



## THE STUDY OF HOMEOPATHIC MEDICINES FOR TREATMENT IN GASTROESOPHAGEAL REFLUX DISEASE

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### ABSTRACT

Gastro Esophageal Reflux Disease (GERD) is multi-symptomatic condition comprise of heartburn, regurgitation of gastric content, sour eructation, non cardiac chest pain, uneasiness, and mental irritability. Whose prolong suffering may cause esophagitis, peptic ulcers, Barrett's esophagitis. There are numbers of medicines are given in homeopathic literature for GERD. Analyzed the complaints of GERD with synthesis repertory and developed the totality of symptoms to select the similimum.

**MATERIALS AND METHOD** – In this study 30 patients were selected who diagnosed with gastro esophageal reflux disease, age group of 18 to 65 years. The changes were assessed before and after treatment. Treatment response was determined by FSSG score and GERD questionnaire score before and after the treatment. After the careful study and repertorization the marked remedy was prescribed to the patents.

**RESULT** – 30 patients were selected for the study. In which 23(76.66%) were male and 7 (23.33%) were female patients. Homeopathic medicines were prescribed on the basis of symptoms totality. Response to the treatment was calculated by FSSG score and GERD questionnaire score before and after the treatment. 56.66% patients showed marked improvement, 33.33% patients showed moderate improvement and 10% patients showed mild improvement. Statistically significant improvement seen in pre-treatment and post-treatment in GERD symptom score at  $p < 0.0001$ . The homeopathic medicines like Nux vomica, Arsenicum album, Lycopodium clavatum, Sulphur and other medicines used repeatedly in maximum cases and showed marked improvement.

**CONCLUSION** – The study showed that homeopathic medicines are effective in the treatment of gastroesophageal reflux disease. The results are supportive to open new paths for future studies on GERD and homeopathic treatment.

**KEYWORDS** : Gastro Esophageal Reflux Disease, Homeopathy, Fssg, Gerd Questionnaire, Heartburn.

### INTRODUCTION

Gastro esophageal reflux affects approx 30% of general population. Little amount of reflux occurs in normal individual, but prolong suffering may cause mucosal damage.<sup>[1]</sup> Gastro esophageal reflux disease (GERD) is 75% more common of all patients having gastric and esophageal disorders.<sup>[2]</sup> Prevalence of GERD across India is higher with affecting factors like, dietary habit, obesity, sedentary lifestyle, smoking and it progressing rapidly in societies.<sup>[3]</sup> Gastric esophageal reflux disease is the backflow of the gastric contents into the food passage. GERD is multi-symptomatic condition consists of heartburn, regurgitation of gastric contents, reflux acid contents, non-cardiac pain, whose prolong suffering may causes complications e.g. esophagitis, peptic ulcers, Barrett's esophagitis, anemia, pulmonary aspiration. Heartburn is the characteristic symptom present in GERD and may be also present with regurgitation. Regurgitation is effortless backflow of the gastric and acid content in the esophagus. It develops when the mucous membrane is exposed to gastro-duodenal content, which is acidic in nature for long period. Because of which symptom starts and sometime inflammation of mucosa occurs.<sup>[1,2,4]</sup>

Homeopathy is more effective in managing all the symptoms which are related to gastro esophageal reflux disease. In the literature of homeopathy numbers of medicines are mentioned for GERD related condition. Homeopathic medicines are given on the basis of totality of symptom and differ from individual to individual. It helps to neutralize the acid and balance the pH level. Medication is based on homeopathic principles, so treatment in long-lasting and permanent.

All the symptoms are collected after careful observation and case taking followed by totality of symptoms. These symptoms are repertorised with the help of synthesis repertory in RADAR 10 and final similimum is selected.<sup>[5,6]</sup> Synthesis repertory is based on kention philosophy, which is suitable where more of general symptoms and characteristic particular symptoms are present. Synthesis repertory is repeatedly checked and upgraded with numbers of more details. All the symptoms which are related to GERD are present in this repertory in rubric form as STOMACH – HEARTBURN (for heartburn), STOMACH - ERUCTATIONS; TYPE OF – food (for regurgitation) etc. Here we study the rubrics related to GERD from the synthesis repertory to get the similimum remedy for the case.

### MATERIALS AND METHOD

#### ETHICAL CLEARANCE-

The study was approved by Institutional Ethical Committee (IEC). The medicines used in the study are already available in homeopathic literature and well proved, harmless and no side effects.

#### SELECTION OF PLACE AND PARTICIPANTS-

This study was carried out at Bharati Vidyapeeth Homeopathic hospital, Katraj pune. OPD, Peripheral OPD, IPD of the hospital. 30 subjects with Gastro esophageal reflux disease were selected by randomized clinical trial. Subjects were of all genders and Age group of 18 years to 65 years. The prescription of remedy was on the basis of totality of symptom which workout with synthesis repertory and the highest marked remedy was prescribed.

**DIAGNOSIS AND FOLLOW-UP CRITERIA –**

Patients were already diagnosed with Gastro esophageal Reflux Disease with endoscopic report had no pathological changes with complaints of heartburn, regurgitation of gastric content, sour eructation and other related symptoms. First follow-up after fifteen days and as per the case required. More five follow-ups were taken.

**INCLUSION AND EXCLUSION CRITERIA-  
INCLUSION CRITERIA-**

- Cases of both genders and of age group of 18-65 years.
- Patient which are already diagnosed with GERD.
- Patients include in study only after the voluntary consent.
- Patients who fulfils the case definition.

**EXCLUSION CRITERIA-**

- Patient suffering from life threatening disease and those who requires emergency medical intervention are excluded from the study.
- Patient on concomitant treatment like, antihypertensive, diabetic treatment etc.
- Pregnant women are not included in this study.
- Psychotics persons are excluded
- Patient who are not taking medicine as per directions.

**TECHNICAL INFORMATION-**

Type of study – prospective single arm simple randomized clinical trial

Allocation – randomized

End point classification – effectiveness

Mode of intervention – oral route

Type of research – prospective clinical

**ASSESSMENT TOOL –**

For the assessment of the study Frequency Scale for the Symptoms of GERD (FSSG)<sup>[7,8]</sup> and GERD questionnaire<sup>[9]</sup> score are used.

FSSG scale system was developed in Japan and after that use worldwide. It comprised of 12 questions which related to the symptoms suffered by patients commonly. The 12 questions had marks as 0- 4 according to the frequency patient suffer.

GERD questionnaire consist of 6 questions and marked according to the severity patient had.

**REPERTORIZATION SOFTWARE -**

RADAR10 is used for the study.

- Schroyens F. synthesis repertory 9.0(English), Schroyens F. synthesis repertory 9.1 repertories are used for the repertorization.<sup>[6]</sup>
- Graphpad prism ver. 8.3.0(538) for statistical analysis.<sup>[10]</sup>
- Case taking Performa – Patient information sheet was given and patient voluntary consent was taken. Case taking is done according to homeopathic case taking Performa.

**STATISTICS USED –**

student's paired t-test was applied to ascertain the statistical result of the study before and after treatment. Differences of means, standard deviation and degree of freedom were calculated where  $p < 0.0001$  and 95% confidence interval. Data analyzed using Graphpad prism ver. 8.3.0(538). After the calculation study showed significant difference ( $p < 0.05$ ) and it showed that homeopathic medicines are effective in GERD.

**RESULT**

30 patients of GERD were included in the study. All the patients were consented and voluntary involved in study and returned for the follow-ups as per the direction. Cases were repertorised with the help of synthesis repertory and the similimum was

given to the patient. The end result was assessed by FSSG score and GERD questionnaire score before and after treatment. From the study 56.66% (17) patients showed marked improvement, 33.33% (10) patients showed moderate improvement and 10% (3) patients showed mild improvement. All 30 patients suffered from heartburn, regurgitation of gastric content, sour eructation in which 76.66% (23) were male patients and 23.33% (7) were female patients. Mostly patients felt low in their working capacity due to complaints.

Homeopathic medicines give good results in decreasing the complaints of GERD. Nux Vomica, Arsenicum album, Lycopodium clavatum, Sulphur were commonly indicated remedies. Six patients were prescribed Nux Vomica, Arsenicum album in five patients, Lycopodium clavatum and Sulphur four, four respectively. Medicines were Pulsatilla, phosphorus which repeated in three and two cases respectively. Other medicines which were prescribed, Acidum Phosphoricum, Acidum Sulphuricum, Antimonium Crudum, Carbo Vegetalis, Calcarea Carbonica, China Officinalis, Ferrum Metallicum. For every drug the set of symptom had been derived on the basis of symptom totality which presented as the symptom of that remedy in synthesis repertory.

**Table 01 - Baseline characteristics**

Variable category	Number of patient (n), %
AGE (years)	
Up to 20 years	1 (3.33%)
21 to 30 years	20 (66.66%)
31 to 40 years	7 (23.33%)
41 to 50 years	1 (3.33%)
51 to 60 years	1 (3.33%)
Above 61 years	0
GENDER	
(male: female)	(23:7)
Male	23 (76.66%)
Female	7 (23.33%)
IMPROVEMENT of symptoms based On GERD symptom score	
Marked	17 (56.66%)
Moderate	10 (33.33%)
Mild	3 (10%)
No improvement	0
	$p < 0.0001$

**DISCUSSION**

This study was to explore the effectiveness of the homeopathic medicines in the treatment of Gastro esophageal Reflux disease. The already diagnosed cases were included in this study. The endoscopic report didn't show any pathology. Patients had heartburn, regurgitation of gastric content, sour eructation, after the treatment there was significant decrease in the symptoms score which were present at the time of first visit. A set of homeopathic remedies had been point out for therapeutic use. Maximum remedies are polycrest and had sphere of action on gastro intestinal system. The prescription was on the basis of totality of presenting symptom were associated with improvement in the patients. Also Synthesis repertory had all the symptoms related to GERD, so the repertorization gives group of similimum to the case. All the rubrics are present in the repertory. This study is focus upon the improvement of making a complete picture totality of the patient, mostly for mental general, physical general and particular symptoms of GERD.

**CONCLUSION**

This study was to explore the effectiveness of homeopathic medicines in the treatment of GERD. Homeopathic medicines

help in improving the quality of life of patients. Many medicines are repeated in the maximum cases of GERD by which these get the therapeutic value to the case. Statistical results showed significant difference at  $p < 0.0001$ . The findings uplift to get direction for further studies to tie strong evidence on gastro esophageal reflux disease and about homeopathic treatment.

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