



INDIVIDUALIZED HOMOEOPATHIC APPROACH TO ACUTE GASTRITIS: A CASE REPORT USING PULSATILLA

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ABSTRACT

Acute gastritis is a sudden-onset inflammatory condition of the gastric mucosa characterised by irritation, oedema, and, in severe cases, erosion or haemorrhage. It is a commonly encountered gastrointestinal disorder in clinical practice, with presentations ranging from mild, self-limiting inflammation to severe, life-threatening erosive disease. Under normal physiological conditions.

KEYWORDS : Acute Gastritis, Pulsatilla, Individualized Homeopathy, Homeopathic Medicine, Chronic Gastritis

INTRODUCTION

Acute gastritis is an acute inflammatory condition of the gastric mucosa characterized by sudden onset of inflammation and, in some cases, mucosal erosion or hemorrhage. It may result from disruption of the normal protective gastric mucosal barrier, allowing gastric acid and other irritants to cause mucosal injury. Common causes include non-steroidal anti-inflammatory drugs (NSAIDs), alcohol consumption, *Helicobacter pylori* infection, severe physiological stress, bile reflux, and other chemical or infectious irritants.

Clinically, acute gastritis may present with epigastric pain or burning, nausea, vomiting, indigestion, early satiety, loss of appetite, and abdominal discomfort. In cases associated with significant mucosal erosion or bleeding, patients may develop hematemesis or melena. The severity of symptoms varies according to the underlying cause and extent of gastric mucosal injury.

Definition

Acute gastritis is defined as: "An acute inflammatory condition of the gastric mucosa characterised by epithelial damage, inflammatory cell infiltration, and varying degrees of mucosal erosion and haemorrhage".

Types of Acute Gastritis

Acute Non-Erosive Gastritis

- Superficial inflammation
- No mucosal erosion
- Usually mild and reversible

Acute Erosive (Hemorrhagic) Gastritis

- Mucosal erosion and bleeding
- May present with hematemesis or melena
- Commonly associated with NSAIDs, alcohol, and stress

Classification

Etiological Classification

- **Infectious:** *Helicobacter pylori*, viruses, fungi
- **Chemical/Reactive:** NSAIDs, alcohol, bile reflux
- **Stress-induced:** Burns (Curling ulcer), CNS injury (Cushing ulcer)
- Allergic/eosinophilic gastritis
- Radiation-induced gastritis

Morphological Classification

- Catarrhal gastritis
- Erosive gastritis
- Hemorrhagic gastritis
- Phlegmonous gastritis (rare)

Clinical Classification

- Mild acute gastritis
- Severe gastritis with complications

Aetiology: Major causes include:

- **Drugs:** NSAIDs, corticosteroids
- **Alcohol:** Direct mucosal injury and increased acid secretion
- **Infections:** *Helicobacter pylori*, CMV, HSV
- **Stress & Trauma:** Burns, sepsis, surgery, head injury
- **Dietary Factors:** Spicy or contaminated food
- **Others:** Smoking, autoimmune reactions, radiation

Pathogenesis

Mechanisms of Injury

- Increased acid and pepsin secretion
- Reduced mucus and bicarbonate production
- Impaired mucosal blood flow
- Inhibition of prostaglandin synthesis by NSAIDs

Cellular Changes

- Epithelial damage
- Neutrophilic infiltration
- Mucosal edema
- Erosion and haemorrhage in severe cases

Clinical Features

Common Symptoms

- Epigastric pain or burning
- Nausea and vomiting
- Anorexia
- Bloating

Severe Symptoms

- Hematemesis
- Melena
- Weakness, dizziness

Signs

- Epigastric tenderness
- Pallor in bleeding cases

Investigations

- **CBC:** Detect anaemia or infection
- Stool occult blood test
- **Endoscopy (Gold standard):** Shows erythema, erosion
- **Biopsy:** Confirms diagnosis, detects *H. pylori*
- **Special Tests:** Rapid urease test, urea breath test

Management and Treatment

General Measures

- Rest
- Dietary modification
- Avoidance of irritants

Mixed Miasmatic State: Acute gastritis often presents as mixed miasmatic expressions:

- Overeating
- Alcohol
- Emotional stress
- Drug abuse

Totality of Symptoms (Aphorism §6–7) Prescription is based on totality:

- **Particulars**
- Burning pain
- Nausea, vomiting
- **Generals**
- Appetite, thirst
- Thermal state
- **Mental Symptoms**
- Irritability (Nuxvomica)
- Anxiety (Arsenicum album)
- Mildness (Pulsatilla)

- Homoeopathy Emphasises:
 - o Individual expression
 - o Constitution and miasm
 - o Similimum selection

Steps in Repertorization

1. Case taking (totality of symptoms)
2. Evaluation of symptoms (mental, general, particular)
3. Selection of appropriate rubrics
4. Repertorization
5. Final remedy selection with *Materia Medica* confirmation

Patient 30 yr/male patient came to the OPD of rkhms hospital, Bhopal, India on 5th of march 2026 with c/o Gastric complains since 4 – 5 years, acidity, eructations, nausea feeling, food regurgitation, belching sour eructation ++, recurrent tonsillitis, recurrent mouth ulcer.

Aggravation – eating cold thing , night, after eating
Ammelioration – warmth

Wife - healthy
Father - hypertension
Mother - knee pain

The patient is a 30-year-old married male who presented to the OPD of RKCHMS Hospital, Bhopal. He belongs to a lower-middle socioeconomic class and works as a painter. He is married and has one male child. Regarding his mental and emotional state, he is less talkative (+ +), tends to suppress his anger, and finds it difficult to express his emotions openly. He is gentle, timid, mild person. He cry easily, even when emotionally affected. He has marked anxiety about his health and about himself, with excessive concern regarding his well-being. He has a marked fear of heights (+ +). He is inclined towards cleanliness and maintains a neat and orderly environment. He is also highly religious (+ +), with strong faith and interest in religious activities. His past history includes a snake bite during childhood, reported in 2014, followed by a history of skin allergy.

Appetite – loss

Desire – spicy + + + , pani puri
Aversion – milk
Thirst – 2 liter
Tongue – yellow white coated , mild cracked
Perspiration – In chest area + + +
Sleep – Not feel fresh after waking up , burning sole
Dreams about health
Thermal – Towards chilly

RS – AE-BLE clear
CVS – S1S2 +
CNS – Consious and oriented
Stool – sometimes hard , not clear
Urine – sometimes burning

Steps in Repertorization

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1. Anxiety about health
2. Eructations after rich food
3. Food regurgitation
4. Desire sour acids
5. Mental gentle, mild, tender
6. Thirstless

- **Selection of Repertory:** homopath firefly Repertory
- **Method of Repertorization:** Total Addition Process (Sum of Symptoms & Marks)

Reproduction												
Symptoms & Remedies (142) Applied Filter												
Remedy Name	Puls	Subh	Sry	Ign	Carb-v	Phos	Nat m	Calc	Ferr	Kali ar	Sap	Am
Totally	10	8	7	7	7	7	6	6	6	6	6	5
Symptom Counted	8	6	6	6	3	3	4	3	3	3	3	4
Kingdoms	Plants	Minerals	Plants	Plants	Minerals	Minerals	Minerals	Minerals	Minerals	Minerals	Animals	Minerals
Remedy [B]MedicinesHealth about: (2)	1	1	1	1		2		2		3	2	1
Remedy [B]MedicinesRich Nutrition: (6)	3		2		3		1		1		2	
Remedy [B]MedicinesNutrition Food (vegetables): (7)	2	2	2	1	2	3	2	2	3	1		1
Remedies [B]TherapyTrends Information (Dietary): (Chemical tendency Evaluate system...)												
Remedy [B]MedicinesSawtooth etc.: (7)	2	2	2	2	2	2	2	2	2	2	2	2
Breeding [B]Medicines, edit, tender: (4)	4	3		3			1					1

Pulsatilla 30 TDS for 15 days

13/05/2026

Add one drop of Pulsatilla 0/1 to a clean glass bottle containing 100 ml of distilled water and mix in 5-10 drops of alcohol to prevent contamination. close the bottle tightly and shakes by firmly striking the base of the bottle against your palm take a 1 teaspoon 3 times a day.

Visit	Date	Clinical Condition / Symptoms	Prescription / Advice
Initial	13/05/2026	Gastric complaints for 4-5 years; acidity, eructations, nausea, food regurgitation, sour belching ++. Recurrent tonsillitis and mouth ulcers. Aggravation: cold food, night, after eating. melioration: warmth.	Pulsatilla 30 shakes it 2 times by firmly striking the base of the bottle against your palm 1 teaspoon thrice a day for 15 days.

1st Follow-up	28/05/2026	Acidity and nausea slightly reduced. Sour eructation decreased. Appetite improving. No new complaints.	Pulsatilla 30 shakes it 2 times by firmly striking the base of the bottle against your palm 1 teaspoon thrice a day for 15 days.; dietary advice and avoid cold foods.
2nd Follow-up	14/06/2026	Marked reduction in acidity and sour belching. Eructations less frequent. Food regurgitation reduced. General condition better.	Pulsatilla 30 shakes it 2 times by firmly striking the base of the bottle against your palm 1 teaspoon thrice a day for 1 month and dietary precautions.
3rd Follow-up	29/06/2026	Gastric complaints considerably improved. Nausea occasional. No significant food regurgitation. Recurrent mouth ulcer tendency better.	SL shakes it 2 times by firmly striking the base of the bottle against your palm 1 teaspoon twice a day for 15 days.and maintain dietary precautions.

Scientific Justification

Patient take conventional treatment for acute gastritis from last 3 years. he did not found much relief .then again reappear after that he choose homeopathic treatment for his condition. According to Hahnemann emphasised identifying exciting cause overeating, alcohol, emotional stress, drug abuse. In homoeopathic treatment in this case was guided by the law of similar and strict individualization pulsatilla was selected based on the totality of characteristics mental and physical symptoms.

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