



ROLE OF HOMOEOPATHY IN MANAGEMENT OF WITH IRRITABLE BOWEL SYNDROME (IBS)

Homeopathy

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KEYWORDS

INTRODUCTION:

A medical illness known as a functional disorder is one that affects normal function but does not have a significant organic cause, such as irritation or inflammation, and in which the organ or body part appears perfectly normal when examined by a doctor. One of the main risk factors for people with irritable bowel syndrome (IBS), a gastro-intestinal condition characterized by abdominal pain or discomfort linked to a change in bowel habits, is the accumulation of abnormalities that restrict bodily processes. Cognitive or motor performance often declines along with this condition.

Definition:

In the absence of obvious anatomical abnormalities, changed bowel habits and abdominal pain or discomfort are the hallmarks of Irritable Bowel Syndrome (IBS), a functional bowel condition.

Types Of Ibs

Constipation-predominant

Constipation and regular stools are frequently experienced by the individual. Eating is frequently the cause of cramping or pain in the abdomen.

Diarrhea-predominant:

Diarrhea usually occurs first thing in the morning or right after eating. Most of the time, the urge to use the restroom is urgent and cannot wait.

Alternating Constipation And Diarrhoea

Also referred to as IBS-A, IBS-M, or mixed IBS, it is characterized by the co-occurrence of constipation and diarrhea.

Etiology

IBS has a broad and poorly understood etiology. However, motility, visceral feeling, brain-gut interaction, and psychosocial distress can all contribute to the development of IBS.

Epidemiology

- prevalence
- 3 – 22% world-wide
- Reason for 20 – 50% of gastroenterology visits.
- 26% prevalence among children with recurrent abdominal pain.
- 40% onset before age 35.
- 50% onset age 35 – 50.
- female > male (3:1)

Lifestyle Factors

- excessive use of caffeine
- poor or mal nutrition
- stress
- inadequate sleep and water intake

Symptoms Of Ibs

1. **Abdominal Cramping And Pain:** these symptoms appear a few days per month and subside once the bowel movement is completed.
2. A feeling of heaviness or bloating in the abdomen
3. **Gas (flatulence):** both gas formation and flatulence are increasing.
4. **Constipation And Diarrhea:** occasionally loose motion and occasionally a propensity for constipation. Additionally, there are

alternating episodes of constipation and diarrhea.

5. **Abrupt Urge To Urinate:** there is an uncontrollable sudden urge to urinate. Stools can occasionally be mucoid like.
6. Weakness and exhaustion

Homoeopathic Therapeutics

Argentum Nitricum:

Belching with gastric illness, nausea, vomiting mucus, burning and constriction, gastritis in drunkards, severe distension, ulcerative pain on the left side of the stomach, watery, green like chopped spinach with mucus, offensive diarrhea, and itching of the anus are all signs of a fearful and anxious mind that is concealed.

Colocynthis:

The patient ends up double-over due to agonizing cutting pain in the belly and pressure on the abdomen. feeling in the gut as though stones were being crushed together and were about to explode. It feels like bruises in the stomach. Colic in calves with cramps. abdominal cuts, often after rage. Every paroxysm is accompanied by a cold across the cheeks and overall agitation that rises from the hypogastrium. A tiny place below the navel is painful. Every time, the least amount of food or drink causes the dysenteric stool to regenerate. Stools that resemble jelly. Musty smell.

Nux Vomica:

Mind is irritable, anxious about business constipation with The stool is very painful. Diarrhea worsens in the morning, frequent small bowel movements with a strong urge, pain relieved after defecation, discomfort in the rectum.

Podophyllum:

Acid fruit-induced delirium, gastroenteritis with colicky pain, watery, jelly-like, and offensive stools, hypogastric pain, persistent, greenish watery diarrhea, and more. Early morning and hot weather exacerbated all complaints.

Asafoetida:

Pain in perineum, as from something dull pressing out.—Stool profuse, watery, or thick, papescent, brown, and exceedingly offensive.—Diarrhea, very offensive, with pain in the abdomen and discharge of fetid flatus.—Stool stinking; slow; difficult; hard.

Natrum Carb:

abdominal swelling, poor digestion, depression after eating, rheumatism and sour stomach, sudden urge to poop, orange-like pulp stools, and milk-related diarrhea.

Sulphur

Abdomen Very sensitive to pressure; internal feeling of rawness and soreness. Movements as of something alive . Pain and soreness over liver. Colic after drinking. Itching and burning of anus; piles dependent upon abdominal plethora. Frequent, unsuccessful desire; hard, knotty, insufficient. Child afraid on account of pain. Redness around the anus, with itching. Morning diarrhea, painless, drives out of bed, with prolapsus recti. Hemorrhoids, oozing and belching.

Lycopodium:

dyspepsia brought on by fermentable and farinaceous foods, sour eructation, poor digestion, excessive bloating, post-meal bitter taste,

diarrhea, ineffective urging, hard, difficult stool, and small, incomplete hemorrhoids

Lilium Tigrinum:

Constant desire to defecate, from pressure in rectum, worse standing. Pressure down the anus. Early-morning urgent stool. Dysentery; mucus and blood, with tenesmus, especially in plethoric and nervous women at change of life.

Rhus Toxicodendron:

Diarrhœa of blood, slime, and reddish mucus. Dysentery, with tearing pains down thighs. Stools of cadaverous odor. Frothy, painless stools. Will often abort a beginning suppurative process near the rectum. Dysentery.

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