

Review Article

Homeopathic Management of Irritable bowel syndrome: A Review

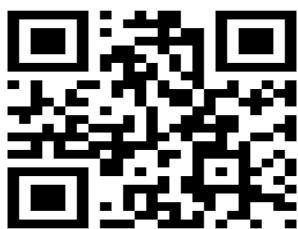
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ABSTRACT

Irritable bowel syndrome (IBS) is a common, chronic disorder that leads to decreased health-related quality of life and work productivity. IBS is also known as spastic colon, irritable colon, mucous colitis, and spastic colitis. It is a separate condition from inflammatory bowel disease and isn't related to other bowel conditions. IBS is a group of intestinal symptoms that typically occur together. The symptoms vary in severity and duration from person to person. Homeopathy has a proven track record in helping alleviate chronic symptoms.

Keywords: Irritable bowel syndrome, Homoeopathy, Management



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Conflict of Interest: None Declared!

INTRODUCTION:

Irritable bowel syndrome, or IBS, is a group of symptoms that affect your digestive system. These conditions, also called disorders of the gut-brain interaction, have to do with problems in how gut and brain work together. The type of IBS you have depends on the abnormal bowel movements:

IBS with constipation (IBS-C): Most of poop is hard and lumpy.

IBS with diarrhea (IBS-D): Most of poop is loose and watery.

IBS with mixed bowel habits (IBS-M): Both hard and lumpy bowel movements and loose and watery movements on the same day.

The symptoms of IBS typically include:

- cramping
- abdominal pain
- bloating and gas
- constipation
- diarrhea

CAUSES

Dysmotility: Problems with how your GI muscles contract and move food through the GI tract.

Visceral hypersensitivity: Extra-sensitive nerves in the GI tract.

Brain-gut dysfunction:

Miscommunication between nerves in the brain and gut.

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 from 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.

HOMEOPATHY REMEDY OPTIONS OF IRRITABLE BOWEL SYNDROME (IBS)

Primary Remedies

NUX VOMICA

Abdominal pains and bowel problems accompanied by tension, constricting sensations, chilliness, and irritability can indicate a need for this remedy. Soreness in the muscles of the abdominal wall, as well as painful gas and cramps are common. Firm pressure on the abdomen brings some relief. When constipated, the person has an urge to move the bowels, but only small amounts come out. The person may experience a constant feeling of uneasiness in the rectum. After diarrhea has passed, the pain may be eased for a little while. A person who needs this remedy often craves strong spicy foods, alcohol, tobacco, coffee, and other stimulants—and usually feels worse from having them.

PODOPHYLLUM

This remedy is indicated when abdominal pain and cramping with a gurgling, sinking, empty feeling are followed by watery, offensive-smelling diarrhea—alternating with constipation, or pasty yellow bowel movements containing mucus. Things tend to be worse in the very early morning, and

the person may feel weak and faint or have a headache afterward. Rubbing the abdomen (especially on the right) may help relieve discomfort. A person who needs this remedy may also experience stiffness in the joints and muscles.

SULPHUR

This remedy is often indicated when a sudden urge toward diarrhea wakes the person early in the morning (typically five a.m.) and makes them hurry to the bathroom. Diarrhea can come on several times a day. The person may, at other times, be constipated and have gas with an offensive and pervasive smell. Oozing around the rectum, as well as itching, burning, and red irritation may also be experienced. A person who needs this remedy may tend to have poor posture and back pain, and feel worse from standing up too long.

Other Remedies

ARGENTUM NITRICUM

Digestive upsets accompanied by nervousness and anxiety suggest the use of this remedy. Bloating, rumbling flatulence, nausea, and greenish diarrhea can be sudden and intense. Diarrhea may come on immediately after drinking water. Eating too much sweet or salty food (which the person often craves) may also lead to problems. A person who needs this remedy tends to be expressive, impulsive, and claustrophobic, and may have blood sugar problems.

ASAFOETIDA

A feeling of constriction all along the digestive tract (especially if muscular contractions in the intestines and esophagus seem to be moving in the wrong direction) strongly indicates this remedy. The person may have a feeling that a bubble is stuck in the throat, or that a lump is moving up from the stomach. The abdomen feels inflated, but the person finds it hard to pass gas in either

direction to get relief. Constipation brings on griping pains. Diarrhea can be explosive, and the person may even regurgitate food in small amounts. The person may exhibit a strong emotional or "hysterical" element when this remedy is needed.

COLOCYNTHIS

This remedy is indicated when cutting pains and cramping occur, making the person bend double or need to lie down and press on the abdomen. Cramps may be felt in the area of the pubic bone. Pain is likely to be worse just before the diarrhea passes, and after eating fruit or drinking water. Problems tend to be aggravated by emotions, especially if indignation or anger has been felt but not expressed. Back pain, leg pain, and gall bladder problems are sometimes seen when this remedy is needed.

LILIUM TIGRINUM

When this remedy is indicated, the person may make frequent unsuccessful efforts to move the bowels all day and have sudden diarrhea the following morning. A feeling of a lump in the rectum, worse when standing up, is common. Hemorrhoids may develop. Constricting feelings are often felt in the chest. The person is likely to be worse from excitement and strong emotions, and may tend toward irritability or even rage.

LYCOPodium

This remedy is often indicated for people with chronic digestive discomforts and bowel problems. Bloating and a feeling of fullness come on early in a meal or shortly after, and a large amount of gas is usually produced. Heartburn and stomach pain are common, and the person may feel better from rubbing the abdomen. Things are typically worse between four and eight p.m. Despite so many digestive troubles, the person can have a ravenous appetite, and may even get up in the middle of the night to eat. Problems with self-confidence, a worried facial expression, a craving for sweets, and a

preference for warm drinks are other indications for *Lycopodium*.

NATRUM CARBONICUM

This remedy is often indicated for mild people who have trouble digesting and assimilating many foods and have to stay on restricted diets. Indigestion, heartburn, and even ulcers may occur if offending foods are eaten. The person often is intolerant of milk, and drinking it or eating dairy products can lead to gas and sputtery diarrhea with an empty feeling in the stomach. The person may have cravings for potatoes and for sweets (and sometimes also milk, but has learned to avoid it). A person who needs this remedy usually makes an effort to be cheerful and considerate, but, when feeling weak and sensitive wants to be alone to rest.

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