



REVIEW ARTICLE

HOMOEOPATHIC TREATMENT FOR CHRONIC GASTRITIS

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Abstract

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Gastritis is acute or chronic inflammation of the stomach and is most often diffuse, mostly caused by Helicobacter pylori and bile reflux. It is the most common disorder encountered in the clinical practice. Change in dietary habits – like having irregular meals, fast foods, addictions like smoking and alcohol also plays a major role. Although not life threatening as other major illness, the symptoms can be distressing and can cause discomfort to enjoy normal life and drain the mental and physical energy. If gastritis is not treated earlier the complications are grave like peptic ulcer, pyloric stenosis and subsequent perforation. Homoeopathy plays a major role in treating gastritis.

INTRODUCTION

Chronic gastritis (CG) is the chronic inflammation of gastric mucosa associated with varying degrees of damage of superficial and glandular epithelia. The

causes of CG are exogenous (mainly Helicobacter pylori) and endogenous. The process is concluded by atrophy of parenchyma. CG is associated with dyspepsia in approximately 50% of cases,

but frequently with gastric and duodenal ulcer. The role of chronic atrophic gastritis (AG) is relevant in development of cancer or of other tumors like carcinoids and polyps. The specific secretive cells of the glandular parenchyma and of the superficial epithelium reveal a good correlation with secretory component behavior, but they are only partially influenced by *H. pylori*. It emerges that CG is an anatomic-functional condition. Finally, nutritional deficiencies or *H. pylori* seem to interfere with the intragastric metabolism and therefore play a relevant role in the rise of CG.

Chronic gastritis is a chronic progressive stomach disease, pathological base of which are dystrophy, inflammation, disregeneration of gastric mucosa with atrophy as the outcome of these events. These conditions are accompanied by secretion, motoric and incretory functions disturbances. The disease is manifested by following syndromes: pain, dyspepsia, regurgitation as well as by extra-organ disturbances.

Morphology Of Chronic Gastritis

1. **Inflammation:-** Proprior layer infiltration by mononuclear cells and - in gastritis neutrophils, eosinophils and basophils infiltration is also present - infiltration degree correlates with gastritis activity

2. Atrophy with progressive reduction of stomach glands number. Reduction of main (pepsin-synthesizing) and parietal (acid-synthesizing) cells number.
3. Disregeneration and cells maturation disturbances, correlating with the duration of the disease: - after specialized cells death they are replaced by more primitive mucus synthesizing cells. - Metaplasia: replacement of the specialized cells by the different kind of epithelium: gut like metaplasia (morphological features of gut epithelium) pyloric metaplasia (replacement of main glands of corpus and fundus by mucosa, typical for pyloric part).

Causes

- **H. Pylori Bacterial Infection** – This is the most common cause of gastritis worldwide. Many people first become infected during childhood, but not everyone experiences symptoms. It is not often associated with erosive gastritis.
- **Damage to the stomach lining**
 - Overuse or long-term use of non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen
 - Excessive alcohol consumption
 - Chronic stress
 - Exposure to radiation

- Recurring bile reflux from the small intestine
- Autoimmune conditions - In people with autoimmune gastritis, their immune system attacks the stomach lining for no apparent reason. Autoimmune gastritis is usually chronic but non-erosive. In some people, autoimmune gastritis may be linked to chronic or severe H. pylori infection.
- Other causes
 - Crohn's disease
 - Irritable bowel syndrome
 - Sarcoidosis
 - other types of fungal, bacterial, or viral infection

Diagnosis

Doctors use a wide range of tests and tools to diagnose chronic gastritis, including:

- Medical history
- Physical exam
- Stool tests to check for both H. pylori and signs of bleeding
- Endoscopy when a camera on a tube is put down the throat into the stomach
- Blood tests
- X-rays
- Urea breath test to check for H. pylori infections

Risk Factors For Chronic Gastritis

Include:

- Diets high in salt or preservatives
- Diets high in fat and oil, especially saturated and trans fats
- Smoking
- Long-term consumption of alcohol
- Conditions that weaken the immune system
- Cocaine use
- Long-term use of NSAIDs and some other medications

SIGN & SYMPTOMS

- Indigestion
- A burning or gnawing feeling in the stomach
- The sensation of being full after eating a small amount
- Nausea and vomiting
- Belching
- Unintentional weight loss
- Bloating
- Loss of appetite
- Bleeding, usually only in erosive gastritis
- Gastritis is termed "erosive" if the stomach lining has been worn away, exposing the tissue to stomach acids

Syndromes Typical For Chronic Gastritis

- Pain syndrome: burning or gnawing epigastric discomfort, ill-defined,

aching sensation,

- Gastric dyspepsia (in 90% cases): loss of appetite, metallic, acid taste, belching, regurgitation, heartburn, nausea, vomiting
- Intestinal dyspepsia (in 20-40% cases): diarrhea or constipation, meteorism
- Asthenic syndrome: fatigue, weakness □ Malabsorbtion: weight loss, dry skin, angular stomatitis
- B12 -deficiency anemia: paleness, slight jaundice, megaloblastic anem

Homoeopathic Approach

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. (10) 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.

Homoeopathic Medicines

Homeopathy is a holistic system of medicine. The selection of medicine is based on individualization and totality of symptoms by holistic approach. The aim of homoeopathic medicine for gastritis is not only to treat gastritis but to address its underlying cause and individual susceptibility.

1. **Arsenic Album** –Arsenic Album is one of the top homeopathic medicines

for gastritis. It works well when there is a burning pain in the stomach due to gastritis. Ingesting even a little food or drink worsens the pain cannot bear the sight or smell of food. Great thirst, drinks much, but little at a time. Nausea, retching, vomiting after eating or drinking. Anxiety in pit of stomach. Craves acids and coffee. Stomach extremely irritable, seems raw, as if torn. Gastralgia from slightest food or drink. Ill effects of vegetable diet, melons, watery fruits. Craves milk. .

2. **Argentum Nitricum** – It helps persons suffering from gastritis caused by chronic alcohol intake. A primary symptom for using Argentum Nitricum is a pain in the stomach which radiates to all parts of the abdomen. The pain may be gnawing, burning or constricting in nature. Another symptom is frequent belching. Distension of the abdomen may also occur. Painful swelling at the pit of the stomach . Gnawing, ulcerating pain, burning and constriction. Great craving for sweets. Gastritis in drunkards.
3. **Phosphorus** - Phosphorus is an excellent homeopathic treatment for gastritis. Gastritis, accompanied by nausea and vomiting, is the main symptoms for the use of Phosphorus. In such cases, the patient throws up food by the mouthful. There is constant

nausea and a soreness in the pit of the stomach. Water brash and heartburn are other features that may arise.

4. **Lycopodium**- Eructation, sour-taste doesn't remain, but acid gnaws in the stomach. Eructationsour, 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
5. **Bismuth** – Bismuth is another one of the top homeopathic medicines for gastritis. It works well in cases of gastritis where cold drinks bring relief to the symptoms. The burning in the stomach is relieved by drinking something cold. There is also a pain in the area around the stomach. Bending backward brings a little relief to the pain. Along with the pain, there is a sensation of pressure and heavy load on the stomach. There is also an inability to retain fluids in the stomach. Fluid is vomited as soon as it reaches the stomach. Along with this, vertigo and weakness also arise.
6. **Abeis Canadensis**- Canine hunger with torpid liver. Gnawing, hungry,

faint feeling at the epigastrium. Great appetite, craving for meat, pickles, radishes, turnips, artichokes, coarse food. Tendency to eat far beyond capacity for digestion. Burning and distension of stomach and abdomen with palpitation. Flatulence disturbs the heart's action. Pain in right shoulder blade, and constipation with burning in rectum.

7. **Bryonia Alb** – Nausea and faintness on rising up. Abnormal hunger, loss of taste. Thirst for large draught. Vomiting of bile and water immediately after eating. Epigastrium is sensitive to touch, pressure in stomach after eating as of a stone. Dyspeptic ailments during summer heat.
8. **Chamomilla** – Eructations foul, nausea after coffee. Sweats after eating or drinking. Aversion to warm drinks. Pressive gastralgia as from a stone. 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
9. **Cantharis** – Burning sensation in the epigastrium and stomach. Disgust for

everything- drink, food, tobacco. Burning thirst with aversion to all fluids. Very sensitive, violent burning. Vomiting of blood streaked membrane and violent retching. Aggravation from drinking coffee, drinking the smallest quantity increases pain the bladder and is vomited. Thirst unquenchable.

10. **Carbo Veg** – Eructations, heaviness, fullness and sleepiness, tense from flatulence, with pain worse lying down. Temporary relief from belching. Rancid, sour or putrid eructations. Waterbrash, asthmatic breathing from flatulence. Contractive pains extending to the chest with distension of abdomen. Faint, all gone feeling in the stomach, not relieved by eating. Food putrefies before it digests. Gastralgia in nursing women with excessive flatulence. Aversion to milk, meat, fatty things.
11. **Ipecac** – Tongue usually clean, mouth moist, increased saliva. Constant nausea and vomiting with pale face, twitching of face. Vomits food, bile, blood, mucus (gastric ulcer). Stomach feels relaxed, as if hanging down, hiccough.
12. **Nux Vomica** – nausea in the morning, after eating. Weight and pain in the stomach after eating. Ravenous hunger, especially about a day before an attack of dyspepsia.

Region of stomach is very sensitive to pressure. Dyspepsia from drinking strong coffee. Desire for stimulants. Loves fats and tolerates them well. Want to vomit but cannot. Very particular, zealous persons, inclined to get angry and excited, nervous people, who lead sedentary life.

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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