

Review Article

Management of Peptic Ulcer through Homoeopathy

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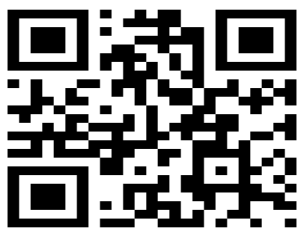
ABSTRACT

Ulceration in the lining of upper part of the digestive tract are known as Peptic Ulcers. The ulcers may exist in the stomach (Gastric) or in the initial part of intestine (Duodenum). About 10% of all adults are affected with Peptic ulcers at some time in their whole life. It is one of the most common problems of the gastrointestinal system.

The damage occurs on the lining when there is an imbalance between aggressive gastric factors (acid, pepsin, helicobacter pylori, and refluxed bile salts) and defensive mucosal factors (gastric mucosal barrier, bicarbonate secretion, rapid cell turnover, high blood flow).

Homoeopathy is holistic system of medicine that treat person as a whole on the basis on totality of symptoms and individual peculiarity we give medicine to became quality of life better.

Keywords: Peptic ulcer, homoeopathy, treatment



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Conflict of Interest: None Declared!

(Received 15nd February 2021; Accepted 27 February 2021; Published 4 March 2021) ISSN: 2347-8136 ©2020 JMPI

INTRODUCTION

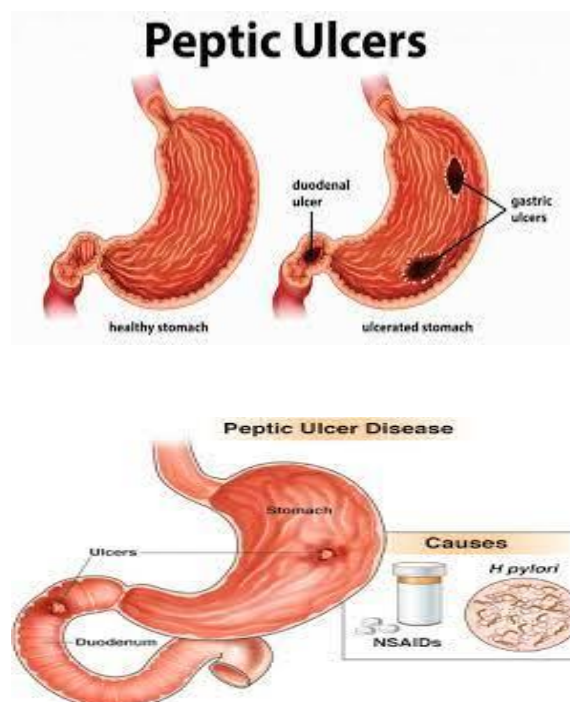
Peptic ulcers are open sores that develop on the inside lining of your stomach and the upper portion of your small intestine. The most common symptom of a peptic ulcer is stomach pain.

Peptic ulcer disease (PUD) is a break in the inner lining of the stomach, the first part of the small intestine, or sometimes the lower esophagus.

TYPES -

- Peptic ulcers include:
- Gastric ulcers that occur on the inside of the stomach
- Duodenal ulcers that occur on the inside of the upper portion of your small intestine (duodenum).

Causes



The most common causes of peptic ulcers are infection with the bacterium *Helicobacter pylori* (*H. pylori*) and long-term use of aspirin and nonsteroidal anti-inflammatory drugs (NSAIDs) (Advil, Aleve, others).

Stress and spicy foods do not cause peptic ulcers. However, they can make your symptoms worse.

A bacterium *Helicobacter pylori* bacteria commonly live in the mucous layer that covers and protects tissues that line the stomach and small intestine. Regular use of certain pain relievers.

Pathophysiology

Pathophysiology of gastric ulcer

Symptoms

The most common peptic ulcer symptom is burning stomach pain. Stomach acid makes the pain worse, as does having an empty stomach. The pain can often be relieved by eating certain foods that buffer stomach acid or by taking an acid-reducing medication, but then it may come back. The pain may be worse between meals and at night.

Less often, ulcers may cause severe signs or symptoms such as:

Vomiting or vomiting blood — which may appear red or black

Dark blood in stools, or stools that are black or tarry.

Trouble breathing.

Feeling faint.

Nausea or vomiting.

Unexplained weight loss.

Appetite changes.

Risk factors

In addition to taking NSAIDs, you may have an increased risk of peptic ulcers if you:

Smoke, Smoking may increase the risk of peptic ulcers in people who are infected with *H. pylori*.

Drink alcohol, Alcohol can irritate and erode the mucous lining of your stomach, and it increases the amount of stomach acid that's produced.

Have untreated stress.

Eat spicy foods.

Alone, these factors do not cause ulcers, but they can make them worse and more difficult to heal.

Diagnosis

Diagnosis is mainly done by Endoscopy.

Barium swallow contrast X-ray.

Esophagogastroduodenoscopy (EGD) also name as Gastroscopy.

Differential diagnosis

Gastritis

Gastroesophageal reflux disease

Cholecystitis

Stomach cancer

Pancreatitis

Inflammation of the stomach lining

Hepatic congestion

Biliary colic

Inferior myocardial infraction

Complications

Left untreated, peptic ulcers can result in:

Internal bleeding. Bleeding can occur as slow blood loss that leads to anemia or as severe blood loss that may require hospitalization or a blood transfusion. Severe blood loss may cause black or bloody vomit or black or bloody stools.

Perforation- Peptic ulcers can eat a hole through (perforate) the wall of your stomach or small intestine, putting you at risk of serious infection of your abdominal cavity (peritonitis).

Obstruction- Peptic ulcers can block passage of food through the digestive tract, causing you to become full easily, to vomit and to lose weight through either swelling from inflammation or scarring.

Prevention

You may reduce your risk of peptic ulcer if you follow the same strategies recommended as home remedies to treat ulcers. It may also be helpful to:

Protect yourself from infections, It's not clear just how *H. pylori* spreads, but there's some evidence that it could be transmitted from person to person or through food and water.

You can take steps to protect yourself from infections, such as *H. pylori*, by frequently washing your hands with soap and water and by eating foods that have been cooked completely.

Use caution with pain relievers, If you regularly use pain relievers that increase your risk of peptic ulcer, take steps to reduce your risk of stomach problems. For instance, take your medication with meals.

Work with your doctor to find the lowest dose possible that still gives you pain relief.

Avoid drinking alcohol when taking your medication, since the two can combine to increase your risk of stomach upset.

If you need an NSAID, you may need to also take additional medications such as an antacid, a PPI, an acid blocker or cytoprotective agent. A class of NSAIDs called COX-2 inhibitors may be less likely to cause peptic ulcers, but may increase the risk of heart attack.

Homoeopathic management

Argentum Nitricum – For Stomach Ulcers with Radiating Pains.

In my experience, Argentum Nitricum rates among the best 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 medicines for stomach ulcers.

Nux Vomica – For Stomach Ulcers where Eating Worsens Pain.

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 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.

Phosphorus – For Stomach Ulcers where Cold Drinks bring Relief. Phosphorus is rated among the most reliable medicines for stomach ulcers where having a cold drink relieves 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.

Kali Bichromicum – For Ulcers in Stomach. Kali Bichromicum is another of the top grade

medicines for stomach ulcers. I have seen amazing recoveries in gastric ulcer cases with 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 – For Bloated Abdomen.

Lycopodium has proved itself as the most useful among 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 medicines for stomach ulcers with any of the above-mentioned symptoms.

Carbo Veg – For Stomach Ulcers.

Carbo Veg is another of the prominently indicated 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 – For Stomach Ulcers with Weight Loss. In my clinical practice, Hydrastis has proved extremely effective 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 works as one of the most effective 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 medicines for chronic gastritis.

Graphites – 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 medicines for stomach ulcers. Constrictive and burning pain in the stomach is experienced after eating. Excessive belching, the taste of ingestion is also an attending symptom in such cases where Graphites is prescribed as one of the most reliable medicines for stomach ulcers.

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