

Research Article

Dyspepsia Management through the Spectacles of Homoeopathy

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Abstract Dyspepsia is a common gastro-intestinal disorder. Its effects impairment of food habit and life-style. Most of the people in the universe have been experienced from it. Homoeopathy play a vital role for treating this kind of disorder. In this article, I discuss the aim of this assignment to highlight the risk factor, patho-physiology & recent diagnostic tool of dyspepsia; how we evaluate dyspepsia patient in clinics and how Homoeopathy deal such kind of case with the help of dynamic medicine.

Keywords *Dyspepsia; ROME Criteria; Homoeopathy; Miasm; Individualization*

Introduction

“There is no sincerer love than the love of food” (George Bernard Shaw)

“Eating is one of the great pleasures of life, yet poor eating habits can lead to major problems that degrade the quality of our life”.

“Dyspepsia” word comes from Greek word “Duspeptos” means “difficult to digest”. Dyspepsia is one of the common Gastrointestinal (GI) disorders & a burning problem of today’s life with a high prevalence throughout the world, it occurs more commonly in females than males, with up to 1 in 5 individuals affected worldwide in present life style where people have no time for themselves, no regular eating habits, where life is full of worries, tensions and stress which imposes both social and economic burden worldwide. It has been estimated that as many as 25% to 40% of adults will experience dyspepsia in a given year. FD is a burden at both the community and national levels and it is characterised by troublesome early satiety, fullness, or epigastric pain or burning. It can easily be overlooked as the symptoms overlap with GORD and IBS.

“Today stress and tension is the part and parcel of our modern lifestyle”.

In this stressful jet life gastric disorder often reflect the emotional outburst at the physical level. If we treat them without understanding the body mind link, merely with help of some antacids or antiulcer medications it will turn out to be superficial.

Conventional system of medicine treats dyspepsia and leads to re-occurrence, by considering one or two symptoms like burning in the stomach treated by antacids etc, for obtaining temporary relief and

it suppress the problem, acts as palliative rather than curative. Repeated suppression may lead to structural changes leading to peptic ulcer and several other complications. Homoeopathy has a great scope in the treatment of dyspepsia because of its DYNAMIC, INDIVIDUAL AND HOLISTIC concept where individual is considered for the treatment and not the disease.

Dyspepsia: A Common Gastro-Intestinal Disorder

Dyspepsia is an umbrella term used to encompass a number of symptoms thought to originate from upper gastrointestinal tract. Dyspepsia is clearly a symptom that the general public experiences & one that impacts on their well-being.

Classification of Dyspepsia

According to aetiology, Dyspepsia is classified in 2 categories:

- A) Organic Dyspepsia:** It may be due to-
 - a) Peptic ulcer
 - b) GERD
 - c) Gastric or oesophageal cancer
 - d) Pancreatic or biliary disorder
 - e) Drugs: NSAID, Corticosteroid, Iron, Zn2 tablet
- B) Functional Dyspepsia:** Postprandial distress syndrome (PDS)
Epigastric syndrome (EPS)

Risk factor

- a) **Sex:** Both sexes are affected, but female is more than male
- b) **Diet:** Fatty food, Spicy food
- c) Lack of physical activity
- d) Obesity
- e) Those who are addicted with alcohol, smoking
- f) **Psychology:** Depression, anxiety
- g) Those who are taking pain killer regularly

Patho-physiology

There are many hypotheses established to clear the concept of dyspepsia. But actually, it depends on altered gut motility & Gut-brain axis dysfunction, which causes dysfunction of neurotransmitter & motor, sensory function

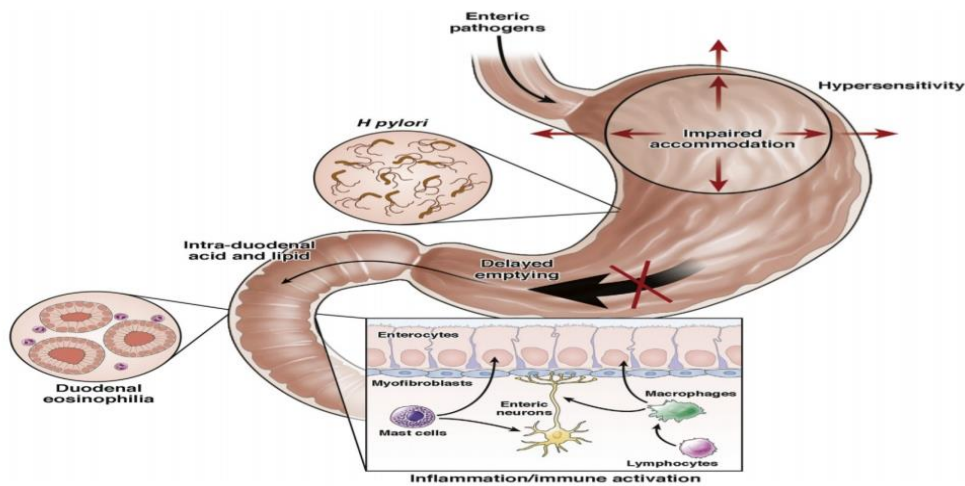
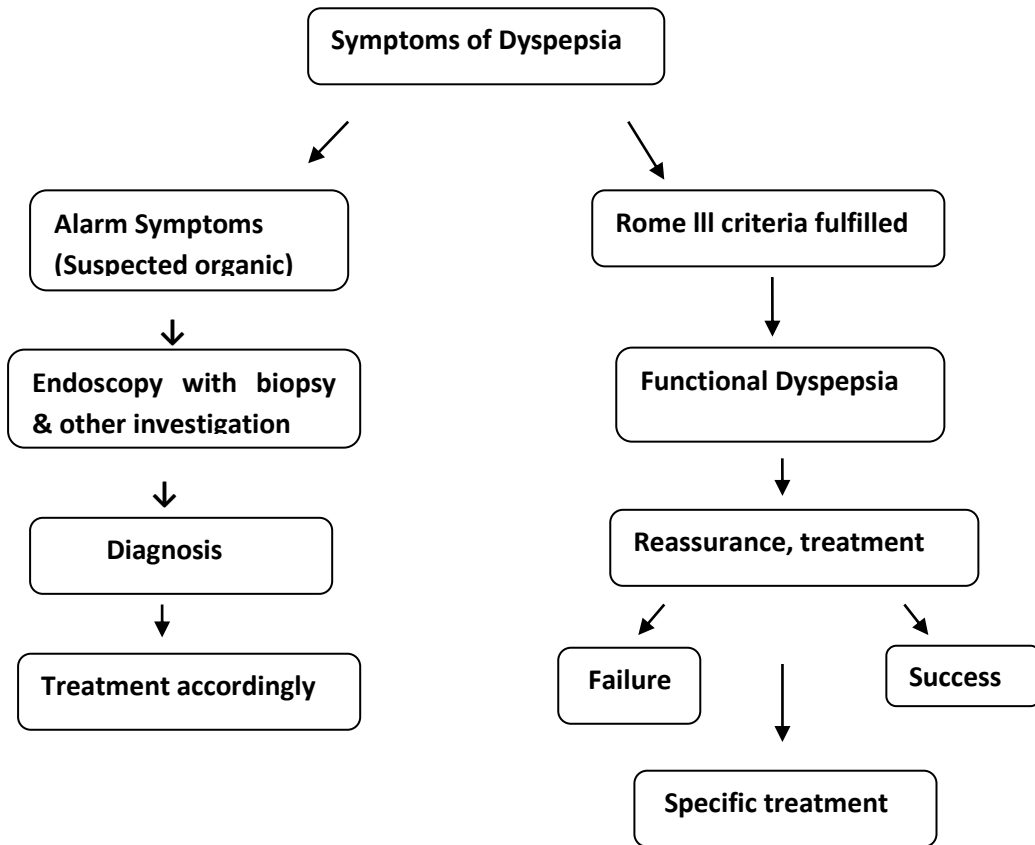


Figure: *Patho-physiology of Functional Dyspepsia [3]*

Approach of Dyspepsia Patient

- a) Proper History taking
- b) Mode of onset (Acute/ Chronic)
- c) Food habit (Regular, irregular, late, early)
- d) Aggravating & relieving factor
- e) History of any medication
- f) Psychological status of patient
- g) History of any systemic disease
- h) Past history/ Family history/ Personal history
- i) General Examination
- j) Examination of Gastro-intestinal system
- k) Investigation (To confirm the diagnosis)
- l) Treatment & Management



Alarming Feature

- Weight loss
- Anaemia
- Vomiting
- Haematemesis
- Dysphagia
- Palpable mass

Diagnostic Tool

ROME III Diagnostic criteria

Presence of at least one of the following:

- 1) Bothersome postprandial fullness
- 2) Early satiety
- 3) Epigastric pain
- 4) Epigastric burning, that are severe enough to interfere with usual activities

Note: a) Occurs at least 3 days per week over the last 3 months with an onset of at least 6 months in advance

b) No evidence of any structural disease (including at upper endoscopy) that is likely to explain the symptoms

Test to detect aetiology behind Dyspepsia

- a) Upper GI endoscopy
- b) Ultrasonography (USG)
- c) Magnetic resonance imaging (MRI)
- d) Single photon emission CT
- e) Manometry

Dyspepsia Management Through the Spectacles of Homoeopathy

Homoeopathic treatment is more advantageous in cases of functional disturbances like dyspepsia and effective in preventing and treating a complication associated with dyspepsia. Homoeopathy recognizes the inseparability of body, mind & spirit treating the patient as whole and not just the disease. Homoeopathy is growing in popularity all over the world because its medicines are gentle, non-toxic, harmless as compared to the harsh drugs and treatment by other system of medicines.

Homoeopathy is a natural system of medicine that utilizes minute doses of carefully selected medicines made from plants, animals, minerals sources and many other natural substances, to enhance the body's natural healing processes. Its strength lies in its effectiveness as it takes a holistic approach towards the sick individual through promotion of inner balance at mental, emotional, spiritual, and physical levels.

According to Homoeopathy, medicines are given on the basis of individualization and holistic approach but, Hippocrates aphorism says, "Life is short; the art is long; the occasion is sudden, experience deceptive, and judgement difficult", so "Practice on keynote symptoms alone is our absurdity, but the right use of keynote symptom is an immense saving of labour."

Homoeopathic Approach

Whenever any patient comes to Homoeopathic physician, he always tries to understand the patient as a whole. He always tries to know the inner person, because "we treat the patient, not the disease". So, Homoeopathic approach is different from other science. Homoeopathic physician tries analyse the patient symptoms & evaluate it according to symptomatology of the patient, after that totality is formed. But, the most important thing is miasmatic approach, which is most unique treatment in Homoeopathy.

Miasmatic Scenario

- A) **PSORA:** Weak all-gone sensation, hunger at night,
hunger with all-gone sensation in the pit of stomach,
Fullness, bloating abdomen due to accumulation of gas,
Epigastric tenderness,
Desire for sweet.
Aggravated by cold food & drink, ameliorated by hot food & drink
- B) **SYPHILIS:** Desire to cold food & drink,
Aversion to meat.
Complaints aggravated at night
- C) **SYCOSIS:** The patient especially child worse by eating any kind of food and
better by lying on stomach or pressure.
Prefer beer, hot drink. Pain in abdomen comes in paroxysm

Homoeopathic Therapeutics

There are so many medicines in homoeopathy, but most commonly homoeopathic medicine which is commonly used in day to day practice. But, off-course we select the medicine as per the totality of the symptoms.

Abies nigra: Useful in Dyspepsia, when there is a "hard-boiled egg" sensation in oesophagus - a feeling as though he had swallowed some indigestible substance, which had stuck at the cardiac orifice of the stomach.

Asafoetida: Enormous meteorism and violent Gastralgia with gurgling and rolling of wind which escapes upwards with great difficulty.

Arsenic album: Cannot bear the sight or smell of food, vomiting after eating or drinking. Gastralgia from vinegar, acids, ice-cream.

Nux Vomica: - It is pre-eminently the remedy for many of conditions that are arising from modern life. Active nervous and irritable persons who does good deal of close mental and hard work and leads to sedentary life. Persons who take rich food, wine and women play their part to make him to forget the close application of the day. Ravenous hunger about a day before attack of dyspepsia. Flatulence and sour bitter eructation with dull headache are classical symptom of Nux Vomica.

Pulsatilla:- Indicated when first serious impairment of health is referred to an age of puberty that can be managed with abuse of iron tonics. Frequent attacks of indigestion specially from fatty and bakery foods. Diminished taste of all food, taste of food remains a long time specially after fruits and pastries.

Cinchona;- Slow digestion with vomiting of undigested food. Feeling of weight after every meal with much flatulence. Tympanitic abdomen with pain in right hypochondrium is classical symptom for this remedy.

Pepsinum: Dyspepsia of infants and convalescents, especially where they lost a great deal of blood and have been otherwise weakened; lienteria; pot-belliedness of children.

Lycopodium: - This remedy is adopted to more specially to gradually developing, functional power weakening, with failure of the digestive powers where the functions of liver is seriously disturbed which ultimately leads to Malnutrition.

Natrum Phos.: Sour eructation, sour vomiting, with greenish diarrhoea. Flatulency with colic,

Robinia: Hyperchlorhydria. The gastric symptoms with the most pronounced acidity are guiding symptom. Intensely acrid eructations with acrid & greenish vomiting.

Hydrastis: Sore feeling in stomach more or less constant. Bitter taste. Atonic dyspepsia, cannot eat bread or vegetable.

Note: *These are few most commonly use medicine. But, we cannot forget our basic principle i.e. individualization. We follow it & medicine should be selected on the basis of symptom-similarity.*

Take the complain of the patient

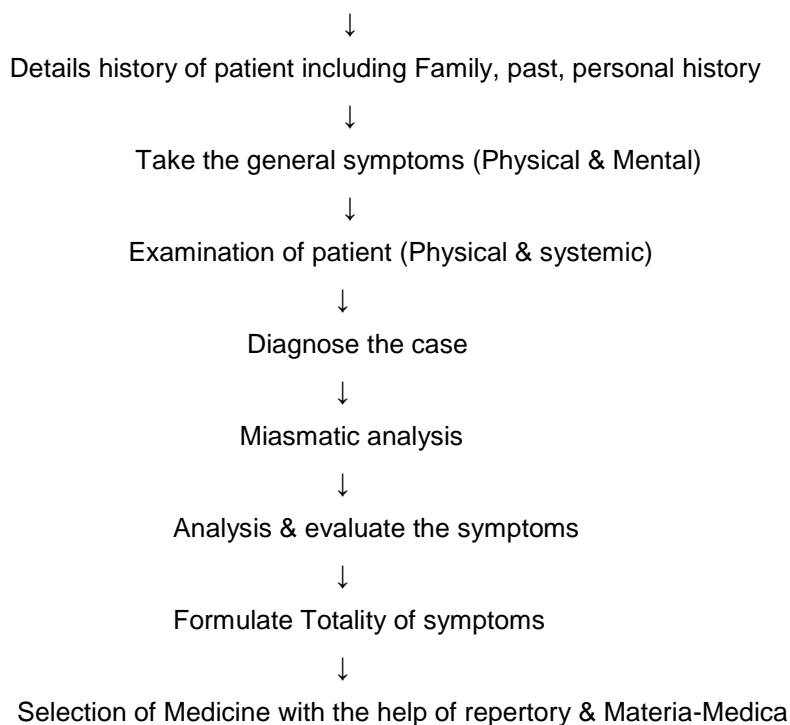


Figure: Schematic diagram of Homoeopathic approach in Dyspepsia

Conclusion

Now a day's mode of living and trends are drastically changed from simple living to lavish modern type with irregular life style and dietary habits. This type of life style under the stressful condition leads to various impacts on gastrointestinal tract and their functions disturbing health status. Homoeopathy can lead a very wonderful management in dyspepsia, it can improve your health status along with your quality of life. You must follow proper a management, diet along with medication to complete cure.

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