

## Homoeopathic management of gastritis: a review

### Tratamiento homeopático de la gastritis: una reseña

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#### ABSTRACT

*Helicobacter pylori* and bile reflux are the main causes of diffuse, acute, or chronic stomach inflammation known as gastritis. The most frequent disorder seen in clinical practice is this one. Changes in dietary practices, such as irregular mealtimes, fast food, and addictions to alcohol and tobacco use, can play a significant influence. Despite not being as fatal as other serious illnesses, the symptoms can be upsetting, make it difficult to enjoy daily life, and put a strain on both the mind and body. If gastritis is not treated quickly, serious problems such as peptic ulcers and pyloric stenosis might result, followed by perforation. A significant part of homoeopathy in the management of gastritis is extremely effective in treating both chronic and acute gastritis symptoms. Furthermore, it is crucial in preventing a relapse of the illness. Homoeopathic drugs, on the other hand, are helpful in the prevention and treatment of many ailments. This study therefore lists typical homoeopathic medications that can be used to treat or ward off gastritis.

**Keywords:** Gastritis, Homoeopathy, Management.

#### RESUMEN

El *Helicobacter pylori* y el reflujo biliar son las principales causas de la inflamación difusa, aguda o crónica del estómago conocida como gastritis. Se trata del trastorno más frecuente en la práctica clínica. Los cambios en las prácticas alimentarias, como el horario irregular de las comidas, la comida rápida y las adicciones al alcohol y al tabaco, pueden influir considerablemente. A pesar de no ser tan mortales como otras enfermedades graves, los síntomas pueden ser molestos, dificultar el disfrute de la vida cotidiana y suponer una carga tanto para la mente como para el cuerpo. Si la gastritis no se trata rápidamente, pueden surgir problemas graves como úlceras pépticas y estenosis pilórica, seguidas de una perforación. En el tratamiento de la gastritis,

la homeopatía es extremadamente eficaz para tratar tanto los síntomas crónicos como los agudos de la gastritis. Además, es crucial para prevenir una recaída de la enfermedad; por otra parte, los medicamentos homeopáticos son útiles en la prevención y el tratamiento de muchas enfermedades. Por ello, en este estudio se enumeran los medicamentos homeopáticos típicos que pueden utilizarse para tratar o prevenir la gastritis.

*Palabras clave:* gastritis, homeopatía, tratamiento

## INTRODUCTION

Gastritis is defined as an inflammation, irritation, or erosion of the lining of the stomach. It can occur suddenly (acute) or gradually (chronic). In Western medicine, gastritis can be caused by irritation due to excessive alcohol use, chronic vomiting, stress, or the use of certain medications such as aspirin or other anti-inflammatory drugs. <sup>(1)</sup>

*Helicobacter pylori* (*H. pylori*), a bacteria that dwells in the mucous lining of the stomach, may possibly be the cause of chronic gastritis, according to Mariya Varbanova. The bacterium can result in stomach cancer in some persons and gastric ulcers if left untreated. Additionally, bile reflux, or the leakage of bile from the biliary tract into the stomach, may be the cause (that connects the liver and gallbladder). Gastritis can also be brought on by viral or bacterial infections. <sup>(2)</sup>

Based on the histological characteristics of the stomach mucosa, gastritis is defined. The erythema seen during gastroscopy is not it, and neither are there any distinct clinical manifestations or symptoms that characterize it. Acute vs chronic time course, histological characteristics, anatomical distribution, and underlying pathogenic mechanisms all play major roles in the current classification of gastritis. If not managed, acute gastritis might turn chronic. The most frequent cause of gastritis worldwide is *Helicobacter pylori* (*H. pylori*). But it was discovered that gastritis also affected 60 to 70 percent of *H. pylori*-negative individuals with functional dyspepsia or non-erosive gastroesophageal reflux. If the patient meets all four of these requirements, *H. pylori*-negative gastritis is a possibility. (i) A negative *H. pylori* culture, (ii) A negative IgG *H. pylori* serology, (iii) A negative triple staining of stomach mucosal biopsies (hematoxylin and eosin, Alcian blue stain, and a modified silver stain), and (iv) No self-reported history of *H. pylori* treatment.

Following are some more factors that can contribute to gastritis:

- Serum anti-parietal and anti-intrinsic factor antibodies are related with autoimmune gastritis, which is defined by chronic atrophic gastritis restricted to the stomach's corpus and fundus and resulting in pronounced widespread atrophy of parietal and chief cells.
- Other than *H. pylori*, other species like *Herpes simplex*, *Cytomegalovirus*, and *Mycobacterium avium* intracellular can also cause gastroenteritis.
- Acid reflux leading to gastroenteritis. Gastritis can have uncommon causes such as lymphocytic, eosinophilic, collagenous, and sarcoidosis.

The diagnosis of gastritis and its causes depends on the clinical presentation, laboratory tests, gastroscopy, histological, and microbiological analysis of tissue biopsies. When *H. pylori*-associated gastritis is treated, polymorphonuclear infiltration swiftly disappears, chronic inflammatory infiltrate is reduced, and the mucosa gradually returns to normal. Although mucosal atrophy and metaplastic alterations may reverse quickly, they are not always the result of *H. pylori* treatment in all patients. Depending on the etiology of their underlying cause, several forms of gastritis should be managed. <sup>(3)</sup>

#### Epidemiology

There is evidence that autoimmune gastritis is becoming more common in the western population, while the incidence of infectious gastritis caused by *H. pylori* is dropping. <sup>(4)</sup> In older and more female populations, autoimmune gastritis is more prevalent. The prevalence is predicted to range from 2% to 5%. However, the dependability of the data is not very great.

In developing nations, chronic gastritis is still a very typical illness. Infection with *H. pylori* in children is somewhat common in the west (around 10%), but it is more common in underdeveloped nations (about 50%).<sup>(6,7)</sup> Depending on a region's socioeconomic status and geographic location, *H. pylori* prevalence differs throughout developing nations. 51% in Asia, 78% in South America, and 69% in Africa, respectively, are the percentages.

The major reasons in the spread of *H. pylori* infection globally are socioeconomic conditions and environmental cleanliness. Family-bound hygiene, the number of households, and culinary practices are some of these variables. Currently, it is believed that the main factor for *H. pylori*-associated gastritis in a population is the childhood origin of the illness. <sup>(8)</sup>

#### Clinical features:

- Pain/discomfort in the upper abdomen
- Nausea/vomiting
- Feeling full too soon during a meal
- Loss of appetite
- Weight loss
- Heaviness/bloating in abdomen

#### Diagnosis methods:

- Endoscopy
- CBC
- *H. pylori* rapid urease test
- Gastric mucosal histology
- *H. pylori* polymerase chain reaction(PCR)
- *H. pylori* urea breath test.

#### Differential Diagnosis:

- Peptic ulcer disease.
- Gastric adenocarcinoma
- Primary gastric lymphoma
- GERD
- Crohn's disease
- Atrophic gastritis
- Cholecystitis
- Infectious gastritis
- Dyspepsia
- Celiac disease
- Pancreatitis
- Multiple

#### Homoeopathic Approach

##### Why Homoeopathy?

Not just antacids, but other medications in general, such aspirin and NSAIDs (like ibuprofen and naproxen), irritate the stomach lining. Zantac or Ranitidine contains too much N-Nitroso dimethylamine (NDMA), which is probably carcinogenic. <sup>(9)</sup>

Homeopathy places a greater emphasis on the whole person than just the ailment, seeing the mind, body, and spirit as interconnected parts of the person. The four guiding principles of homoeopathy form its core. These fundamentals have not changed in the past 200 years. "Like cures like" is the guiding philosophy. The word "homoeopathy" actually comes from the Greek words "homoeo" and "pathos," which both mean "alike" and "suffering," respectively. Each person has physical, mental, and spiritual symptoms when they are ill. Some of these signs are typical of the illness, while others are peculiar to the individual. The homoeopathic practitioner pays special attention to those symptoms that are specific to each person as they match the symptom image of the homoeopathic treatment to the symptom picture of the individual. The single remedy is the second axiom of homoeopathy. At any one time, just one homoeopathic treatment is administered. "The Minimum Dose" is homeopathy's third guiding principle. Individuals frequently experience side effects or unpleasant responses when taking drugs in adequate doses. The smallest dose possible is given by the homoeopath to enhance therapeutic results and reduce undesirable consequences. "The Potentized Remedy" is the fourth tenet of homoeopathy. Homeopathic medicines are produced differently from other medicines, even though they are generated from natural materials like plants, minerals, etc. <sup>(10)</sup>

The disease primarily is a disturbance in the vital force which governs and regulates all the organs and parts of the body. In health this vital force maintains normal growth and co-ordination of all organic functions.

When, from some disease- producing cause, this force becomes disturbed, sickness or disharmony of function results. The causes of disturbance may be infections, injuries, exposure, climatic conditions, violent emotions, errors in diet, or others. <sup>(11)</sup>

The aim of homoeopathic medicine for gastritis is not only to treat gastritis but to address its underlying cause and individual susceptibility.

Homoeopathic medicines for Gastritis:

Abeis canadensis- Burning, faint feeling at the epigastrium. Gnawing, hungry. Eats beyond the capacity. Craves for pickles, coarse food and meat. Small and hard liver, sensation as if. Bowels feel sick. Rumbling bowels <after eating. Constipation. Rectal burning. <sup>(13)</sup>

Arsenic alb – hot fire like burning sensation >hot applications, hot drinks. Intense thirst. Vomiting <after drinking or eating. Nausea <sight or smell of food. Gastralgia <food or drink, cold fruits, cold foods, cold drinks, alcoholic drinks. Craves milk, coffee and acids. Anxiety in pit of the stomach. Desires for cold water, sensitive to it though. Stomach can't tolerate as it cannot assimilate cold water. <sup>(12)</sup>

Argentum Nit. - Particularly common among delicate, anxious women, gastralgia can be triggered by any emotion, lack of sleep, or the menstrual cycle. -Gastroenteritis, or stomach inflammation. -Stomachache that is gnawing on the left side. -Pressure, heaviness (a lump-like sensation), and nausea. -Stomach throbbing and trembling. -Violent belching usually accompanies gastrointestinal symptoms. -Eructations of air and a mouthful of food that wasn't digested. -After yawning, feeling as though the stomach would burst; wind presses upwards, but the oesophagus feels spasmodically closed; thus, an ineffective effort to eructate, with excessive strangulation, pressing pain in the stomach, faintish nausea, confluence of water in the mouth, and inability to stir; the paroxysm ended after a quarter of an hour, amidst frequent and violent out-rush of wind. -Black vomit, some fluid in the vomit, and anxiousness in precordia. Desire for cheese and salts. Craves for sweets. <sup>(13)</sup>

Bismuthum – Gastralgia alternates with headache. Vomiting- as soon as water reaches the stomach, but food retains. Strong inclination to vomit, with violent retching. Stomach cancer- vomiting of brownish. Vomiting of bile with vertigo and prostration. Pressure in the stomach, like load <after a meal. Spasmodic, crampy pain with irritation, cardialgia and pyrosis. Convulsive gagging and inexpressible pain, after laparotomy. <sup>(14)</sup>

Bryonia Alb – Nausea and vomiting <rising up, morning, soon after drinking. Nausea, inclination to vomit. Vomiting of solids, not fluids. Pressure as from stone at pit of the stomach >eructation. Epigastrium is sensitive to touch. Thirst for huge quantity of water. <sup>(13,14)</sup>

Chamomilla – Oversensitive-from use or abuse of narcotics/coffee. Regurgitation of food. Nausea <after eating, morning. Vomiting of food, sour substances. Extremely painful at precordial region with pressure, as if heart crushed with cries, sweat and anguish. Pressive gastralgia- as from a stone., difficulty in breathing <eating, at night. <sup>(14,13)</sup>

Cantharis Ves – epigastrium- burning sensation. Aversion to all fluids, with burning thirst. Violent burning, highly sensitive. Unquenchable thirst. Vomiting- violent retching, blood-streaked membrane. Aggravation from drinking coffee, even slightest quantity. <sup>(12)</sup>

Carbo Veg – Flow of water from stomach. Tension, fullness, and heaviness in the stomach. Contractive, crampy, pressive pains in the stomach: <fright, opposition, after meal, at night, chill. Colicky pain with sensation of burning pressure. Pressure at pit of the stomach, as if heart would crush, esp. in nursing women. Desire for salty food, sweetened food and coffee. Dislike to milk, meat, and fat. Weak digestion, inconvenience on even plainest food. <sup>(13)</sup>

Ipecac – Constant and continual nausea with profuse saliva. Vomitus-white, glairy mucus in large quantities with no relief followed by sleepiness, which worsens. Stomach feels relaxed, hanging down <motion. Clean tongue. <sup>(14)</sup>

Nux vomica – Eructation-sour, bitter with depression of spirits. Constant nausea <eating after, morning, smoking. Stomach-pressure an hour or two after eating as from a stone. Sleepy after dinner. Constipation from worry, drugs, coffee, brandy, anxiety, high living, brandy. Constipation alternates with diarrhoea, in people who take purgatives. <sup>(14)</sup>

Phosphorus– longs for cold food and drinks, juicy, refreshing things. Gastric pains <ice cream. Water-thrown up as soon as it becomes warm. Nausea and vomiting with much retching. Bad effects of too much salt. Vomiting, post-operative. After every meal, sour taste and sour eructation. <sup>(14,12)</sup>

Lycopodium Clav– Eructation, sour-taste doesn't remain, but acid gnaws in the stomach. Eructation sour, bitter and greasy. Sour regurgitation of food. Frequent continued nausea with bitter taste in mouth <morning. Loss of appetite. Absence of thirst. Nocturnal thirst. Craving for sweet things. Slow digestion. Compressive or contractive pains in stomach. Clothes round the stomach cause uneasiness. Canine hunger. The more he eats, the more he craves, head aches if does not eat. <sup>(13)</sup>

## CONCLUSION

Homoeopathy takes a comprehensive approach to treatment. Because Gastritis is a stress-related condition, homoeopathy is particularly effective at treating it. It will also help to lessen the symptoms of the sickness, such as nausea, burning, and belching.

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