

Dyspepsia and Homoeopathic Management

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Abstract: In very simple language the word Dyspepsia mean bad digestion or you may said weak digestion. There are so many causes for dyspepsia and various types of dyspepsia. Most common type of dyspepsia is Functional Dyspepsia. In other words Functional Dyspepsia means Irritable stomach Syndrome. This syndrome includes symptoms of localized epigastric pain (between the navel and the xiphoid process) and the flanks and burning, feeling bloated after a meal, early satiation, distension in the epigastric region, Nausea, and vomiting. The symptoms of dyspepsia may be acute or chronic. In Homoeopathy patients are treated as per their symptoms both mental general, physical general and particulars. Most common drugs used are Nux. vom, , Pulsatilla, Carbo. Veg, Lycopodium, Cinchona, Hydrastis Canadensis and so many other. Among all in Homoeopathic practice Nux Vomica, Lycopodium and Hydrastis Canadensis is commonly used remedy for dyspepsia.

Keywords: Dyspepsia, Homoeopathy, Epigastric Pain, Nux Vom, Hydrastis Canadensis.

INTRODUCTION

Dyspepsia means bad digestion or you may said weak digestion. There are so many causes for dyspepsia and various types of dyspepsia. Most common type of dyspepsia is Functional Dyspepsia. 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. The main aim of Homoeopathic

Practitioners is to improve or complete cure of the disease condition with the aid of proper diagnosis and treating the underlying disease symptomatically. This is also important to understand the diagnosis of underlying disease and therefore for complete recovery of patient.

Causes of Dyspepsia

- Upper gastrointestinal
- Peptic ulcer
- Cute gastritis
- Hiatus hernia
- Esophageal spasm
- Non-ulcer dyspepsia
- Stomach cancer
- Gerd
- Infections like H. Pylori
- Gall stone
- Irritable bowel syndrome other gastrointestinal problems

Disorders

- Pancreatic disorders including cancer
- Hepatic diseases including metastatic disorders
- Colonic carcinoma
- Celiac disease systemic disorders
- Renal failure
- Hypocalcaemia

Drugs

- NSAIDs
- Corticosteroids
- Digoxin
- Iron and Potassium Supplements

Others

- Psychological (anxiety and depression)
- Alcoholism
- Smoking and tobacco products
- Obesity
- Pregnancy especially last trimester

Clinical Features

symptoms of localized epigastric pain (between the navel and the xiphoid process) and the flanks and burning, feeling bloated after a meal, early satiation, distension in the epigastric region, nausea, and vomiting, and very occasionally altered bowel motions either loose stool or hard stool may be presenting symptom.

Alarm Features in Dyspepsia

- Weight loss
- Anaemia
- Vomiting
- Haematemesis and/ or Malaena
- Dysphagia
- Palpable abdominal mass.

Homoeopathic Management

Most common drugs used are Nux. vom, Pulsatilla, Carbo. Veg, Lycopodium, Cinchona, Hydrastis Canadensis and so many other. Among all in homoeopathic practice Nux Vomica, Lycopodium and Hydrastis Canadensis are commonly used remedy for dyspepsia.

Nux Vomica

It is preeminently 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 is classical symptom of Nux Vomica.

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.

Carbo Vegetabilis

Disintegration and imperfect oxidation is the key note of this remedy. A lowered vital powers from loss of fluids and in old peoples with weak digestive powers are very well improve with this remedy.

Hydrastis Canadensis

Patient has sinking, empty all gone sensation, loathing for food with weak digestion. Nearly all food loath, apt to vomit

all foods retaining only water and milk. Atonic dyspepsia; with great lassitude, debility, exhaustion with obstinate constipation.

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.

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 especially from fatty and bakery foods. Diminished taste of all food, taste of food remains a long time especially after fruits and pastries.

CONCLUSION

Homoeopathy can treat the cases of dyspepsia successfully when selection of proper remedy done on the basis of principles of Homoeopathy.

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