptic ulcer disease, is an ulcer (defined as mucosal erosions equal to or greater than 0.5 cm) of an area of the gastrointestinal tract that is usually acidic and thus extremely painful.

Dyspepsia also known as *upset stomach* or *indigestion* refers to a condition of impaired digestion. It is a medical condition characterized by chronic or recurrent pain in the upper abdomen, upper abdominal fullness and feeling full earlier than expected when eating.

Pyloric stenosis (or infantile hypertrophic pyloric stenosis) is a condition that causes severe vomiting in the first few months of life. There is narrowing (stenosis) of the opening from the stomach to the intestines, due to enlargement (hypertrophy) of the muscle surrounding this opening (the pylorus, meaning "gate"), which spasms when the stomach empties.

Acid peptic disorder include a number of

conditions whose pathophysiology is believed to be the result of damage from acid and pepsin activity in the gastric secretions. This focuses on gastro esophageal reflux disease (GERD) and peptic ulcer disease, the two most common and well-defined disease states.

Gastro esophageal reflux disease:

Definition:

It is the condition in which the liquid content of the stomach regurgitates (backs up or refluxes) in to the oesophagus. Acid is the most injurious component of refluxed liquid. GERD is considered to be one of the most prevalent conditions affecting the gastro intestinal tract.

It is found that 58.7% of the population has heartburn or acid regurgitation at least once during the course of a year and that 19.8% experience symptoms at least once weekly. It is a chronic condition, once it begins it usually is lifelong.

Pathophysiology:

GERD occurs when the normal antireflux barrier between the stomach & esophagus is impaired, rather transiently or permanently.

Causes:

Lower esophageal sphincter, Hiatus hernia, Esophageal contractions, Slow emptying of the stomach, Pregnancy, Obesity, Ascites, Smoking, alcohol, Gastric outlet obstruction.

Signs & symptoms:

Nausea, Heartburn, Burning, Acid regurgitation, Dysphasia, Belching, Odynophagia, Chest pain, Cough, Hoarseness, Sore throat, Repetitive throat clearing.

Investigation:

Endoscopy, X-ray, Examination of throat & larynx

Complications:

Ulcers, Strictures of esophagus, Barrett esophagus, Inflammation & infection of the lungs, Collection of fluid in sinus.

Management:

Life style changes

Diet

Peptic ulcer:

Peptic ulcer refers to an ulcer in the lower oesophagus, stomach or duodenum. It is a break in the lining of stomach, 1st part of small intestine or occasionally lower esophagus. It is also known as stomach ulcer. Excessive secretion of this acid & pepsin or a weakened stomach mucosal defense is responsible for damage to the delicate mucosa & the lining of the stomach, esophagus & duodenum resulting in ulceration.

Pathology:

Gastric ulcers are found in any part of the stomach but are most commonly seen on the lesser curve. Surrounding mucosa appears inflamed & hemorrhagic. Erosions are superficial mucosal defects where as in a peptic ulcer there is a break in the superficial epithelial cells penetrating down to the muscularis mucosa at the site of the ulcer.

Etiology

1. Heredity-strong family history with gastric ulcers
2. Due to digestion of the mucosa with acid & pepsin of gastric juice.
3. The organism, helicobacter pylori
4. Smoking & alcohol consumption
5. Stress
6. NSAIDs
7. Over use of drugs

Signs & symptoms:

Recurrent abdominal pain, Vomiting, Loss of appetite, Loss of weight, Nausea, Loss of blood, Anemia, Epigastric pain, Heartburn, Dyspepsia, Hematemesis, Burning, Pain occurs on empty stomach & is relieved by food

Investigation:

Endoscopy, Barium meal test, X-ray

Complications:

Perforation, Gastric outlet obstruction, Upper gastrointestinal bleeding

Differential diagnosis:

Gastro esophageal reflux disease, Gastritis.

Management:

Avoid smoking

Alcohol to be moderated

Some homeopathic remedies for acid peptic

disorder

Homeopathy offers a very safe and effective treatment for stomach ulcers. Homeopathic medicines for stomach ulcers primarily help reduce the frequency and severity of symptoms of stomach ulcers in the acute phase. They then help to heal the sores in the stomach and prevent the tendency towards stomach ulcers in chronic phase. Homeopathic medicines for stomach ulcers are selected as per individual symptoms that vary from person to person.

Homeopathic Medicines for Stomach Ulcers

Argentum Nitricum-One of the best Homeopathic medicines for stomach ulcers with radiating pains

In my experience, Argentum Nitricum rates among the best Homeopathic medicines for stomach ulcers. This medicine is well indicated when sharp ulcerative or burning pain is felt in the stomach and radiates to other regions of the abdomen. The pain is sometimes gnawing in nature. Symptoms such as belching, nausea, vomiting may also appear along with these radiating pains. Abdominal distension may also be present in such cases where Argentum Nitricum will prove one of the most effective Homeopathic medicines for stomach ulcers.

Nux Vomica – Highly effective among Homeopathic medicines for stomach ulcers where eating worsens pain

Homeopathic medicine Nux Vomica has shown the most satisfactory results in stomach ulcer cases where pain in the stomach is felt from eating even the smallest amount of food. The stomach region is also sensitive to touch in such cases. Nux Vomica is also one of the best suited Homeopathic medicines for stomach ulcers where spicy food, coffee, tobacco and alcoholic drinks worsen the symptoms. Tightness and pressure may be felt in the stomach after eating. Nausea, vomiting, eructations, flatulence and heartburn may accompany the above symptoms.

Kali Bichromicum – One of the most wonderful Homeopathic medicines for ulcers

in stomach

Kali Bichromicum is another of the top-grade Homeopathic medicines for stomach ulcers. I have seen amazing recoveries in gastriculcer cases with Homeopathic medicine Kali Bichromicum. It is indicated in round ulcers with a feeling of heaviness in the stomach soon after eating. The food seems to sit in the stomach like a load. Appetite is low in cases where Kali Bichromicum will work as one of the most effective Homeopathic medicines for stomach ulcers.

Lycopodium Clavatum – One of the effective Homeopathic medicines for stomach ulcers with bloated abdomen

Lycopodium has proved itself as the most useful among Homeopathic medicines for stomach ulcers where the main symptoms are burning, constrictive pains attended with marked flatulence and fullness/bloating of the abdomen. Bloating starts soon after eating. A person in need of Lycopodium may get relief in pain from taking warm water. Farinaceous food like cabbage and beans worsen the symptoms. Lycopodium Clavatum is known among the best Homeopathic medicines for stomach ulcers with any of the above-mentioned symptoms.

Carbo Veg – One of the known Homeopathic medicines for stomach ulcers

Carbo Veg is another of the prominently indicated Homeopathic medicines for stomach ulcers. It is most helpful when burning pain in the stomach is accompanied by sour belching or heartburn. The pain may extend from the stomach to the back. The epigastric area may also be sensitive and tender to touch. Eating the smallest amount of food, even light food, worsens the symptoms in such cases where Carbo Veg will prove the most effective among Homeopathic medicines for stomach ulcers to heal the condition.

Hydrastis Canadensis – Best suited among Homeopathic medicines for stomach ulcers with weight loss/emaciation

In my clinical practice, Homeopathic

medicine Hydrastis has proved extremely efficient in treating stomach ulcers where they are accompanied by weight loss and emaciation. A key symptom is a constant sore feeling in the stomach. Cutting and sharp pain in the stomach may also be present in cases where Hydrastis while work as one of the most efficient Homeopathic medicines for stomach ulcers. Weakness and a loathing of food in epigastrium are other symptoms to look out for. Hydrastis is also one of the major Homeopathic medicines for chronic gastritis.

Graphites – One of the best Homeopathic medicines for stomach ulcers with vomiting after eating

In case of ulcers with vomiting immediately after eating food, Graphites has shown the most promising results among Homeopathic medicines for stomach ulcers. Constrictive and burning pain in the stomach is experienced after eating. Excessive belching, taste of ingesta is also an attending symptom in such cases where Graphites is prescribed as one of the most reliable Homeopathic medicines for stomach ulcers.

Phosphorus – One of the best Homeopathic medicines for stomach ulcers where cold drinks bring relief

Phosphorus is rated among the most reliable Homeopathic medicines for stomach ulcers where having a cold drink relieve pain. Burning in the stomach after eating is complained of. Along with this, sour, bitter belching may also be experienced in such cases. Phosphorus is made its place among the top-rated Homeopathic medicines for stomach ulcers with the above symptoms.

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