

Case Report

Efficacy of Argentum Nitricum and Lycopodium Clavatum in Management of Irritable Bowel Syndrome

Ritika Shukla*, Shyam Sunder Singh

RKDF Homoeopathic Medical College Hospital & Research Centre, Bhopal, India-462026

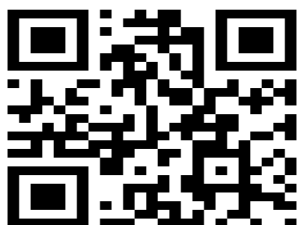
ABSTRACT

Irritable bowel syndrome (IBS) is described as a functional gastrointestinal (GI) disorder that affects the digestive system. It is characterized with abdominal pain and altered bowel habits in the absence of a specific and unique organic pathology, though in some patients, Microscopic inflammation has been documented. The most common symptoms include Abdominal pain or cramps, Gas or Bloating, Alternating bouts of diarrhea or constipation and often mucus in present in stools. The symptoms often vary in different individuals; these episodes may come and go in intervals lasting from few days to few weeks to months at a stretch. The cause of Irritable Bowel Syndrome remains largely unknown, but it considered that it is probably due to increased sensitivity of the intestines.

Population based studies estimate IBS prevalence at somewhere between 10-20% although up to 75% affected individuals never seek care. In North America, irritable bowel syndrome prevalence is 5% to 10%, affecting any age, and is 3 to 4 times more common in women.

The aim of this study is to determine the effectiveness of Argentum nitricum and Lycopodium clavatum in the individualized treatment of patients suffering from Irritable bowel syndrome. These two homoeopathic remedies are well known for their effect on the gastrointestinal system, especially when the gastrointestinal symptoms are associated with emotional stress. 30 subjects participated in study. Each subject underwent an initial evaluation in order to ascertain his or her symptoms prior to treatment. They were then, given their appropriate remedy to be administered. The subject's symptoms were monitored through questionnaires. The homoeopathic medication appeared to reduce the Irritable bowel syndrome symptoms, with the Lycopodium clavatum group achieving slightly better results than the Argentum nitricum group.

Keywords: Irritable Bowel Syndrome, Argentum Nitricum, Lycopodium Clavatum, homeopathy



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Address for Correspondence:

Dr. Ritika Shukla

RKDF Homoeopathic Medical College Hospital & Research Centre, Bhopal, India-462026

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INTRODUCTION:

Irritable bowel syndrome (IBS) is a functional gastrointestinal disorder that is mainly described by abdominal discomfort / pain with changes in bowel habits in the absence of detectable structural abnormalities.

Irritable Bowel Syndrome is characterized by a group of chronic recurring symptoms, in which abdominal discomfort / pain is generally associated with changes in bowel patterns, such as altered or more frequent bowel movements, diarrhea, and/or

constipation.

IBS has been mentioned as mucous colitis, spastic colon, functional bowel disorder, nervous diarrhea, chronic catarrhal colitis, vegetative neurosis, irritable colon, and nervous colon.

In today's fast and modern life, psychological stress is continuously increasing in human economy, which is the main causative factor of IBS, due to which the prevalence is continuously progressing (>20%) of IBS, not only in India but also in other countries.

IBS is one of the classic psychosomatic disorders characterized by recurrent abdominal pain in the abdomen, abdominal swelling, diarrhea, constipation, eructation and flatulence, and mucorrhea. Irritable bowel syndrome (IBS) is important because of its high prevalence, substantial morbidity, and enormous costs.

Irritable Bowel Syndrome (IBS) can have a significant impact on an individual's social, personal, and professional life.

IBS is the psychosomatic disorder in which mental affections like anxiety or mental stress cause altered bowel movement on the somatic or physical plane.

The homoeopathic system of medicine is based on a holistic approach in which mental and physical symptoms are considered in each individual case, so we are able to find out the efficacy of *Argentum Nitricum* and *Lycopodium Clavatum* to give a permanent cure.

Of course, constitutional and miasmatic approaches also play an important role in the cure of IBS.

So, we can say the homoeopathic system provides an effective treatment for such types of diseases also, caused due to mental affections, which have an effect on the physical plane (psychosomatic).

Homoeopathy is a system of medicine founded by the celebrated physician Dr. Samuel Hahnemann (1755-1843) of Germany. It is based on the principle that "like cures like". In practice, this means that a medicine that is capable of producing certain effects when taken by a human being who is healthy is also capable of curing any illness that displays similar effects.

The practice of Homoeopathy is based on certain fundamental principles. Firstly, the remedies that are used are tested on human volunteers (provers) to elicit the symptoms they can produce. The symptoms of each remedy as experienced by the provers are recorded in exact detail and they form the homoeopathic *Materia Medica*. The symptoms of the patient are matched with the symptoms of the various remedies in the *Materia Medica* to find out the single remedy whose symptoms are most similar to those of the patient (like cures like).

The practice of Homoeopathy convinces the physician to regard the body as more than a sum of its parts. Unlike a machine, it develops, carries on its function, and repairs itself independently. In this sense, everyone carries within himself his own doctor. Ancient physicians were familiar with the natural power of the organism to control disease and they invented for it a beautiful expression: "*Vis medicatrix naturae*" (healing power of nature). This healing power is a function of the life force itself. Hahnemann called it the vital force. Disease is a disturbance of this force. Out of ten people who get wet in the rain, only one gets pneumonia. Most bacteria can affect us only when our own healing power or resistance is low. By removing the bacteria (by antibiotics, etc.) we are doing nothing to correct this lack of resistance. Homoeopathic medicine aims at correcting the disturbed vital force and thus enhances the power of the body to heal itself. It does not aim at removing the symptoms of the parts affected, but treats the cause and restores health. According to Homoeopathy, symptoms are a reflection of the disturbed vital force.

Another fundamental principle of Homoeopathy is that it treats the patient as a whole and as an individual. There is no medicine for any particular disease, but there is a medicine for the patient suffering from the disease. "The individual, not the disease, is the entity", said the celebrated Sir William Osler. The homoeopath takes into consideration all the symptoms that distinguish a person as an individual. Even a salesman of readymade clothes must try to fit the readymade suit according to the

measurements of each individual. The homoeopath thus enquires into the details of the patient's past and family history, his appetite, thirst, bowel habits, sleep, etc., and most important of all, he asks about his temperament.

The process of potentization brings out the latent medicinal energy in those substances. By virtue of this process anything from sand (Silicea) to moon light (Luna) can be used as medicine in Homoeopathy.

Lycopodium clavatum:

Lycopodium is an antipsoric, anti-syphilitic and anti-sycotic, and its sphere is broad and deep. Though classed among the inert substances, and thought to be useful only for rolling up allopathic pills, Hahnemann brought it into use and developed its power by attenuation. It is a monument to Hahnemann.

The stomach and abdominal symptoms are intermingled. There is a sense of satiety, an entire lack of appetite. He feels so full that he cannot eat. This sense of fullness may not come on until he has swallowed a mouthful of food; he goes to the table hungry, but the first mouthful fills him up. After eating he is distended with flatus, and gets momentary relief from belching, yet he remains distended.

The stomach is worse by cold drinks, and often relieved by warm drinks.

This patient has most troublesome constipation. He goes for days without any desire, and although the rectum is full there is no urging. Inactivity of intestinal canal. Ineffectual urging to stool. Stool hard, difficult, small and incomplete. The first part of the stool is hard and difficult to start, but the last part is soft or thin and gushing followed by faintness and weakness. Lyc. patients have diarrhoea and all kinds of stool.

Argentum nitricum:

Argentum nitricum, or the nitrate of silver, covers all the four miasms in its pathogenesis.

The evolution PSORA → SYCOSIS → TUBERCLE → SYPHILITIC (end stage) in Arg-n is displayed through functional and structural disturbances of a progressive character.

There is Loss of appetite and refuses drink.

There is desire of Sugar. He feels that he must have it and it makes him sick, brings on eructations, increased flatulence, sour stomach. He cannot digest it; it acts like a physic and brings on a diarrhoea. So marked is the aggravation from sugar that the nursing infant will get a green diarrhoea if the mother eats candy.

The stomach, liver and abdomen are full of pain. The abdomen distended with all this troublesome flatulence. Inflammation of the stomach, ulceration of the stomach, most troublesome diarrhoea. Diarrhoea with copious flatus. Stool with copious flatus in nursing children, with tormina and viscous sanguinolent stools and tenesmus. "Diarrhoea of children after weaning." Another feature in connection with the diarrhoea and dysentery is that casts are passed with the stool, like diphtheritic membrane or deposit; casts like the rectum, strings of membrane, come with the stool. Stools of green, foetid mucus with noisy flatus at night.

"Eructations relieve." "Flatulence passes upwards, in quantities." Frequent eructations. Eructations do not always relieve.

"Most gastric ailments are accompanied by belching." "Belching difficult; finally air rushes out with great violence." "Nausea after every meal; nausea with troublesome efforts to vomit."

CONCLUSION

The current study was done on Role of Lycopodium clavatum and Argentum nitricum in the management of IBS in all age groups and was conducted at the institute. For patient's purpose study was selected from the college OPD & IPD along with peripheral OPD's attached to college & camps conducted. This study was designed as a prospective before and after comparison study. A Total case was selected randomly according to inclusion and exclusion criteria. All the cases were divided into two groups each of 15 for Lycopodium clavatum and Argentum nitricum.

Statistical analyses were made to see role of both the medicines in the treatment.

Thus, accordingly conclusions were divided at the end of study. The result suggests that:

- Gender incidence:

In the study prevalence of IBS was found predominantly in male. Among the total 30 cases 18 (60%) were the male and 12 (40) were the females.

- Age Group:

The maximum incidence was in the age group 25 years – 35 years (14 cases) followed by 35 years - 45 years (8 cases), then in 15 years – 25 years (6 cases) and lowest incidence was seen in the age group 45 years - 55 years (2 cases).

- Fundamental miasm:

Out of 30 cases, fundamental miasm of 24 cases (80%) are a background of Psora, 05 cases (16.67%) have Sycosis and 1 case (3.33%) are Syphilitic.

From this we could understand that majority of IBS cases present in psoric phase.

Therefore, after study it was concluded that the total recovered cases are 23 in no. i.e. 76.67%. Improved cases were 5 in no. i.e.16.67% and not improved showed 2 cases i.e. 6.67%. Thus, after analysis of the results obtained, it is apparent that the *Lycopodium clavatum* and *Argentum nitricum* have a role in the management of IBS disease.

The second Objective of study was exploring the role of *Lycopodium clavatum* and *Argentum nitricum* in the management of Diarrhoea. 60 cases were observed out of which 30 cases were taken for study, 15 cases are prescribed *Lycopodium clavatum* and 15 prescribed *Argentum nitricum* as a both medicines are for IBS disease. It is observed that result obtain from medicines prescribed on basis totality of symptoms basis for IBS disease, *Argentum nitricum* both are having important role in treatment of IBS.

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