

Efficacy of Homoeopathic Medicine in Treating Gastritis: A Retrospective Case Series Study

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ABSTRACT

Background: Gastritis is one of the commonest disease which affects all ages and sex. The prevalence rate also increases with the change in lifestyle.

Aim: To analyse the effectiveness of homoeopathic medicine in treating gastritis.

Methodology: Cases diagnosed to have gastritis visited OPD and IPD of Sarada Krishna Homoeopathic Medical College were considered in the study. Sample size selected was 40. Cases were selected based on inclusion and exclusion criteria. Pre structured case records of Sarada Krishna Homoeopathic Medical College were used in the study. Details were collected about age, sex, occupation, medicine selected and potency used. Follow up is added to assess the improvement of the patient.

Result: Out of 44 patients, 23 were females and 17 were males. Majority comes between 48 and 58 years. 10 patients comes between 37 and 47 years, 7 between 59 and 69 years. 5 each is seen between 15 to 25 years and 26 to 36 years and 2 patients are there between 70 and 80 years. 9 patients were treated with Lycopodium, 6 patients with Nux vomica, pulsatilla and sulphur has been used in 5 patients. 3 patients were treated with silicea and 2 patients with cundurango., the other medicines used were Ignatia, Anacardium, Argentum nitricum, Calcarea Carbonicum, Sepia, Thuja, Arsenicum album, Bryonia, Ferrum Metallicum, Chelidonium. Most commonly used potencies is 200 by 23 patients. 8 patients were treated with LM potency. 7 patients has taken 30 potency. 1M potency was used in 2 patients.

Conclusion: Homoeopathy has a better scope in treating such cases as long term use of modern medicine has shown an adverse effect in the health of patients.

Keywords: Gastritis, Lycopodium, Homoeopathy

INTRODUCTION

Gastritis is a diffuse inflammation of gastric mucosa. It is classified mainly into acute and chronic gastritis. In acute gastritis neutrophils and sometimes eosinophils infiltrate lamina propria to a variable density. In acute gastritis the symptoms like hemorrhage, nausea, vomiting, heartburn etc might be seen whereas in chronic gastritis mostly asymptomatic. Studies has shown that gastric mucosa is capable of repair after an acute episode.^[1] In ICD-10 Gastritis is given under K29.^[2] According to a study done in India, 25–33% of the population, especially those between the ages of 15 and 50, are affected by gastritis.^[3] Each illness

has a unique impact on the patient. It lowers the person's quality of life. In these circumstances, homoeopathy has a much wider application because it treats both the disease and its symptoms. The bacteria found in foods like cheese, yoghurt, and juices, as well as turmeric, red peppers, broccoli sprouts, cranberry juice, honey, and oils, appear to be useful in treating gastritis. In India, stomach disorders are a typical medical condition. Eosinophilic gastritis affects about 6.3 out of every 100,000 people worldwide who have acute gastritis^[4] and the number of new cases of H. pylori infection per 100,000 people in developing nations varies from 3,000 to 10,000 per year^[5]. In developing nations, the annual incidence of new cases of H. pylori infection varies from 3,000 to 10,000 per 100,000 people. For every 100,000 people, it is roughly 500 in wealthy nations^[6].

The prevalence of gastritis is rising in developing nations while declining in the industrialised world. Although some studies have detected a slight male predominance, chronic H pylori-associated gastritis affects both sexes roughly equally, and the female-to-male ratio for autoimmune gastritis has been reported to be 3:1. Lymphocytic gastritis affects both sexes at similar rate^[7].

AIM

To analyse the effectiveness of homoeopathic medicine in treating gastritis.

OBJECTIVES

To analyse the pattern of gastritis cases in relation with age and gender.

To analyse the effectiveness of homoeopathic medicine in gastritis.

METHODOLOGY

Retrospective study was conducted in Sarada Krishna Homoeopathic Medical College. The study included 40 gastritis patients, selected randomly from OPD's of Sarada Krishna. Patients under all age groups were included to find the prevalence. Pre structured case records of Sarada Krishna Homoeopathic Medical College were used in the study. Inclusion criteria includes all age groups, both sex and both acute and chronic cases of gastritis. Psychiatric patients and pregnant women were excluded from the study. Details were collected about age, sex, occupation, medicine selected and potency used. Follow up is added to assess the improvement of the patient. Improvement was assessed using changes in gastritis symptoms. Patients with improvement were given '0' points, '1' point if condition persist as such and '2' points if the condition worsens.

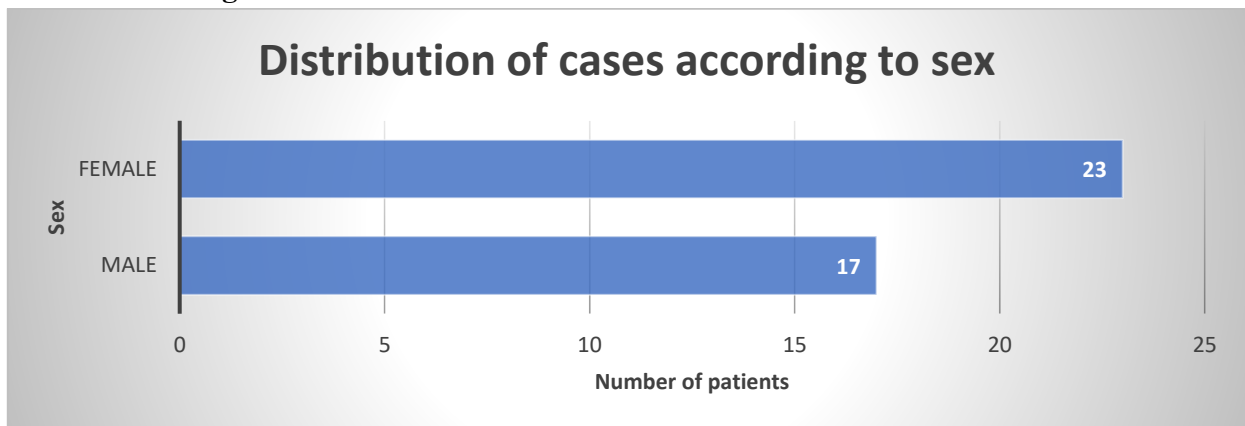
REVIEW OF LITERATURE

H. Pylori has seen as an important risk factor for gastritis and even for gastric cancer has been quoted in the work written by Kuipers in 2022^[8]. In study conducted by Bhupesh Dewan[et al] patients with endoscopic gastritis, Troxipide, has shown improvement, resolution of signs, and subjective clinical symptoms, so this can be used as an alternative to the commonly used antisecretory agents^[9]. Taylor in his work has shown 28 clinical studies evaluating garlic, turmeric, red peppers, broccoli sprouts, cranberry juice, honey, oils, and probiotics contained in different foods, such as juices, yogurt, and cheese in managing gastritis^[10]. In the study conducted in 2021, S.Gudej [et al] have demonstrated a beneficial effect of oat beta-glucans with high molar mass in chronic gastritis in humans, resulting in reduced mucosal damage and healthy changes in SCFA fecal concentration and peripheral blood serum glutathione metabolism and antioxidant defense parameters. This fraction of a highly purified

oat beta-glucan is safe for humans. It also shows its effectiveness in 30 days which can be useful in nutritional treatment of chronic gastritis^[11]. In a study conducted in 100 patients, it has been seen that the mean age of patient was 31.2 ± 8.4 and 34% of the patients with ADR due to the drug-induced diseases, and the out of which was Gastritis (9%), diarrhea (6%), anemia (5%), hypotension (3%), hepatic dysfunction (3%) whereas 74% were other diseases. It is due to the anticoagulant treatment like NSAID and acetylsalicylic acid the prevalence of DIG is high^[12]. In a study conducted by Roland Hofbauer (et al), Homeopathic preparations of *Nux vomica* and *Calendula officinalis* prepared in ethanolic solution are shown as potent inhibitors of *H. Pylori* induced gene expression. Adding *Nux vomica* 10c and *Calendula officinalis* 10c in a 43% ethanolic solution has shown a significant reduction of *H. pylori* induced increase in gene expression of HB-EGF^[13]. From the study conducted in 84 Columbian patients, they have concluded that *H. pylori* infection is accompanied by the formation of endogenous reactive nitrogen intermediates, which will contribute to DNA damage and apoptosis. To prevent the formation of these potential carcinogens, in addition to antimicrobial therapy, dietary supplementation with β-carotene and ascorbic acid has also been helped^[14]. A clinical study conducted in 2014, with 30 acute gastritis patients has shown improvement with homeopathic medicine *Nux vomica*^[15]. *Pulsatilla nigricans* has shown marked improvement in acute gastritis cases has been shown in a study conducted in 2017 by Dr. Vinnia rose K.J^[16].

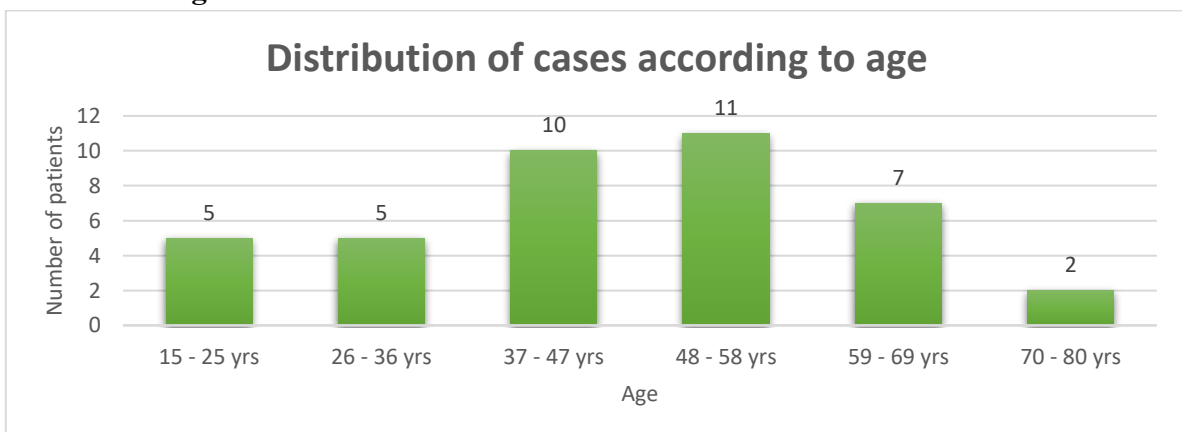
RESULT

Fig.no:1 : DISTRIBUTION OF CASES ACCORDING TO SEX



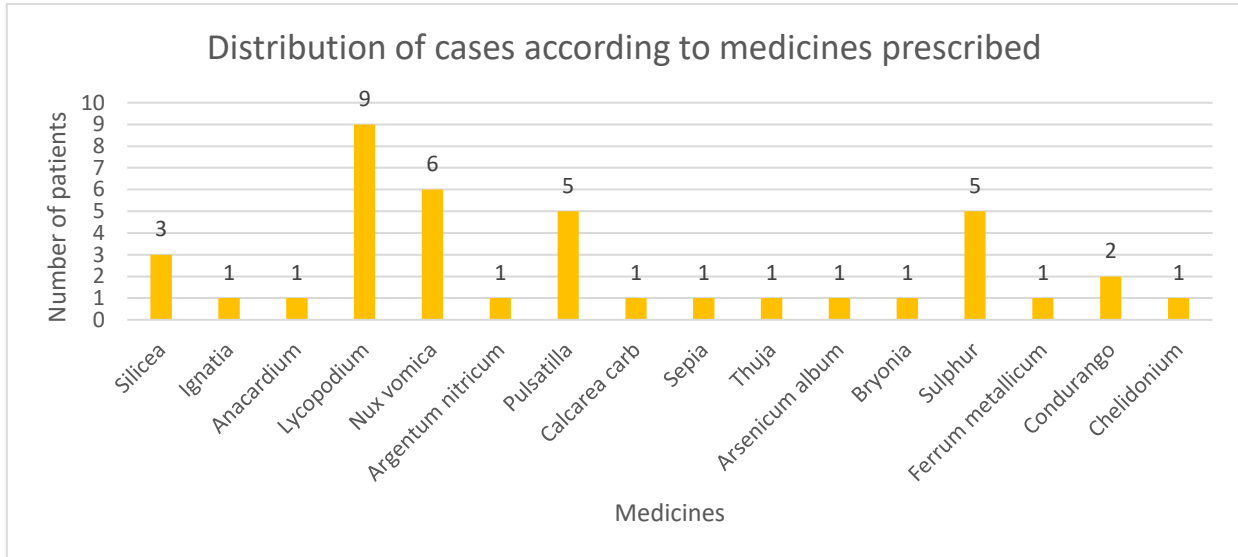
Out of 44 patients, 23 were females and 17 were males.

Fig.no:2: DISTRIBUTION OF CASES ACCORDING TO AGE



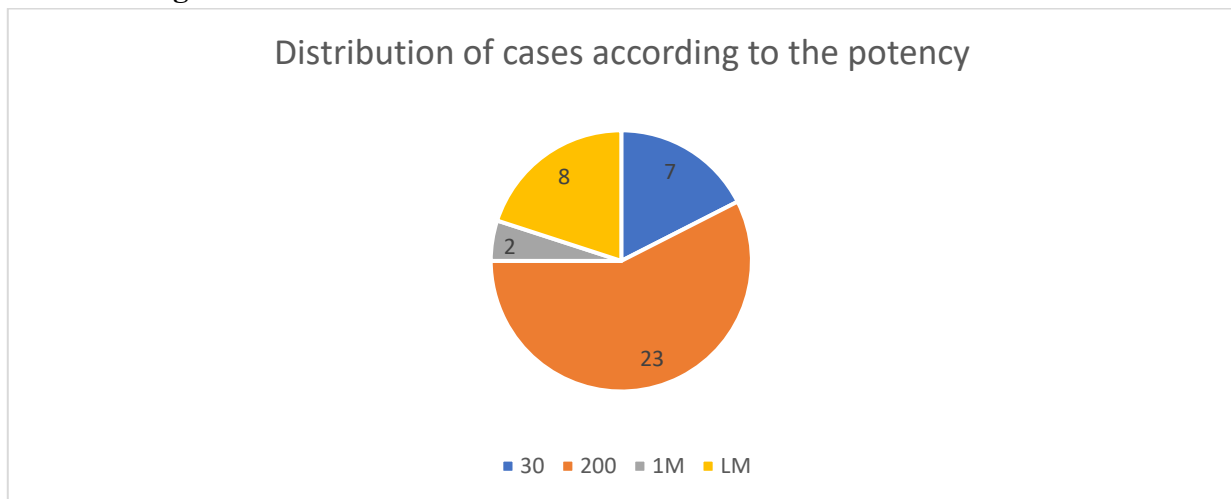
We got patients within all ages from 15 to 80 years of age. Majority comes between 48 and 58 years. 10 patients comes between 37 and 47 years, 7 between 59 and 69 years. 5 each is seen between 15 to 25 years and 26 to 36 years and 2 patients are there between 70 and 80 years.

Fig.no:3: DISTRIBUTION OF CASES ACCORDING TO MEDICINES PRESCRIBED



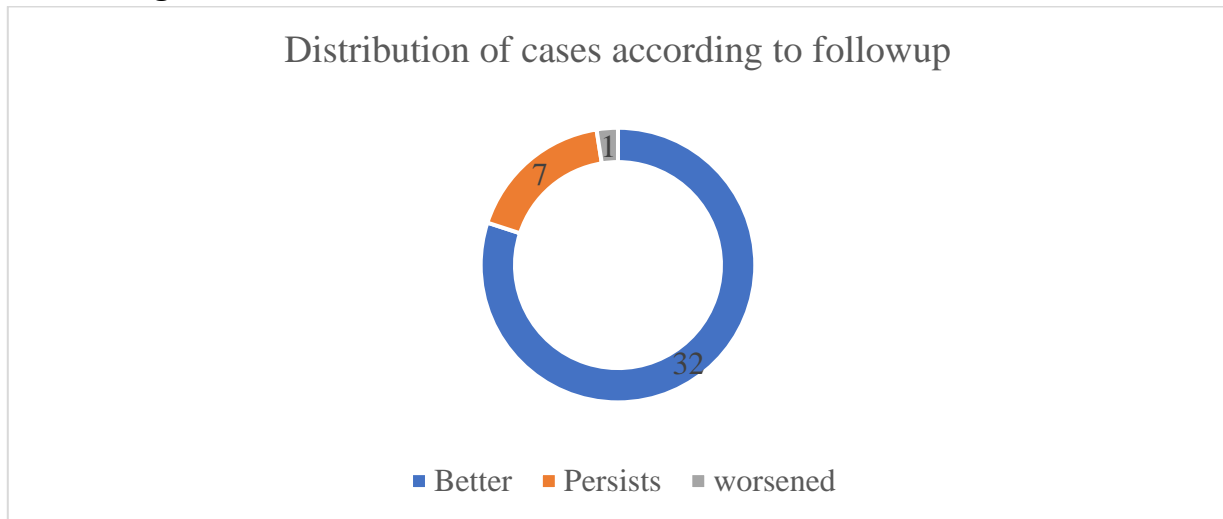
9 patients were treated with Lycopodium , 6 patients with Nux vomica, pulsatilla and sulphur has been used in 5 patients. 3 patients were treated with silicea and 2 patients with cundurango., the other medicines used were Ignatia, Anacardium, Argentum nitricum, Calcarea Carbonicum, Sepia, Thuja, Arsenicum album, Bryonia, Ferrum Metallicum, Chelidonium.

Fig.no:4: DISTRIBUTION OF CASES ACCORDING TO POTENCY



Most commonly used potencies is 200 by 23 patients. 8 patients were treated with LM potency. 7 patients has taken 30 potency. 1M potency was used in 2 patients.

Fig.no:5: DISTRIBUTION OF CASES ACCORDING TO FOLLOWUP



32 patients felt better after medication. For 7 patients the complaint persists same and for 1 patient the complaint was aggravated.

DISCUSSION

This study has shown the prevalence of gastritis more between the age group of 48 and 58 years of age. Most of the patients were females in this study and this has been supported by the study conducted in Eutopia where similar result of female predominance was seen^[17]. Most of the patients were House wives. People with moderate financial stability and students can be considered having a moderate level of stress, so this might be the factor that they are least affected. Most frequently used homoeopathic medicine in this condition is Lycopodium(9) and next comes Nux vomica(6), then comes Pulsatilla(5) and Sulphur(5) with same number of patients and majority acted well with 200th potency . 23 patients were treated with 200th potency. These medicines has shown its effectiveness in gastritis cases and indications has been explained by various pioneers in Materia Medica. Similar study has been conducted in 2014^[15] and 2017^[16] with Nux vomica and Pulsatilla respectively and both has shown marked improvement in patients. In a scientific study conducted by Roland Hofbauer (et al), Homoeopathic preparations of Nux vomica and Calendula officinalis prepared in ethanolic solution are shown as potent inhibitors of H. pylori induced gene expression^[13]. Most of the patients were treated with centesimal scale potency especially with 200th potency then with LM potency. Homoeopathic medicine could show a better improvement in gastritis cases has been shown from this study. More than half of them could feel better with proper administration of the medicine, that is 32 patients. For 7 patients the condition persisted and for 1 patient the condition has been worsened.

CONCLUSION

Gastritis is a condition were people around the world are commonly affected. It is commonly seen among females and in people under low socio economic status. Homoeopathy has a better scope in treating such cases as long term use of modern medicine has shown an adverse effect in the health of patients. From this study lycopodium, Nux vomica, Pulsatilla and sulphur are the medicines which can be think even in terms as a specific remedy. But one who has prescribed the similimum only can give a proper result. Patients shouldn't neglect the symptoms at the initial stage which might later leads to a chronic condition.

This might even lead to complication and can be life threatening. Along with proper medication one should maintain a proper diet at proptime and should try to avoid stress.

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