



## Homeopathic Treatment of Irritable Bowel Syndrome

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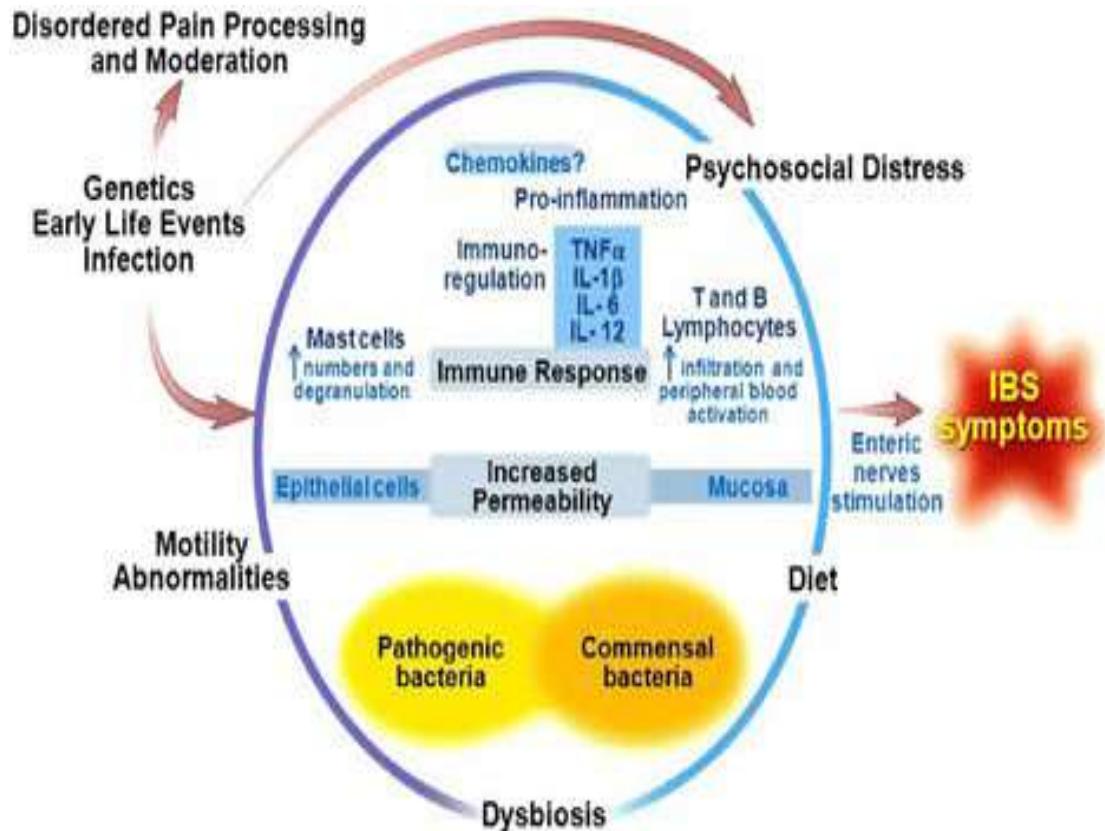
### What is irritable bowel syndrome?

Irritable bowel syndrome (IBS) is a common chronic disorder where a person experiences the following symptoms: abdominal pain, discomfort, bloating, constipation or diarrhoea or both. It is difficult to treat because different people experience different symptoms. Some people experience constipation as the main symptom, this form of IBS is known as IBS-C, while others experience diarrhoea as

the main symptom. This form of IBS is known as IBS-D. Others experience both constipation and diarrhoea, this form of IBS is known as IBS-M where the M stands for mixed. Currently there is no agreement on the best form of treatment for IBS.

### Etiopathogenesis :

Traditionally, irritable bowel syndrome has been considered to be a disorder with no known underlying structural or biochemical explanation, but this concept is likely to be outdated. In this Review we challenge the widely accepted view that irritable bowel syndrome is an unexplained brain–gut disorder. In a major subset of patients, gastrointestinal symptoms arise first and only later do incident mood disorders occur. Additionally, possible mechanisms for gut–brain dysfunction have been identified, suggesting primary gut disturbances might be the underlying.



### Clinical Features:



### Causes :

Central processing of afferent stimuli	Minimal systemic inflammation, or effects of early childhood trauma, may alter the central processing of afferent stimuli
Anxiety and depression	Multifactorial, activation of immune systems seems to aggravate underlying disturbances
Post-infectious IBS	Exposure to pathogens causing alterations of gut permeability, inflammation
Post-inflammatory IBS	A chronic or transient immune process (ie, controlled by appropriate immune modulation) has triggered the same or similar events that cause symptoms in post-infectious IBS
Bile acid malabsorption	Type 2, or idiopathic, likely due to a genetic defect in the apical ileal bile acid transporter
Visceral hyperalgesia	Can occur after infections or inflammation or CNS-mediated visceral hyperalgesia after psychological trauma can occur
Mutations in SCN5A	Genetically determined

### Epidemiology :

About 15% of the general population has symptoms that justify a diagnosis of IBS; however, only about 20% of these will seek medical opinion, prompting a suggestion of hypersensitivity in them. IBS is the most common single reason for referral to gastroenterologists. In Western series, female patients predominate; in India, most reporting patients are young men, probably only because of social inhibitions in women.

### Pathophysiology :

No anatomic, microbiological or biochemical abnormality has been demonstrated in these patients. Alterations in bowel motility and transit are the most common features identified. Abnormal myoelectric rhythm, either as a primary event or as an abnormal response to endogenous hormones (cholecystokinin), leads to hypermotility. High amplitude pressure waves, especially around meal times, can produce pain and may lead to diarrhoea; when the contractions are segmental, constipation results.

**Management :**

Psychological support & counseling Correction in diet and regimen.

**Medication**

Homoeopathic repertoires have many rubrics , similar to symptoms of IBS:- Mind - ailments from - emotions

Mind - ailments from - cares, worries Mind - ailments from - fright

Mind - ailments from - mental exertion - prolonged

Mind - ailments from - mortification Mind - ambition - increased - competitive

Rectum - constipation - ineffectual urging and straining - involuntary stool; then Rectum - constipation - insufficient

Rectum - diarrhea - alternating with - constipation Rectum - diarrhea - anticipation, after

Rectum - diarrhea - anxiety, after

Rectum - diarrhea - breakfast - after - agg.

Rectum - diarrhea - drinking - after - immediately after Rectum - diarrhea - painless

Rectum - diarrhea - mental exertion - after Rectum - diarrhea - nervous, emotions agg.

**HOMOEOPATHIC MANAGEMENT FOR IBS**

There are different ways of homeopathic treatment. Clinical homeopathy matches a 'remedy' to a specific condition, such as IBS and everybody who has that condition would be given the same remedy. Individualised homeopathy involves a series of in- depth consultations to assess symptoms and other issues that may affect the patient.

Following an in-depth consultation the homeopath will select the most appropriate remedy based on the persons' individual symptoms.

***Nux vomica***

Abdominal pains and bowel problems accompanied by tension, constricting sensations, chilliness, and irritability can indicate a need for this remedy. Soreness in the muscles of the abdominal wall, as well as painful gas and cramps are common. Firm pressure on the abdomen brings some relief. When constipated, the person has an urge to move the bowels, but only small amounts come out. The person may experience a constant feeling of uneasiness in the rectum. After diarrhea has passed, the pain may be eased for a little while. A person who needs this remedy often craves strong spicy foods, alcohol, tobacco, coffee, and other stimulants—and usually feels worse from having them.

***Podophyllum***

This remedy is indicated when abdominal pain and cramping with a gurgling, sinking, empty feeling are followed by watery, offensive-smelling diarrhea— alternating with constipation, or pasty yellow bowel movements containing mucus. Things tend to be worse in the very early morning, and the person may feel weak and faint or have a headache afterward. Rubbing the abdomen (especially on the right) may help relieve discomfort. A person who needs this remedy may also experience stiffness in the joints and muscles.

***Sulphur***

This remedy is often indicated when a sudden urge toward diarrhea wakes the person early in the morning (typically five a.m.) and makes them hurry to the bathroom. Diarrhea can come on several times a day. The person may, at other times, be constipated and have gas with an offensive and pervasive smell. Oozing around the rectum, as well as itching, burning, and red irritation may also be experienced. A person who needs this remedy may tend to have poor posture and back pain, and feel worse from standing up too long.

***Argentum nitricum***

Digestive upsets accompanied by nervousness and anxiety suggest the use of this remedy. Bloating, rumbling flatulence, nausea, and greenish diarrhea can be sudden and intense. Diarrhea may come on immediately after drinking water. Eating too much sweet or salty food (which the person often craves) may also lead to problems. A person who needs this remedy tends to be expressive, impulsive, and claustrophobic, and may have blood sugar problems.

***Asafoetida***

A feeling of constriction all along the digestive tract (especially if muscular contractions in the intestines and esophagus seem to be moving in the wrong direction) strongly indicates this remedy. The person may have a feeling that a bubble is stuck in the throat, or that a lump is moving up from the stomach. The abdomen feels inflated, but the person finds it hard to pass gas in either direction to get relief. Constipation brings on griping pains. Diarrhea can be explosive, and the person may even regurgitate food in small amounts. The person may exhibit a strong emotional or "hysterical" element when this remedy is needed.

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