

Evaluation of the effect of homoeopathic medicine verses homoeopathic medicine with biochemical preparation of Natrum phosphoricum 6x in gastro oesophageal reflux disease

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Abstract

Background Gastro- oesophageal reflux (GOR) is defined as backward flow of gastric contents into the oesophagus. A small amount of GOR occurs in normal individuals; the term GORD (gastro- oesophageal reflux disease) includes all the symptoms and forms of tissue damage secondary to the reflux of gastric contents into the oesophagus.

Homoeopathic medicines are known for curative effect, by prevention of further complication by treating with homoeopathic medicines and doing necessary interventions

Method- we carried out randomized control trial for the cases of Gastro Oesophageal Reflux disease for 30 cases. Natrum phos. along with homoeopathic medicine in experimental group and homoeopathic medicine control group.

Conclusion- In qualitative study Natrum phos. is having good potential in cases of GORD but quantitative aspect of our study reflects Homoeopathic Medicine alone has good scope.

Introduction

Gastro Oesophageal Reflux Disease is found in various age groups as an accompanied complaint or chief complaints.

GORD is the most common oesophageal disorder, accounting for nearly 75% of all patients with oesophageal disorders.¹

It is estimated that 15% of adults in the United States are affected by GERD, although such estimates are based only on self-reported chronic heartburn.²

In our study the researcher wants to find out the role of Natrum phos in cases of GORD

Key Words –GORD, Natrum phos, Homoeopathic Medicine

Aim

Evaluation of the effect of homoeopathic medicine versus homoeopathic medicine with Biochemic preparation of Natrum phos 6x in Gastro Oesophageal Reflux Disease

Objectives

To make comparative study of homoeopathic medicine alone with homoeopathic medicine along with biochemic preparation of Natrum phos 6x.

To evaluate role of dietary intervention To identify risk factors and to avoid the complications

To evaluate the frequency of the episode of gastro oesophageal refluxes

Hypothesis

To find out the efficacy of homeopathic medicine against homeopathic medicine along with biochemic preparation of Natrum phosphoricum 6x in case of gastro esophageal reflux disease in age group of 18-50 years for the duration of minimum 6 months.

Criteria**Inclusion Criteria**

- 1 Age 18-50 Year
- 2 Both sexes
3. Duration 0-5 Year
- 4 .Complaints according to operational

Exclusion Criteria

1. Age below 18 years and above 50 years
- 2 Alarming sign
Odynophagia
Dysphagia
Haemternesis
Weight Loss
3. Duration of Complaints more than 5 year
4. Pregnancy and Malignancy
5. Known case of cardiac or liver disease Case of Cardiac Or Liver Disea

Gastric Symptoms³

Acidity, sour risings due to excess of lactic acid. Gastric abrasions and ulcerations. Pain after food, in one spot. Vomiting of sour fluids or of a dark substance like coffee-grounds, sour risings, loss of appetite. Dyspepsia with characteristic eructations and tongue, sour taste in the mouth. Pain sometimes comes on two hours after taking food. Nausea and vomiting of acid fluids and curdled masses (not food). Water brash with acidity. Flatulence with sour risings, Colic in children with symptoms of acidity, such as green, sour-smelling stools, vomiting of curdled milk, etc. Stomach ache from presence of worms. Empty, gone feeling in stomach, with feeling of weight above the ensiform cartilage. Imperfect assimilation of fats from lack of bile. The clinical history remains central to the evaluation of esophageal symptoms. A thoughtfully obtained history will often expedite management. Important details include weight gain or loss, gastrointestinal bleeding, dietary habits including the timing of meals, smoking, and alcohol consumption. The major esophageal symptoms are heartburn, regurgitation, chest pain, dysphagia, odynophagia, and globus sensation. Heartburn (pyrosis), the most common esophageal symptom, is characterized by a discomfort or burning sensation behind the sternum that arises from the epigastrium and may radiate toward the neck. Heartburn is an intermittent symptom, most commonly experienced after eating, during exercise, and while lying recumbent. The discomfort is relieved with drinking water or antacid but can occur frequently and interfere with normal activities including sleep. The association Regurgitation is the effortless return of food or fluid into the pharynx without nausea or retching. Patients report a sour or burning fluid in the throat or mouth that may also contain undigested food particles.

Bending, belching, or maneuvers that increase intra-abdominal pressure can provoke regurgitation. A clinician needs to discriminate among regurgitation, vomiting, and rumination. Vomiting is preceded by nausea and accompanied by retching. Rumination is a behaviour in which recently swallowed food is regurgitated and then re-swallowed repetitively for up to an hour. Although there is some linkage between rumination and mental deficiency, the behavior is also exhibited by unimpaired individuals who sometimes even find it pleasurable.

Chest pain is a common oesophageal symptom with characteristics similar to cardiac pain, sometimes making this distinction difficult. Oesophageal pain is usually experienced as a pressure type sensation in the mid chest, radiating to the mid back, arms, or jaws. The similarity to cardiac pain is likely because the two organs share a nerve plexus and the nerve endings in the esophageal wall have poor discriminative ability among stimuli. Oesophageal distention or even chemo stimulation (e.g., with acid) will often be perceived as chest pain. Gastro esophageal reflux is the most common cause of oesophageal chest pain. Not everyone with GERD has heartburn, but the primary symptoms of GERD are heartburn, regurgitation, and an acid taste in the mouth. ⁵ Heartburn usually is described as a burning pain in the middle of the chest. It may start high in the abdomen or may extend up the neck or back. Sometimes the pain may be sharp or pressurelike, rather than burning. Such pain can mimic heart pain (angina). Typically, heartburn related to GERD is seen more commonly after a meal. Other symptoms of GERD include:

Hoarseness. If acid reflux gets past the upper esophageal sphincter, it can enter the throat (pharynx) and even the voice box (larynx), causing hoarseness or sore throat.

Laryngitis.

Chronic dry cough, especially at night. GERD is a common cause of unexplained coughing. It is not clear how cough is caused or aggravated by GERD.

Asthma. Refluxed acid can worsen asthma by irritating the airways. And asthma and the medications used to treat it can make GERD worse.

Feeling as if there is a lump in your throat.

Sudden increase of saliva.

Bad breath.

Earaches. ⁶

METHODOLOGY:

To find out the efficacy of Homoeopathic medicines against Biochemic preparation of Natrum Phos 6x in cases of Gastro Esophageal Reflux Disease we will use randomized control study.⁷:

1. **Selection of Reference Population:** Persons between age group of 18-50 years of both sexes
2. **Selection of Experimental Population:** It will be chosen from reference population with the help of survey, camps and OPD patients. Screening will be conducted on the basis of inclusion and exclusion criteria.
- 3 **Randomization:**
Experimental population will be randomized into two groups

- a) Study group: Those patients who will receive Biochemic preparation of Natrum Phos 6x with homoeopathic medicine will be included (15 patients).
- b) Control group: Those patients who will receive homoeopathic medicines for treatment will be included (15 patients).

4. Manipulation:

- a) After formation of study and control group, dietary interventions and change in life style of the patients will be done.
- b) According to case record format detailed history taking of patients will be done after analysis and evaluation similimum will be prescribed by medical officer.

5. Follow Up:

Both the study and control group will be observed for minimum period of 6 months and minimum 5 follow ups would be taken.

6. Assessment:

- a) Positive Result:
 - 1) if the frequency of intake of antacids reduces.
 - 2) If the episodes of esophageal reflux reduces.
- b) Negative result:
 - 1) if the episodes of esophageal reflux persist or increases.
 - 2) If the frequency of intake of antacid remains same.
- c) Number of positive results in the study and control group will be compared.

7. Dietary Intervention

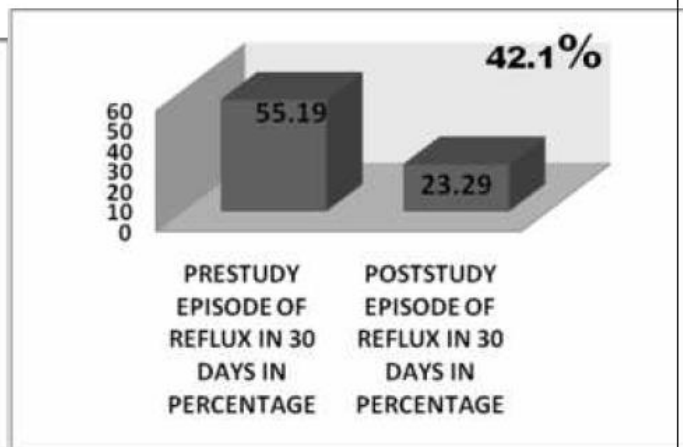
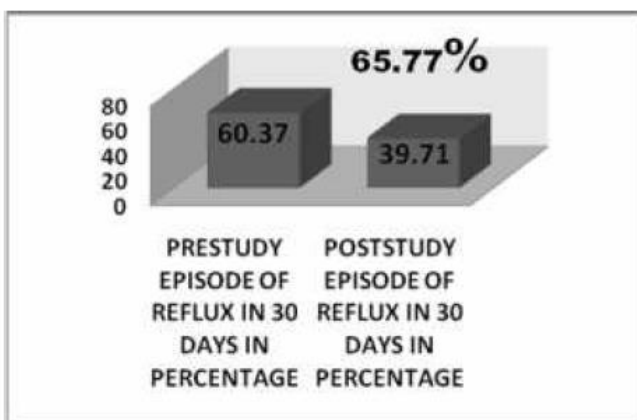
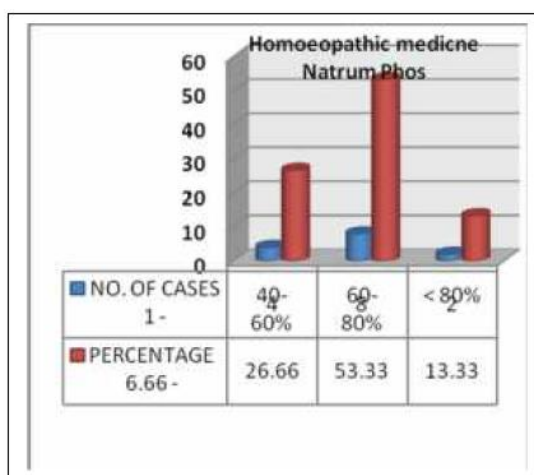
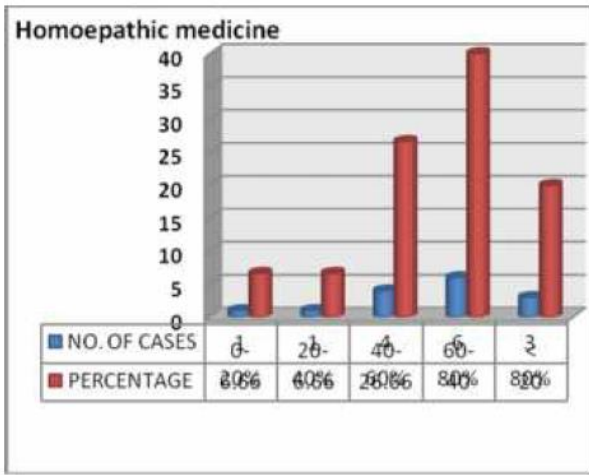
- a) All the patients would be directed to consume less spicy food and stimulants especially tea/coffee.
- b) Those with busy schedule of life are advised to have meals on time.
- c) Those with addictions like alcohol, smoking are asked to restrain from them

Assessment -

- A] Positive – decrease in symptom of GORD -Heart Burn- Burning Sensation In Retrosternal Region ,Regurgitation ,Water brash ,Excessive Salivation, Belching, Nausea ,Vomiting
- B] Negative –Increase in symptom of GORD -Heart Burn- Burning Sensation in Retrosternal Region, Regurgitation, Water brash, Excessive Salivation, Belching, Nausea, and Vomiting

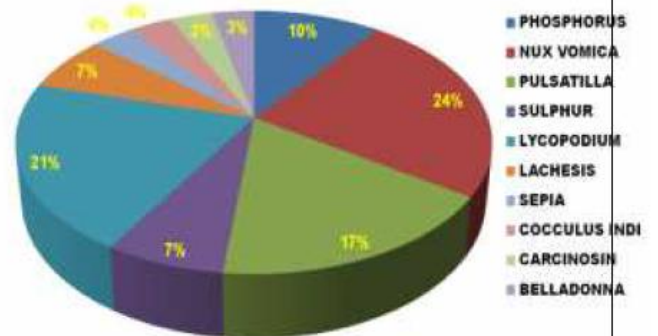
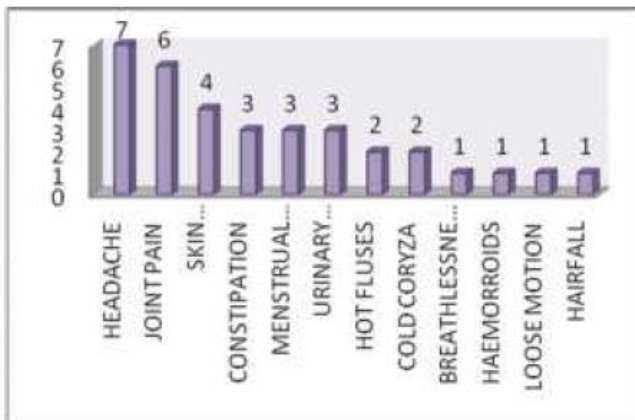
Conclusion

OBJECTIVE	CONCLUSION RESULT	
Comparative study between Group A and Group B	GROUP A (STUDY GROUP) 15 Patients in Study Group has shown improvement by 42.19% in patients	GROUP B (CONTROL GROUP) 15 Patients in Control Group has shown improvement by 65.77% in patients



**Homoeopathic Medicine
Acidity Along With Other Symptoms**

**Homoeopathic medicine +Nat Phos
Medicine Prescribed**



Discussion

30 cases were studied, out of which 15 patients were on Homoeopathic Medicine (Control Group) and other 15 patients were on Homoeopathic Medicine along with Biochemic preparation of Natrum Phos 6x (Study Group). Patients in Study Group has shown improvement by 42.19% in patients. Patients in Control Group has shown improvement by 65.77% in patients. As per the study researcher found the prevalence

of GORD disease is found in age group 18 to 30 years is high As per gender comparison GORD prevalence is equal in both genders. Exciting and maintaining causes found in our study are as follows Spices – 39%, Fatty food – 24%, Night watching -13%, Irregular dietary habit -11%, alcohol and tobacco -4%, mental stress – 2%

We try to learn the improvement as per subjective feeling and perception of patient 40% of patients were feeling improvement in control group i.e. only receiving Homoeopathic Medicine

57% of patients were feeling improvement in study group i.e. receiving Homoeopathic Medicine along with Natrum Phos Statistical study of episodes of reflux has reduce in control group in comparison with study group In homoeopathy general feeling of patient is having paramount importance thus on qualitative ground it can be concluded that Homoeopathic Medicine along with Natrum phos is having potential than alone Homoeopathic MedicineThe quantitative aspect in our study is suggesting Homoeopathic Medicine alone has potential in cases of GORD

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