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## **Calculating Effectiveness of Robinia Ingastr-Oesophageal Reflux Disease (GERD)**

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### **ABSTRACT:**

The most prevalent symptom of gastroesophageal reflux disease (GERD), which is widespread, is retrosternal heartburn. When the reflux of stomach contents results in uncomfortable symptoms or consequences, GERD is a disorder that develops. Affected individuals' daily lives are impacted by GERD, which interferes with physical activity, interferes with sleep, interferes with social interaction, interferes with mental health, and lowers quality of life and productivity at work. The treatment of GERD with homoeopathy has a lot of potential, and the drug ROBINIA helps patients live better lives.

**Key words:** Gastroesophageal disease, Improving quality of life GERD, Homeopathic medicine-Robiniapseudacacia.

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### **Introduction:**

"A chronic ailment linked with the retrograde flow of gastro-duodenal contents into the oesophagus and neighbouring organs, creating a cluster of symptoms, with or without tissue injury," is how gastroesophageal reflux disease (GERD) is defined. Regurgitation of stomach contents into the oesophagus is one of its hallmarks.

Epidemiology: A recent study revealed that it is as prevalent in India as it is in the West, with a prevalence of between 8 and 20%. According to surveys conducted across multiple centres by Sharma et al. and Kumar et al.2, Both sexes, all ages, and all races are impacted by GERD.

### **Risk factors:**

seniority,  
Male,  
family history,  
Socioeconomic status,  
Increased body mass index,  
alcohol use,  
Smoking.

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### **Pathophysiology:**

Particularly after eating, this physiological reflux manifests as heartburn, but it is otherwise asymptomatic and quickly cleared from the distal oesophagus. Esophageal peristalsis is an important occurrence for the GERD antireflux system. Abnormal peristalsis was present in 40%–50% of GERD patients, as well as frequent and sustained transient relaxation of the lower esophageal sphincter (40%). GERD is present in 50% of individuals with erosive esophagitis. Because it interferes with the body's natural antireflux processes and lowers transdiaphragmatic pressure, a hiatal hernia is regarded as a contributing factor in GERD. GERD's pathogenesis appears to involve multiple factors.

### **Clinical signs:**

Heartburn and regurgitation are typical and characteristic GERD symptoms<sup>7,8</sup>. If both signs appear, GERD can be diagnosed<sup>7</sup>. Dysphagia, globus feeling, noncardiac chest pain, dyspepsia, or stomach pain are examples of atypical symptoms. Hoarseness, laryngitis, pharyngitis, chronic sinusitis, tooth erosion, and a persistent cough are some other esophageal symptoms.

complication:

- Esophagitis

- Bleeding
- Esophageal erosion and ulceration
- Formation of stricture
- Barrett's esophagus and
- adenocarcinoma of the esophagus.

#### **General management:**

Individual patients' GERD may benefit from lifestyle changes and the avoidance of aggravating factors.

Don't consume any goods that contain coffee, nicotine, alcohol, chocolate, menthol, fizzy beverages, high-fat foods, tomatoes, or citrus.

Eat nothing two hours before going to bed.

iii. Sleep on your left side.

Raised headboard 6 inches.

If you are obese, you need to lose weight.

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#### **HOMEOPATHY AND GERD:**

Homeopathy is the only form of treatment that takes into account the symptom as a whole and treats the condition as a whole, making it more effective than any other system of medicine in treating GERD. Homeopathy may also be helpful for persons with GERD who don't see much improvement despite making lifestyle changes.

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#### **ROBINIA PSEUDACACIA:**

Linnaeus gave the plant the name Robinia in honour of Henry IV of France's herbalist, Jean Robin. Acacia Arabica, an Egyptian tree, is the real acacia. The bark of the "Locust Tree," which is widely cultivated in the United States, is used to make robinia. It is also known as false acacia, common acacia, or North American acacia. It is a member of the Leguminosae family. Fresh bark root, young twigs' fresh bark, and beans are used to make the medication. Dr. Burt gave the first shaky demonstration of it in 1864. One of the finest treatments for GERD is robinia. It exhibits gastrointestinal system-specific symptoms and a comparable range of action to GERD.

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#### **ACCORDING TO ALEXANDER L. BLACKWOOD:**

This medication is recommended for people who have hyperchlorhydria, a condition in which the stomach's acidity is high and there is frequent eructation and vomiting of an acid fluid that chips the teeth along the edges.

The stomach area experiences discomfort and anxiety, which are worse when the stomach is empty but are reduced by eating.

Along with these stomach symptoms, the patient also exhibits irritability and a dull headache that is made worse by movement.

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#### **ACCORDING TO C.M BOGER:**

For pungency, sour taste, sour stomach, sour belching, and acid dyspepsia, robinia is recommended. Water arrogance

Additionally, it is advised for burning in the area between the shoulder blades and the stomach. tightness in the stomach. Headache.

Food, darkness, and fats make complaints worse.

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#### **ACCORDING TO N.M.CHOUDHURI:**

Dyspepsia, one of the modern day's most popular complaints, is frequently treated with robinia, especially when acidity is the defining symptom.

Acidity coupled with acidity

Sweat and excrement are the main scents.

dyspepsia, which includes bloating, fluid vomiting, and acid intake. Even water is vomited as thick, green, sour, and greenish mucus.

Heartburn, acid reflux, rumbling, gurgling, and acid belching keep him awake all night and keep him from getting any sleep.

It helps with a specific type of headache that is brought on by fat, cabbage, meat, turnips, warm bread, and pastries and is accompanied by stomach discomfort.

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#### **BY WILLIAM BOERICKE**

Acidity of children. Acidic stools and sweat. Trapped flatus.

Burning in the stomach and region of the gall-bladder.

Diarrheal stools, yellow, green, burning with nervous restlessness, weakness, cold sweat, dyspnoea.

Sharp and greenish vomiting, colic and flatulence, burning pains in the stomach at night.

Sudden bouts of purging and vomiting.

Bowels costly, with frequent unsuccessful desire for stool.

Aggravation: movement, pressure; afternoon and night.

Improvement: at rest and in the morning.

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