

## Review Article

### Scope of Homeopathic Management in Gastritis

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#### ABSTRACT

Inflammation of gastric mucosa is known as gastritis. It may occur as a short episode or may be of long duration. Gastritis can be treated with homeopathy; it is important to remember that there is no specific remedy for gastritis. In Homeopathy remedy is given on the basis of totality of symptoms. Depending on susceptibility of patient dosage and repetition differ from person to person.

**Keywords:** Gastritis, Homoeopathy, treatment



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## INTRODUCTION

### Epidemiology

In western countries there is evidence of declining incidence of infectious gastritis caused by H. Pylori with an increasing prevalence of autoimmune gastritis.

Chronic gastritis relatively common in developing countries.

### Prevalence

Prevalence of H. Pylori infection in children in the western population is approximately 10% but about 50% in developing countries, Prevalence of H. pylori varies depending on geographical region and socioeconomic condition.

### Types of gastritis

Acute gastritis.

Chronic gastritis.

**Acute gastritis.** It is a transient acute inflammation of gastric mucosa.

### Etiopathogenesis

Diet and personal habit

1. Highly spiced food.
2. Excessive alcohol consumption.
3. Malnutrition.
4. Heavy smoking.

Infection- bacterial, viral. Bacterial infection H. pylori, diphtheria, salmonellosis,

pneumonia, staphylococcal, food poisoning  
Viral infection-viral hepatitis, influenza, Infectious mononucleosis.

Drugs-NSAIDS, aspirin, cortisone, indomethacin etc.

Chemical and physical agents

Intake of corrosive chemicals like-caustic soda, phenol, Lysol

Gastric irradiation

freezing

### Severe stress

Emotional factors like shock, anger, resentment

Extensive burns

Trauma

Surgery

### Pathophysiology of acute gastritis

Due to any cause

The barrier is penetrated.

Hcl comes in contact with mucosa.

Injury to small vessels.

Reduced blood flow, = mucosal hypoperfusion due to ischaemia.

Decreased production of bicarbonate buffer.

Oedema, haemorrhage, ulcer formation.

### Pathology of acute gastritis

### Morphological features

The gastric mucosa is edematous with abundant mucus and haemorrhagic spots.

### **Microscopically**

Depending on the stage: there is variable amount of edema and infiltration by neutrophils in lamina propria.

In acute haemorrhagic and erosive gastritis, the mucosa is sloughed off and there is haemorrhages on the surface.

### **Chronic gastritis**

#### **Etiological factors**

Reflux of duodenal contents into the stomach.

Eg-surgical intervention in region of pylorus.

Infection with H. Pylori.

Associated disease of stomach and duodenum

Eg-Gastric and duodenal ulcer, gastric carcinoma.

Hypochromic anaemia.

Immunological factors

Eg-auto antibodies against intrinsic factor

Age-older adults.

#### **Classification of chronic gastritis**

##### **Based on type of mucosa affected.**

Type A gastritis.

Type B gastritis.

Type AB gastritis.

**Type A gastritis** - it involves mainly body-fundic mucosa. It is also called autoimmune gastritis due to the presence of circulating antibodies.

##### **Patho physiology of type A gastritis.**

Antibodies against parietal cells & intrinsic factor.

Depletion of parietal cells and impaired secretion of intrinsic factor. Gastric atrophy

Pernicious anemia.

Due to depletion of parietal cells and impaired secretion of intrinsic factor

Hypo/achlorhydria

Hyperplasia of gastrin producing G cells in the antrum

Hypergastrinaemia

##### **Type B gastritis**, - H. Pylori related

It involves the region of antral mucosa

It is also called as hyper secretory gastritis due to excessive secretion of acid

It is commonly due to H. Pylori It is may be associated with peptic ulcer

##### **Type AB gastritis.**

Mixed, environmental,

It affects the mucosal region of A & B i.e. fundic and antral mucosa.

It is common in all type of gastritis and in all age group.

##### **Type AB gastritis**

Chronic gastritis.

Atrophic gastritis.

Mucosal atrophy.

Intestinal metaplasia/pseudopyloric.

##### **Based on morphology**

Superficial gastritis.

Atrophic gastritis.

Gastric

Hypertrophic gastritis [Menetrier's disease]

Uncommon forms of chronic Gastritis.

##### **Chronic superficial gastritis**

There is inflammatory infiltrate consisting of plasma cells and lymphocytes in the sup. layer of gastric mucosa. Chr.sup.gastritis may resolve completely or may progress to chr.gastric atrophy.

##### **Common etiological agent-** H.pylori.

Most patient of chronic Superficial gastritis due to H.pylori remain asymptomatic, they develop chronic atrophic gastritis, gastric atrophy, peptic ulcer disease.

##### **Chronic Atrophic gastritis**

There is inflammatory cell infiltrate in the deeper layer of mucosa and atrophy of epithelial elements including destruction of glands.

Causes intestinal metaplasia or pseudo pyloric motaplasia.

##### **Gastric atrophy.**

There is thinning of the gastric mucosa with loss of glands but no inflammation though lymphoid aggregates may be present.

Hypertrophic gastritis / Menetrier's disease.

There is enormous thickening of gastric rugal folds resembling cerebral convolutions.

It affects the region of fundic-body mucosa and sparing the antral mucosa.

**Histologically**-the gastric pits are elongated and tortuous. The mucosa is marked thickened and parts of muscularis mucosae may extend in to the thickened folds. Epithelium lined cysts are seen in glandular layer. Inflammatory infiltrate is usually mild, lymphoid follicles may be present.

##### **Miscellaneous forms of gastritis**

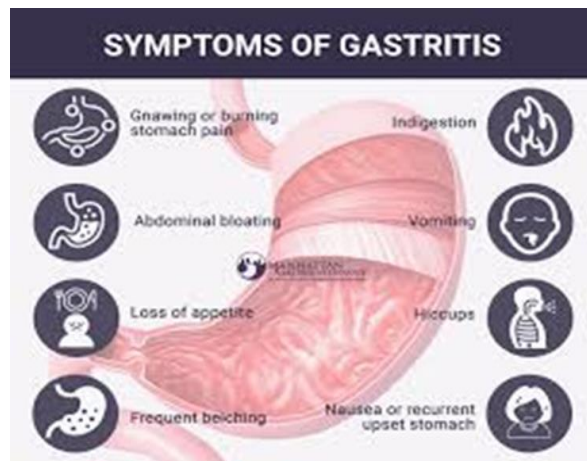
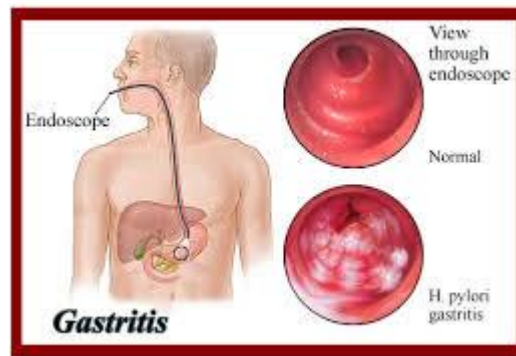
Eosinophilic gastritis.

Follicular gastritis.

Haemorrhagic/erosive  
Granulomatous gastritis.

**Clinical features of gastritis.**

1. Anorexia
2. Nausea and vomiting
3. Abdominal discomfort
4. Epigastric tenderness
5. Heartburn after eating
6. Belching
7. Frequent hiccough
8. Dehydration
9. Acidic test in the mouth



**Diagnosis is made on the basis of-**

Clinical feature.

CBC for check the anaemia.

Upper G.I. endoscopy

A blood test to check H-pylori

Gastric biopsy

**Differential diagnosis**

Peptic ulcer disease

Gastric carcinoma

Cholecystitis

Zollinger-Ellison syndrome

Pancreatitis

Myocardial ischaemia

Gastric involvement with inflammatory bowel disease

Coeliac disease

Multiple endocrine neoplasias

**Complications of gastritis**

Peptic ulcer.

Chronic atrophic gastritis.

Gastric metaplasia/dysplasia.

Gastric carcinoma.

Iron deficiency anaemia

Vit.B12 deficiency- autoimmune gastritis

Gastric bleeding  
Gastric perforation.

Achlorhydria.

Mucosa associated lymphoid tissue (MALT)lymphoma

Neuroendocrino tumors.

**General management**

Avoid spiced food.

Stop smoking and alcohol consumption.

Avoid stress.

Eat nutritious diet.

Avoid using excessive use of drugs which causes gastritis.

**Homoeopathic management**

Homoeopathy is a holistic system of medicine. The selection of medicine is based on individualization and totality of symptoms by holistic approach. The aim of homoeopathic medicine for gastritis is not only to treat gastritis but to address its underlying cause and individual susceptibility.

**Abeiscanadensis**

Canine hunger with torpid liver. Gnawing, hungry, faint feeling at the epigastrium. Great appetite, craving for meat, pickles, radishes, turnips, artichokes, coarse food. Tendency to eat far beyond capacity for digestion. Burning and distension of stomach and abdomen with palpitation. Flatulence disturbs the hearts action. Pain in right shoulder blade, and constipation with burning in rectum.

**Arsenic album-**

Cannot bear the sight or smell of food. Great thirst, drinks much, but little at a time. Nausea, retching, vomiting after eating or drinking Anxiety in pit of stomach Craves acids and coffee. Stomach extremely irritable, sooms raw, as if tom. Gastralgia from slightest food or drink.Ill effects of

vegetable diet, melons, watery fruits. Craves milk.

### **Argentum Nitricum**

Painful swelling at the pit of the stomach, painful spot over the stomach that radiates to all the parts of the abdomen. Grawing, ulcerating pain, burning and constriction. Great craving for sweets. Gastritis in drunkards. Desires for cheese and salts.

### **Bismuthum**

Vomits with convulsive gagging and pain. Water is vomited as soon as it reaches the stomach. Eructation after drinking. Burning sensation of a load, will eat for several days then vomits. Gastralgia pain from the stomach to the spine. gastritis. Better cold drinks, inexpressible pain in stomach must bend backwards.

### **Bryonia Alb**

Nausea and faintness on rising up. Abnormal hunger, loss of taste. Thirst for large draught. Vomiting of bile and water immediately after eating. Epigastrium is sensitive to touch, pressure in stomach after eating as of a stone. Dyspeptic ailments during summer heat.

### **Chamomilla**

Eructations foul, nausea after coffee. Sweats after eating or drinking Aversion to warm drinks. Pressive gastralgia as from a stone.

### **Cantharis Ves**

burning sensation in the epigastrium and stomach. Disgust for everything-drink, food, tobacco. Burning thirst with aversion to all fluids. Very sensitive, violent burning. Vomiting of blood-streaked membrane and violent retching. Aggravation from drinking coffee, drinking the smallest quantity increases pain the bladder and is vomited. Thirst unquenchable.

### **Carbo Veg**

Eructations, heaviness, fullness and sleepiness, tense from flatulence, with pain worse lying down. Temporary relief from belching. Rancid, sour or putrid eructations. Waterbrash, asthmatic breathing from flatulence. Contractive pains extending to the chest with distension of abdomen. Faint, all gone fooling in the stomach, not relieved by eating. Food putrefies before it digests Gastralgia in nursing women with excessive flatulence. Aversion to milk, meat, fatty things

### **Ipecac**

tongue usually clean, mouth moist, increased saliva. Constant nausea and vomiting with pale face, twitching of face. Vomits food, bile, blood, mucus (gastric ulcer): Stomach feels relaxed, as if hanging down, hiccough.

### **Nux vomica**

nausea in the morning, after eating Weight and pain in the stomach after eating. Ravenous hunger, especially about a day before an attack of dyspepsia. Region of stomach is very sensitive to pressure. Dyspepsia from drinking strong coffee. Desire for stimulants. Loves fats and tolerates them well. Want to vomit but cannot Very particular, zealous persons, inclined to get angry and excited, nervous people, who lead sedentary life.

### **Phosphorus**

Hungry soon after eating, sour taste and sour eructation after every meal. Belching large quantities of wind, after eating, dyspepsia, achlorhydria Throws up ingesta by the mouthfuls. Water is thrown up as soon as it gets warm in the stomach. Post operative vomiting. Inflammation of stomach (gastritis) with burning extending to the throat and bowels. Bad effects of eating too much salt.

### **Lycopodium Clav**

Dyspepsia due to farinaceous and fermentable food, cabbage, beans etc. Excessive hunger Aversion to bread. Food taste sour. Eating ever so little creates fullness. Cannot eat oysters. Desires for sweets. Incomplete burning eructations rise only to pharynx there burn for hours. Sinking sensation, worse at night. Abdomen is bloated, full, immediately after light meal. Cardialgia and flatulent colic of children and young girls. Fan like motion of alae nasi occurs in cerebral, pulmonary and abdominal complaints. Thirst for little and often, but drinking cold water causes nausea. Cord like tension across hypochondria.

### **Rubrics related to gastritis.**

Acid reflux

Belching-aggravated from, taste after, incarcerated, ineffectual, loud. suppressed followed by pain.

Digestion - slow

Disordered stomach - simplest food from

Distension-satin after, oysters after  
Esophagitis  
Gastritis  
Gastro-enteritis  
Heartburn-children in, flatulent food after  
Hiccough-children in, smoking while,  
violent  
Nausea - air travels during, eating after,  
smoking while  
Waterbrash - pregnancy during"  
Acidity: Stomach. Acidity sour stomach  
A/c gastritis: Stomach. Inflamed a/c gastritis  
Belching: Eructation. Loud  
Contraction of epigastrium while coughing:  
Cough. Concomitant epigastria  
Contraction.  
Cardialgia: Stomach. Cardialgia  
<&> light in general  
Gastralgia: Stomach Gastralgia  
Peptic ulcer: Stomach Ulcer  
Squeamishness: Nausea & vomiting  
Squeamishness  
Stony hardness of epigastria: Epigastrium  
Hardness  
Vomiting with diarrhoea: Nausea &  
vomiting Concomitant diarrhea

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