

Dyspepsia and its Homoeopathic Management

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Abstract: *Dyspepsia has become a more prevalent condition now a days affecting up to 20 % of the population. It refers to pain or discomfort centered in the upper abdomen. It may be caused by anything from mild indigestion due to dietary and lifestyle choices to chronic conditions of the gastrointestinal tract resulting from various medications and other systemic illnesses. Understanding the root cause of dyspepsia is essential for selecting the appropriate management and selection of homeopathic similimum.*

Keywords: Dyspepsia, Homoeopathy, indigestion

Dyspepsia

Dyspepsia also known as indigestion or upset stomach is a condition of impaired digestion. Symptoms may include upper abdominal fullness, heartburn, nausea, belching, or upper abdominal pain.

Risk Factors

- Indigestion is related to lifestyle and may be triggered by food, drink or medication
- Overeating or eating too quickly
- Fatty, greasy or spicy foods
- Too much caffeine, alcohol, chocolate or carbonated beverages
- Smoking
- Anxiety
- Certain antibiotics, pain relievers and iron supplements
- Other systemic diseases

Upper GI Tract

- Alcohol following heavy meals
- Aerophagia
- Hiatus hernia
- GERD
- Peptic Ulcer disease
- Gastritis
- Drugs – NSAIDs, anti depressants etc

Lower GI Tract

- Intestinal Parasites
- Food intolerance
- Irritable bowel syndrome
- Increased intraluminal gas

Hepato biliary

- Cholecystitis
- Cholelithiasis
- Pancreatitis

Classification

Organic Causes

- Esophagitis
- Gastritis
- Peptic ulcer disease
- Infection
- Pancreato – Biliary disease

Functional Causes / Non– Ulcer Dyspepsia

- Epigastric pain syndrome (EPS)

- Post prandial distress syndrome (PDS)

Drug Related

- NSAIDs
- Aspirin
- Anti - Biotics
- Steroids
- Digoxin
- Iron, Potassium supplements

Extra–Intestinal Systemic Disease

- Diabetes mellitus
- Hypothyroidism
- Hyper Parathyroidism
- Addison’s disease
- Uremia

Clinical Features

Symptoms

- Upper abdominal discomfort, fullness or pain.
- Heartburn
- Early satiety
- Anorexia
- Nausea with or without vomiting
- Belching
- Postprandial fullness
- Regurgitation

Signs

- On palpation - abdominal tenderness may present

Symptom Classification

- **Reflux type** – Retrosternal burning, Regurgitation
- **Ulcer type** – Epigastric pain < empty stomach > bland food & antacids
- **Dysmotility type** – Post prandial fullness, Distension, Early satiety Nausea
- **Alarming Symptoms** –Also known as alarm features, alert features, red flags, or warning signs.
 - Persistent vomiting
 - Progressive difficulty swallowing
 - Chronic GI bleeding
 - Iron deficiency,
 - Vit B12 deficiency anemia
 - Progressive unintentional weight loss and epigastric mass.

Investigations**Non - Invasive Tests**

- Serology
- Complete blood picture
- Hb & MCV – rule out iron deficiency anemias
- Vit B12 (160 - 950pg/ml) – reduced in case of Type A gastritis
- Fasting plasma gastrin concentration (<150pg/ml) – elevated in ZE syndrome à peptic ulcers
- Urea breath test – H pylori infection
- Stool antigen test – H pylori antigens shed in feces

Invasive Tests

- Upper GI Endoscopy
- Esophagitis
- Erosive gastritis
- Peptic ulcer – appears like aphthous ulcer with creamy base
- GERD
- Antrum Biopsy – H Pylori
- Biopsy urease test
- Histology
- Culture
- X ray chest – large sliding hernias – retro cardiac shadow
- Barium meal studies
- Size of hernias
- Peptic ulcer – acute / healing stage

Management

- Mild indigestion can often be helped with lifestyle changes.
- Eating smaller and more - frequent meals.
- Chew your food slowly and thoroughly.
- Fatty and spicy foods, processed foods, carbonated beverages, caffeine, alcohol, and smoking can trigger indigestion so must be avoided.
- Maintaining a healthy weight.
- Exercise regularly - helps to loose extra weight, reduces abdominal pressure and promotes better digestion.
- Practice relaxation techniques, such as deep breathing, meditation or yoga.
- Get plenty of sleep.
- Avoid lying down after meal – at least gap of 2 - 3hrs.
- Elevate head – raising head with extra pillows.
- Lying on left side to avoid reflux.

Homoeopathic Management

Homoeopathic treatment is more advantageous in cases of functional disturbances like dyspepsia and effecting in preventing and treating the complications associated with dyspepsia. Homoeopathy recognizes the inseparability of body, mind and spirit treating the patient as whole and not just the disease. There are so many Homoeopathic medicines which are used to treat dyspepsia, some common medicines which are used in day to day practice are -

Anacardium Orientale

Anacardium patient is found mostly among the neurasthenics; such have a type of nervous dyspepsia, relieved by food Weak digestion, with fullness and distention. Empty feeling in stomach. Eructation, nausea, vomiting. Eating relieves the Anacardium dyspepsia. Apt to

choke when eating or drinking. Swallows food and drinks hastily.

Asafoetida

Flatulence & spasmodic contraction of stomach with reverse peristalsis – Marked symptoms Hysterical flatulence. Great difficulty in bringing up wind. Pulsation in pit of stomach. Violent gastralgia; cutting & burning in stomach & region of diaphragm. Gurgling & rolling of wind, which escapes afterwards with loud & difficult eructation

Capsicum Annum

Ailments after taking alcohol. Prostration & feeble digestion of alcoholics. Desire for coffee, with inclination to vomit before or after taking it. Pain in stomach which is inflated. Sour taste in mouth, also taste of broth. Unnaturally increased appetite, alternated with aversion to food. Shootings in epigastrium, on breathing rapidly & deeply, on speaking, part being touched.

Kali Bichromicum

The special affinities of this drug are the mucous membrane of stomach, bowels, and air - passages; bones and fibrous tissues. Nausea and vomiting after beer. Feels as if digestion had stopped. Dilatation of stomach. Round ulcer of stomach. Stitches in region of liver and spleen and through spine. Cannot digest meat.

Cinchona Officinalis

Post operative gas pains, not relief from passing it. Slow digestion. Weight after eating. Vomiting of undigested food. Ill effects of tea. Milk disagrees. Hungry without appetite. Darting pain crosswise in hypogastric region. Hungry longing for food, which lies undigested. Flatulence; belching of bitter fluid or regurgitation of food gives no relief; worse eating fruit.

Bismuthum

Irritation & catarrhal inflammation of alimentary canal. Vomits, with convulsive gagging and pain. Vomits all fluids. Water is vomited as soon as it reaches the stomach. Slow digestion, with fetid eructations. Will eat for several days; then vomit. Gastralgia; pain from stomach through the spine.

Euphorbia Corollata

Vomits all fluids. Water is vomited as soon as it reaches the stomach. Slow digestion, with fetid eructations. Will eat for several days; then vomit. Gastralgia; pain from stomach through to spine. Better, cold drinks, but vomiting when stomach becomes full.

Ipecacuanha

The chief action is on the ramifications of the pneumogastric nerve, producing spasmodic irritation in chest and stomach Adapted to cases where the gastric symptoms predominate (Ant. c., Puls.). The principal feature of Ipecacuanha is its persistent nausea and vomiting. Indicated after indigestible food, raisins, cakes, etc. Intermittent dyspepsia, every other day at same hour. Stomach: feels relaxed, as if hanging down, clutching, squeezing, griping, as from a hand, each finger sharply pressing into intestines; worse from motion.

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 Phosphoricum

Sour eructation, sour vomiting, with greenish diarrhoea. Flatulency with colic.

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