

Effectiveness of Homoeopathic Constitutional Medicine in comparison with Homoeopathic Constitutional Medicine plus Biochemic Natrum Phos 6x in non ulcerated dyspepsia

Priyanka D. Singh., Pankaj D. Thakare , Ashwini D. Yarnal. , Dhirendra C. Upadhyay

Introduction:

Dyspepsia is a common gastrointestinal disorder. Nearly 25% of population has abdominal discomfort at least 6 times yearly but only 10 to 20% consults physicians(Harrison's). dyspepsia can arise from various underlying condition. However the most common type of dyspepsia seen by physician is known as "functional" or "non- ulcer" dyspepsia.

Aim:

Comparative study of Homoeopathic Constitutional Medicine and a combination of Homoeopathic Constitutional with Biochemic Natrum Phos 6x in cases of non ulcerated dyspepsia diagnosed clinically.

Objectives:

- 1) To determine the better results of medicines in cases of Non Ulcerated Dyspepsia diagnosed clinically by comparing results of Constitutional Medicine (Group A) and combination of same with Biochemic Narum Phosphoricum 6x (Group B)
- 2) During the course of study , the no. of times , any antacids used by patients. To study its frequency in either of groups.

Hypothesis:

Biochemic Natrum Phos 6x enhances improvement in cases of non ulcerated dyspepsia when given in combination with Homoeopathic Constitutional Medicine. As Nat Phos acts as 'H' ion blocker in the body fluids, its relative deficiency causes an increase in the acidic part of phosphate buffer in the body. Thus, acidic reaction of gastric juices increases. When this salt is supplemented, it decomposes lactic acid into carbonic acid and water. The air in lungs sets the carbonic acid free in exchange of oxygen and water is excreted out as tears and perspiration. Thus the Biochemic Natrum Phos 6X not only overcomes the deficiency state but also neutralizes the excess acid.

Hence **Constitutional medicines along with Natrum phos 6X is expected to enhance the improvement in cases of non ulcerated dyspepsia.**

Materials and Methods:

- 1) 100 diagnosed and treated cases of non- ulcerated dyspepsia, were taken for the retrospective study. Out of which 50 patients were on constitutional medicine (Group A) and another 50 patients were on Constitutional medicines along with Biochemic Natrum phos 6X (Group B).
- 2) Patients of all ages and both sexes were taken for study who mainly showed symptoms of upper abdominal discomfort, early satiety, fullness sensation, nausea and vomiting, bloating after meals, sour eructation, flatulence and any changes in the tongue.

- 3) Patients with complaints of haematemesis, maleana and any other gross pathology of any part of GIT were not taken for the study.
- 4) Case report format was mainly based on Homoeopathic principles of casetaking where Constitutional medicines were prescribed.
- 5) Due care has been taken to protect the identity of the patients.
- 6) Necessary permission from the Hospital and private clinic's were taken from where the cases were been collected.
- 7) Comparative study was carried between Group A and Group B on the basis of
 - a) Reduction of frequency of occurrence of complaints.
 - b) Duration of improvement.
 - c) Any Antacids used by the patients during the course of treatment in both the groups.

Result:

- a) Out of 50 patients, there was substantial reduction in frequency of complaints in Group B of which 39 patients improved in comparison to 35 patients of Group A.
- b) Repetition of Homoeopathic Constitutional medicine in Group B was less when given along with Biochemic Natrum phos 6X as compared to Group B. This shows that duration of improvement was better in Group B.
- c) During the course of study, it was seen that use of antacids by patients was comparatively less in Group B.

Conclusion:

In cases of Non ulcerated dyspepsia, well selected Homoeopathic Constitutional medicine when given in combination with Biochemic Natrum phos (6X) shows better improvement as compared to constitutional medicine alone.