

Case Report

A Case of Irritable Bowel Syndrome Treated by Nux Vomica: A Case Report

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Publication Date: 26 May 2022

DOI: <https://doi.org/10.23953/cloud.ijaayush.517>

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Abstract Irritable Bowel Syndrome (IBS) is the most commonest functional disorder of the digestive tract. Most of the person in this world suffers from it. In the Homoeopathy, we have lots of scope for treating this kind of functional disease. In this article, I discussed brief summary of IBS and a case which was treated by homoeopathic medicine 'Nux Vomica'.

Keywords *Irritable Bowel Syndrome; Homoeopathy; Individualisation; Nux Vomica*

Introduction

Functional gastrointestinal disorder is most common problem in the worldwide. Irritable Bowel Syndrome (IBS) is a functional disorder in which abdominal pain is associated with defecation or change of bowel habit with features of disorders defecation and distension of abdomen. Around 20% of the general population in the world wide are suffers from this problem.

IBS is generally believed that most patient develops symptoms due to psychosocial factors. A range of disturbances are including depression, stress, neurosis, somatisation is the major cause of the disease. There may be other cause like altered gastrointestinal motility, abnormal visceral perception which triggers to develop IBS [1].

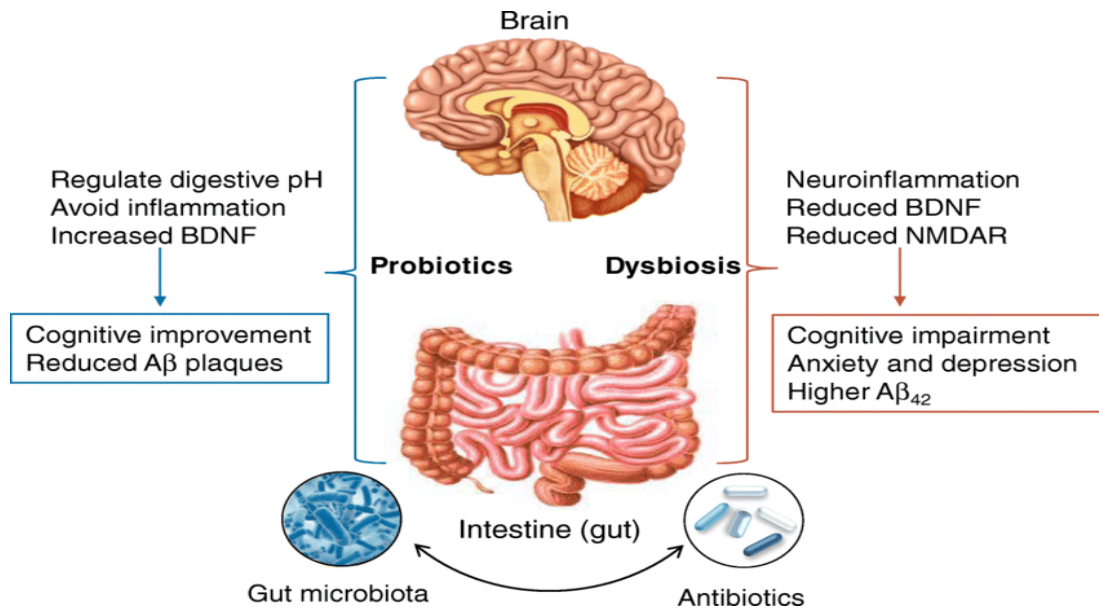


Figure: Gut-Brain Axis mechanism

Development of IBS: IBS developed due to the following mechanism, which is the main responsible factor.

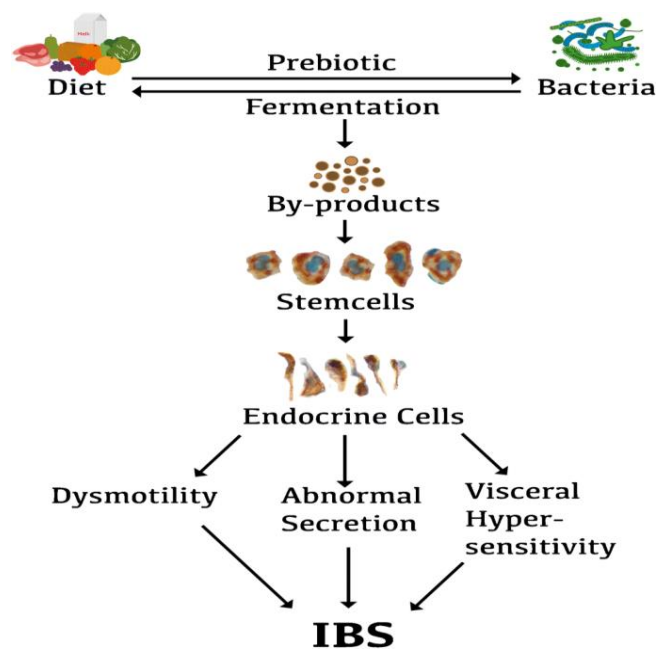


Figure: Pathogenesis of IBS

Clinical presentation [1]

- a) Altered bowel habit
- b) Colicky abdominal pain
- c) Abdominal distension
- d) Rectal mucous
- e) Feeling of incomplete defecation

Diagnostic Criteria [1][2]

ROME IV criteria for IBS: Recurrent abdominal pain on average at least 1 day/week in the last 3 month that is associated at least 2 of the following:

- a) Related to defecation
- b) Associated with a change in form of appearance
- c) Associated with change in frequency of stool

Case Presentation

Chief Complaints

A 28 years male complaining with crampy pain in the abdomen with bloating sensation for last 8 month, complaints < in the morning, > at night. Associated with he suffers from coryza < in the morning waking after.

History of present complaint

The pain continued for 8 months with altered bowel habit and he took conventional medicine for last 6 month, but it gives him relief. After discontinuing medicine, it reappears. Diarrhoea and constipation are alternate 2 days gapping, but he always wants to evacuate stool. Now, for last 20 days symptoms are much aggravated.

Past History

He was suffering from typhoid at the age of 23 years, at that time he took conventional medicine.

Family History

Father suffers from Diabetes for last 5 years & taking conventional medicine. Mother suffers from Hypertension for last 1 years & taking homoeopathic medicine.

Personal History

He loved to know the unknown things. His diet is irregular. He had no addiction. Occupation: Bank Employee.

Mental general & Physical general

The patient wants to know the unknown things. He is very ambitious, sensitive & offended easily. He was always thinking about his job, due to that he was going to depressed, family pressure was also marked in that patient.

While enquiring her physical general aspects, it was found that he had good appetite but losses his weight. He desires for fatty and rich food but aversion to sour. His tongue was normal with moderate thirst. His stool were unsatisfactory, always urging to evacuate, diarrhoea and constipation was alternate. Colour of the stool was always changing. Urine was normal, Perspiration was normal, disturbed sleep due to altered bowel habit.

Diagnosis

Diagnosis was based on clinical symptoms, physical examination of the patient [1][2] and the ROME IV diagnostic criteria of IBS [2]

Analysis & Evaluation of Symptoms

Sl. No.	Symptom type	Symptom	Intensity	Miasmatic Analysis [3]	Totality of Symptoms
1.	Mental general	He was very ambitious with competitiveness	+++	Psora, syphilis	a) He was very ambitious with competitiveness
2.	Mental general	He offended easily	++	Psora, syphilis	b) He offended easily
3.	Mental general	Desire for fatty food	+++	Psora	c) Desire for fatty food
4.	Physical general	Chilly patient	+++	Psora	d) Chilly patient
5.	Physical general	Disturbed sleep	+++	Psora	e) Disturbed sleep
6.	Physical general	Diarrhoea alternates with constipation	+++	Psora	f) Diarrhoea alternates with constipation
7.	Particular symptom	Coryza < in morning, while waking	+++	Psora, syphilis,	g) Coryza < in morning, while waking

Repertorial Totality

Symptoms	Rubric
1. He was very ambitious with competitiveness	MIND-AMBITION, increased, competitive
2. He offended easily	MIND-OFFENDED, easily
3. Desire for fatty food	GENERAL-FOOD AND DRINKS, fat desire
4. Chilly patient	GGENERALS-HEAT, lack of vital heat
5. Disturbed sleep	SLEEP-INTERRUPTED
6. Diarrhoea alternates with constipation	RECTUM-DIARRHOEA, alternating with, constipation
7. Coryza < in morning, while waking	NOSE-CORYZA, morning, waking on

Repertorization Sheet [4]

	nux-v	afa.	sulph.	nat-m	nit-ac	calc.	graph.	lyc.	puls.	sil.	lach.	phos.	arg-n	aur-m-n	kali-m	agar.	ion.	merc.	verat.	mag-s.	nat-c.	staph.	tub.	calc.	chel.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
7	6	6	6	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	
17	10	10	9	11	10	10	9	9	9	8	8	7	7	7	6	6	6	6	5	5	9	9	8	8	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	3	4	4	1	
3	3	2	2	1	3	2	3	2	2	2	1	1	2	1	1	1	1	2	1	1	3	4	4	2	
3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
3	2	2	2	3	1	2	2	2	2	2	2	1	2	1	2	1	1	1	1	1	2	2	2	3	
2	1	1	1	1	2	1	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	1	1	
2	1	2	1	3	1	1	1	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	1	
3	2	2	2	3	3	3	2	2	3	2	3	2	2	1	2	1	2	1	1	1	2	2	2	2	

Prescription

After repertorization, Nux Vomica has possessed highest grade & highest matching of the symptoms. Here, I select Nux vomica on the basis of mental as well as physical symptoms of the patient. The patient is greedy in nature with constitution of the patient suggest the remedy & I also consult with Materia Medica [5][6] & reportorial result. So, I prescribe Nux vomica for this case.

Prescribed on 15/09/2021

Nux vomica-200/ 1 dose, early morning mixing with ½ cup of water for 2 days along with Placebo every day, two times after eating for 7 days.

The patient was also advised for dietary management like intake of plenty of water, lime juice, avoid any kind of spicy or fatty food.

Selection of dose & potency

As per organon of Medicine aphorism 247 5th edition [7] & according to the susceptibility of the patient potency is selected. Here the patient is highly susceptibility is high & intensity of the symptoms is also much & she suffers from long time due to that affection, so start the case with higher potency.

Repetition of Remedy

Every well-chosen medicine should be repeated at suitable interval aphorism 246 5th edition [7] of Organon of Medicine. After initial improvement, if same symptoms are reappeared, then repeat the same medicine. [8]

Follow up

Date of Visit	Response	Medicine prescribe
04/10/2021	No changes take place. Paroxymal pain with bloating of abdomen still persist	Rubrum-200/ 1 drop BD x 15 days
23/10/2021	Bloating in abdomen is slightly reduced, patient feels better	Rubrum -200/ 1 drop BD x 15 days
11 /11/2021	Diarrhoea and constipation were not relief. Symptoms is reappear.	Nux vomica-200/ 1 dose
30/11/2021	Patient feels better, sleep was adequate, appetite was normal, but pain in the abdomen still persist	Phytum-200/ 1 drop BD x 15 days
18/12/2021	Diarrhoea was not occurring since last visit, bloating is reduced, patient feels better	Phytum-200/ 1 dose
03/01/2022	No complaints at all, he is so happy, cheerful mood. Appetite & sleep was normal	Phytum-200/ 1 drop BD x 15 days
19/01/2022	No complaints.	

Conclusion

In this case presentation, we see that how Homoeopathic individualised medicine helps to manage a case of IBS. Homoeopathy have potential scope to manage any kind of gastro-intestinal disease. Here, with the help of Nux vomica complete cure occurs without having any side effects.

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