

A Comparative Study of Indicated Homoeopathic Medicine and Indicated Homoeopathic Medicine along with Biochemic Natrum Phosphoricum 6X in reducing severity of symptoms in cases of Gastro esophageal Reflux Disease.

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ABSTRACT

Background: GERD is a common health problem which many times remain undetected due to free and wide spread use of PPIs & sometimes patient may diagnose the complaint by themselves and they avoid to go to clinics unless they cause discomfort. But the GERD can be very well treated with homeopathic remedies without any complications. It commonly affects the quality of life of patient.

Aim and Objective : To Study the difference between Indicated Homoeopathic Medicine and Indicated Homoeopathic Medicine Along with Natrum Phosphoricum 6X in cases of Gastroesophageal reflux Disease.

Materials and Methods: The study is a Comparative , where 30 Patients are divided into 2 Groupson the basis of inclusion , exclusion criteria and FSSG Scale . In Group A- Homoeopathic Indicated Medicine were prescribed , and in Group B – Homoeopathic Indicated Medicine Along With Natrum Phos 6X were prescribed for GERD .

Results : There is no statistical significant difference between effect of Indicated Homoeopathic Medicine and Indicated Homoeopathic medicine along with Natrum Phosphoricum 6X in cases of GastroesophagealReflux Disease. Because its is observed that in Group A : Biochemic + Indicated homeopathic group out of 15 patients , 14 patients have shown changes / improvement, on other hand in Group B: Indicated homoeopathic group all 15 patients have shown improvement.

Conclusion : We Conclude for our study that there is no difference between Indicated Homeopathic medicine & Indicated Homeopathic medicine with Natrum Phos 6X in management of GERD.

Keywords: GERD,FSSG Scale, symptoms similarity, Natrum Phos 6X, Homoeopathic Individualized Medicines .

INTRODUCTION :Gastroesophageal Reflux Disease is found in various age groups as an accompanied complaint or chief complaints. GERD is the most common oesophageal disorder, accounting for nearly 75% of all patients with oesophageal disorders. It's estimates are based only on self reported chronic heartburn. ⁽¹⁾ the movement of gastric contents through the lower oesophageal sphincter (LES) into the oesophagus, is a normal occurrence in most individuals. This reflux becomes pathological when it causes troublesome symptoms or complications. Individuals with gastroesophageal reflux disease (GERD) typically suffer from oesophageal symptoms such as heartburn, acid regurgitation and in some cases chest pain.⁽²⁾

Aim and Objective:

- 1) To Study the difference between Indicated Homoeopathic Medicine and Indicated Homoeopathic Medicine Along with Natrum Phosphoricum 6X in cases of Gastroesophageal reflux Disease.
- 2) To find out most frequently use Indicated Homoeopathic Medicine In cases of Gastroesophageal Reflux Disease.

MATERIALS AND METHODS:

STUDY DESIGN- Comparative Study

SETTING (Location) M(N)HMC OPD, Nashik.

DURATION OF STUDY – 6 months

SAMPLE SIZE – 30 patients SAMPLING TECHNIQUE – Randomization will be done by Odd Even Method.

ETHICAL APPROVAL:

Ethical clearance was taken from ethical committee. Patient's informed consent was taken before enrolling them in the present study.

Method of selection of Study Subject:

INCLUSION CRITERIA :-

1. Patient of both the sex.
2. All socio economical classes will be considered.
3. Patient included in study only after voluntary consent.
4. Patient With Total Score of ≥ 8 on the FSSG Scale

EXCLUSION CRITERIA:

1. Patient with irreversible pathological changes like Barrett's oesophagus, adenocarcinoma .
2. Patient with chronic cases (more than 2 Year) of history of GERD will not be included if there is any major
3. complication where we have to investigate. 4. Patient With a Total score < 8 on FSSG Scale.

Procedure:-

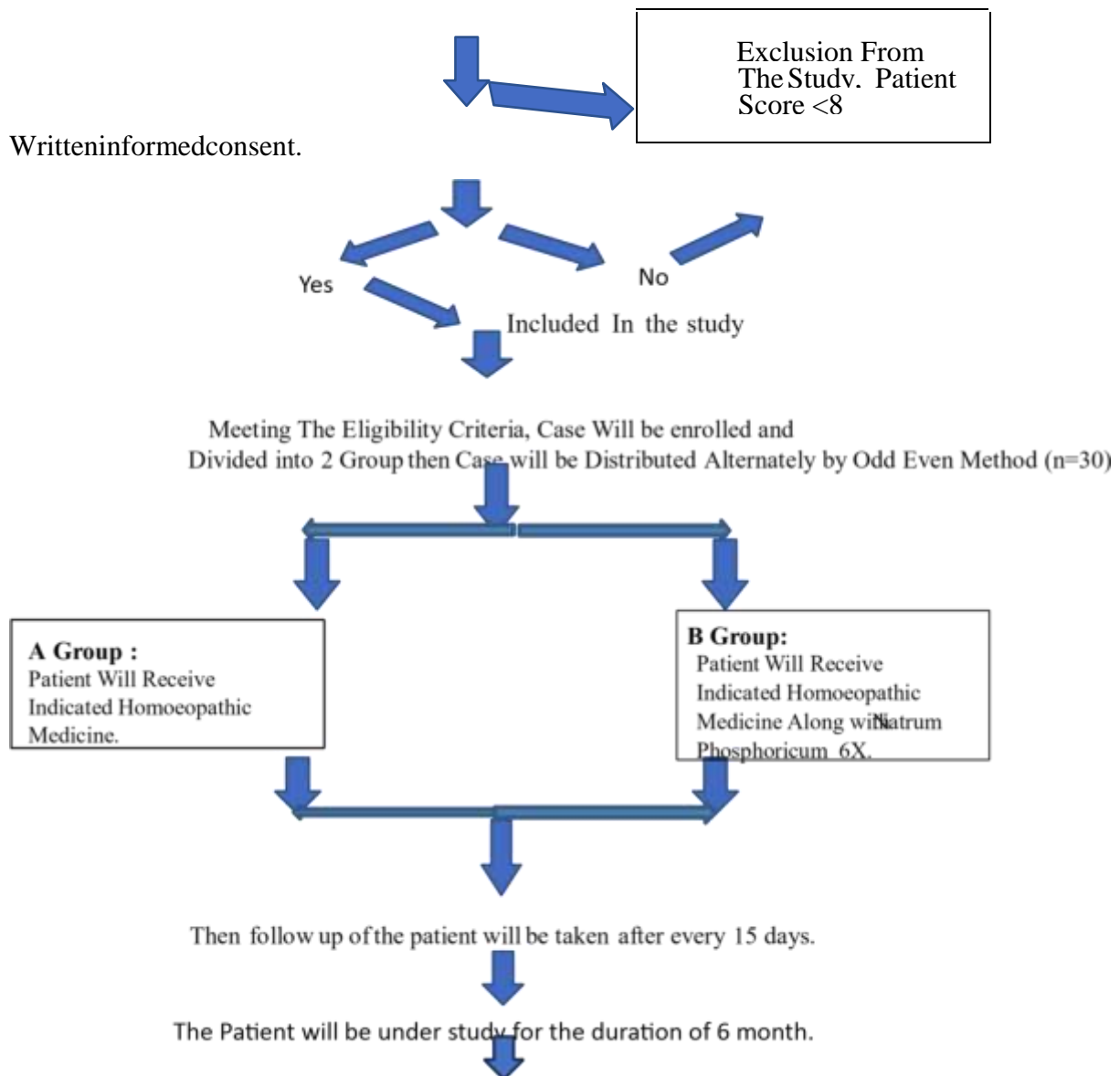
The study was conducted over a period of 6 months. Screening and convenient sampling was conducted. Written informed consent was taken from the patients . We have two Groups Group A - in which patient had received Indicated Homoeopathic medicine and other Group B - in which patient had received indicated homeopathic medicine along with Natrum Phos 6X . we monitored the patient up to 6th follow up . Case taking was done according to the predesigned CRF format for 30 patients. Details in relation to GERD such as Heartburn, burp, bloating of abdomen, heaviness, etc symptoms were collected. On the bases of totality of symptoms medicines were prescribed for both Groups . All the collected data of the cases and follow-ups was systematically maintained.

DATA COLLECTION :

Patient will include as per Inclusion Exclusion Criteria (n = 30)

↓ Evaluation as per Inclusion Criteria and FSSG

Scale Patient Included FSSG Scale is ≥ 8 Score.



At the end both the groups will be Evaluated by using FSSG Scale.

Statistical Analysis -

At the end of study ,its is observed that in Group A : Biochemic + Indicated homeopathic group out of 15 patients , 14 patients have shown changes / improvement, on other hand in Group B: Indicated homoeopathic group all 15 patients have shown improvement. According to Statistical analysis calculated t value is less then Table t value hence Null Hypothesis is

accepted which states that there is No difference between Indicated Homoeopathic Medicine & Indicated Homoeopathic Medicine along with Natrum Phos 6 X in treating cases of GERD.

RESULTS: There is no statistical significant difference between effect of Indicated Homoeopathic Medicine and Indicated Homoeopathic medicine along with Natrum Phosphoricum 6X in cases of Gastroesophageal Reflux Disease

SCALE BEFORE & AFTER TREATMENT WITH INDICATED HOMOEOPATHIC MEDICINE

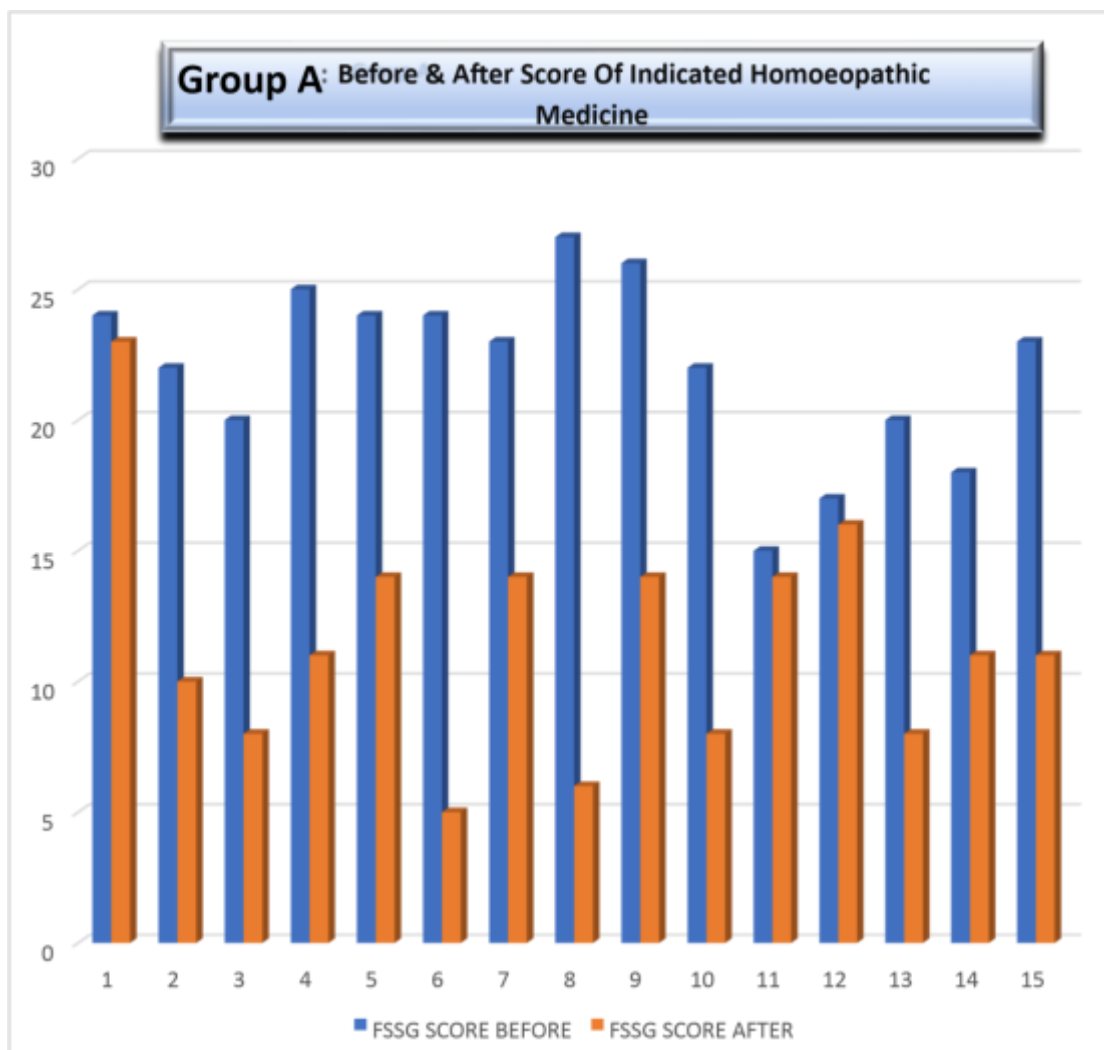


Fig 1 :- Comparative Bar Chart Presentation Of Change In FSSG

SCALE BEFORE & AFTER TREATMENT WITH INDICATED HOMOEOPATHIC MEDICINE WITH NATRUM PHOS 6X

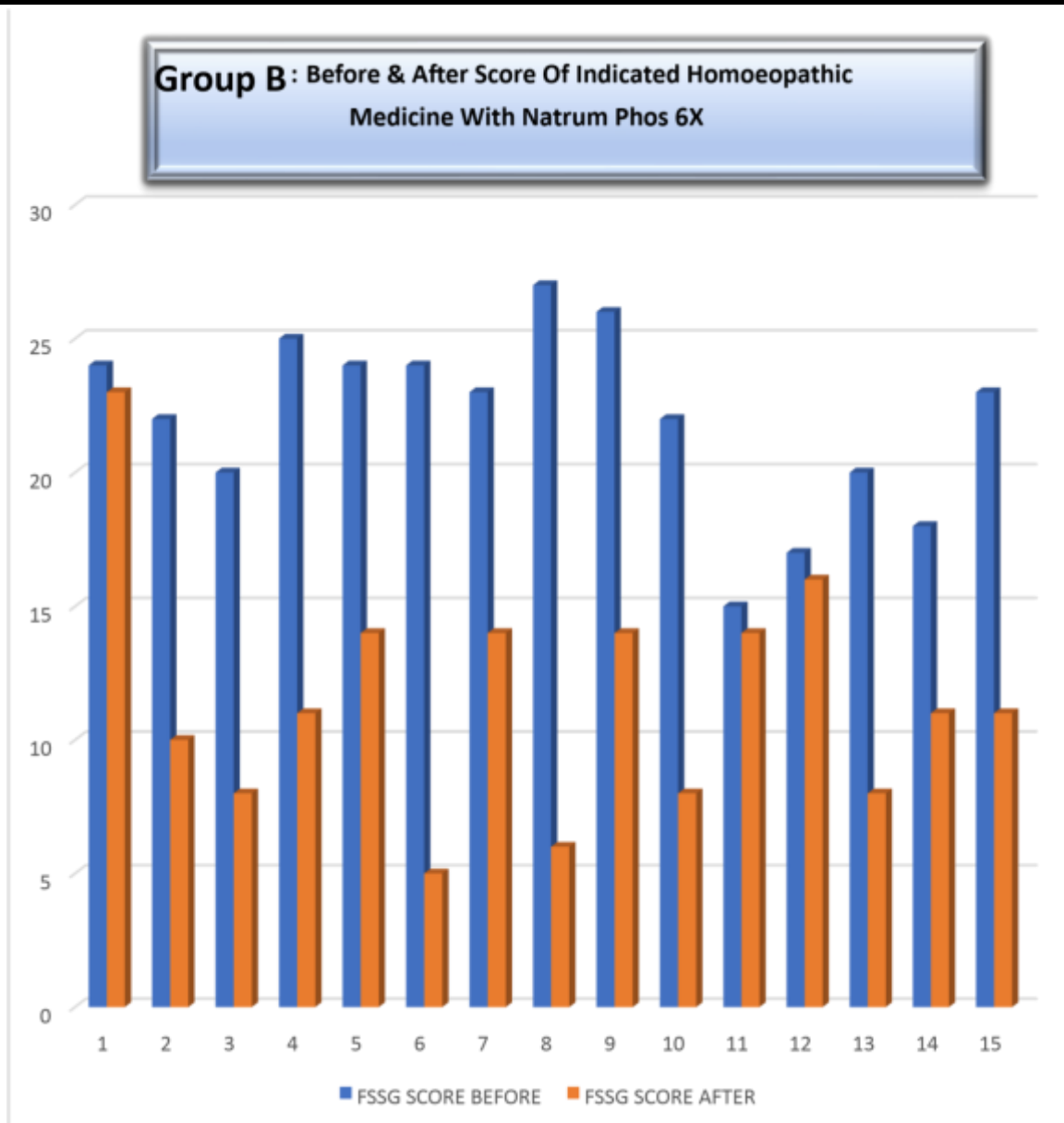


Fig 2 :- Comparative Bar Chart Presentation Of Change In FSSG Scale Before &

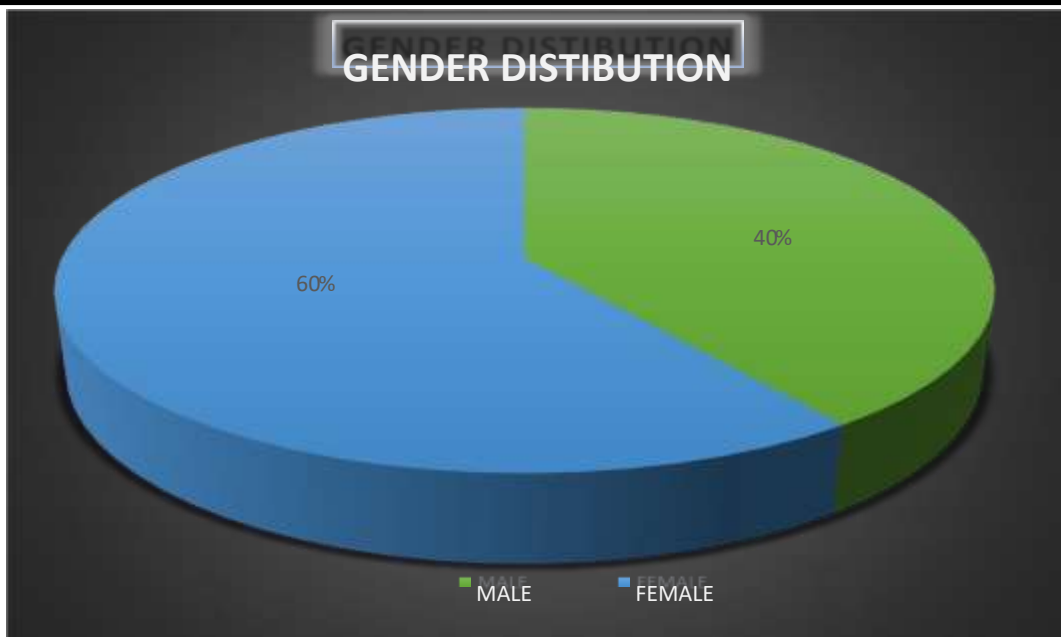


Fig 3 : -Pie Chart Presentation Of Gender Distribution In Cases Of GERD

GENDER	NUMBER OF CASES	PERCENTAGE
MALE	12	40%
FEMALE	18	60%
TOTAL	30	100%

Table 1: - Gender Distribution In Cases Of GERD

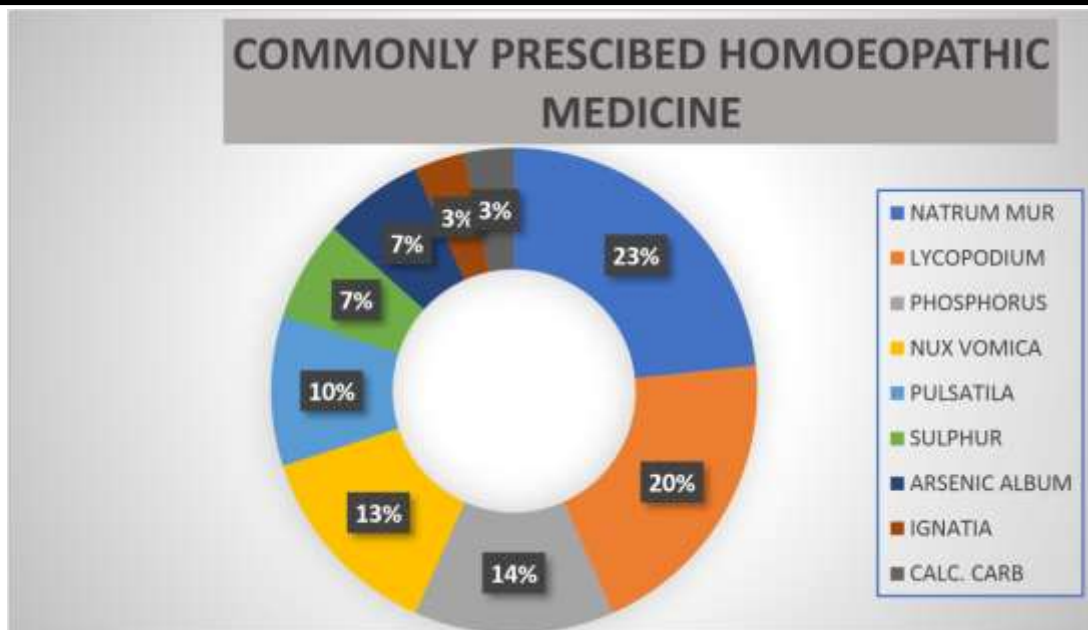


Fig 4 :- Pie Chart Presentation Of Remedies Used

HOMOEOPATHIC MEDICINE	NO.OF CASESES
NATRUM MURATICUM	7
LYCOPODIUM	6
PHOSPHORUS	4
PULSATILA	3
ARSENIC ALBUM	2
SULPHUR	2
IGNATIA	1
CALC.CARBONICA	1

Table 2 : Representing frequency of commonly prescribed medicine.

DISCUSSION:

Gastro-oesophageal reflux (GERD) is defined as backward flow of gastric contents into the oesophagus. A small amount of GER occurs in normal individuals; the term GERD includes all the symptoms and forms of tissue damage secondary to the reflux of gastric contents in the oesophagus. According to homeopathic literature Homoeopathy is more effective in managing all the symptoms which are related to Gastroesophageal reflux disease. In 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. Dr. William Schussler has also mentioned use of Natrum Phos 6X in Treatment of Symptoms of Gastric Origin like Vomiting of sour fluid, sour of a dark substance like coffee-grounds, sour risings, loss of appetite.

Here We attempt to study comparative study of Indicated Homeopathic Medicine with Indicated Homeopathic Medicine along with Natrum Phos 6X in management of GERD. We Have taken 30 cases as a sample study based on inclusion exclusion criteria & FSSG Scale in which Patients FSSG Score ≥ 8 were included in the study. In that total number of 33 cases were enrolled, 3 cases dropped out due to inconsistency.

We have two Groups Group A - in which patient had received Indicated Homeopathic medicine and other Group B - in which patient had received indicated homeopathic medicine along with Natrum Phos 6X and we monitored the patient up to 6th follow up after 6th follow up we found out in Biochemic + Indicated homeopathic group out of 15 patients 1 patient have shown no such major changes and 14 patient have shown changes / improvement, on other hand in Indicated homeopathic group all 15 patient have shown improvement. This result was seen in by all 6 follow up of the patient and here the results shows that there is no difference between Indicated Homeopathic medicine & Indicated Homeopathic medicine with Natrum Phos 6 X in management of GERD.

LIMITATIONS OF THE STUDY :

In cases of GERD where patient is not maintained their life style, dietary habits, food which trigger the symptoms.

CONCLUSION :

The present study was primarily aimed at finding out the comparative study of Indicated Homeopathic medicine with Natrum Phos 6X and Indicated Homeopathic medicine alone of management of GERD.

As we have done comparative study so in 15 cases we have given Indicated Homeopathic medicine With Natrum Phos 6X and in 15 cases we given only Indicated Homeopathic medicine where in Biochemic + Indicated homeopathic group out of 15 patient 1 patient have shown no such major changes and 14 patient have shown changes / improvement, on other hand in Indicated homeopathic group all 15 patient have shown improvement. This result was seen in by all 6 follow up of the patient and here the results shows that there is no difference between Indicated Homeopathic medicine & Indicated Homeopathic medicine with Natrum Phos 6 X in management of GERD.

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