

- Disorders of Digestion
- Lupulus humulus
- Therapeutics for Digestive Disorders
- Acidity or Acid Reflux Disease

HomeoBuzz

CONTINUING MEDICAL INFORMATION

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Dear Readers,

Human Brain is the most powerful weapon of this world. The capability of our brain is immense and even best of historical geniuses have hardly scaled 10% of it. All technological and medical advancements are parented by Human brain, which has solely acted as a catalyst in the process of evolution and has ensured that humans continue to be the virtual ruler of this planet. But our minds are under the control of our emotions fuelled by hatred, fear, suspicion, ignorance and false beliefs. The opportunists nurture this weed of fanaticism with their conniving intentions and capabilities keeping upon stake the entire mankind. This plague of hatred engulfs innocent lives every now and then in easy targets all across the globe. The most recent unfortunate one being in our neighbor island Country which has been left devastated after a series of suicide bombings, specifically planned on a ceremonious day.

“Selfishness” is the key emotion behind every man made disaster, be it terrorism, pollution, population explosion, misuse of natural resources etc. Our social intellect is the highest amongst all creatures but we fail ourselves when we feed negative emotions in our minds. We fail when we believe we are superior and our existence is most important. Everybody has the right of survival, for God has made this beautiful world with space for everyone.... and we all need to learn to “Co-Exist”. Life is most precious for each one of us and we cannot give it up for hatred, fanaticism and egotism which are all virtual evils having disastrous real impacts.

Friends, as each drop makes the ocean, all of us are accountable for the world that we live and thrive in. Abstaining negative thinking and prohibiting others too from propagating falsities should be our moral contribution to the society that we belong to. And I believe thus we will lead into a much happier and prosperous world in times to come.

Kuldeep Jain
Chief Editor

Dear Doctors,

Good health is an indispensable resource for living happily and fruitfully. Our body depends on the nutrition it receives through a healthy and well digested diet. Gut is the root of our system which should be healthy so that we stay healthy, active and happy.

Indigestion is a very common and annoying trouble which keeps one away from full utilization of one's capabilities in performing daily routine tasks. A good digestion empowers and energizes all the body functions while with an unhealthy gut, the energy sources of body get depleted and one becomes lackadaisical and sluggish. If not corrected well in time, digestive troubles become chronic and eventually untreatable as they become rooted in the lifestyle of the affected individuals. Acidity, Gastro Esophageal Reflux Disease, gastritis, Peptic Ulcer Disease, Constipation, Irritable Bowel Disease, are some chronic digestive disorders arising from stressful lifestyle and dietary errors. Other disorders are infective occurring due to lack of hygiene facilitating the transfer of microorganisms from a host to another. Auto-immune, inflammatory and neoplastic disorders are also quite common digestive troubles. An early identification and proper intervention helps in cutting short the discomfort as well as prevents complications to develop.

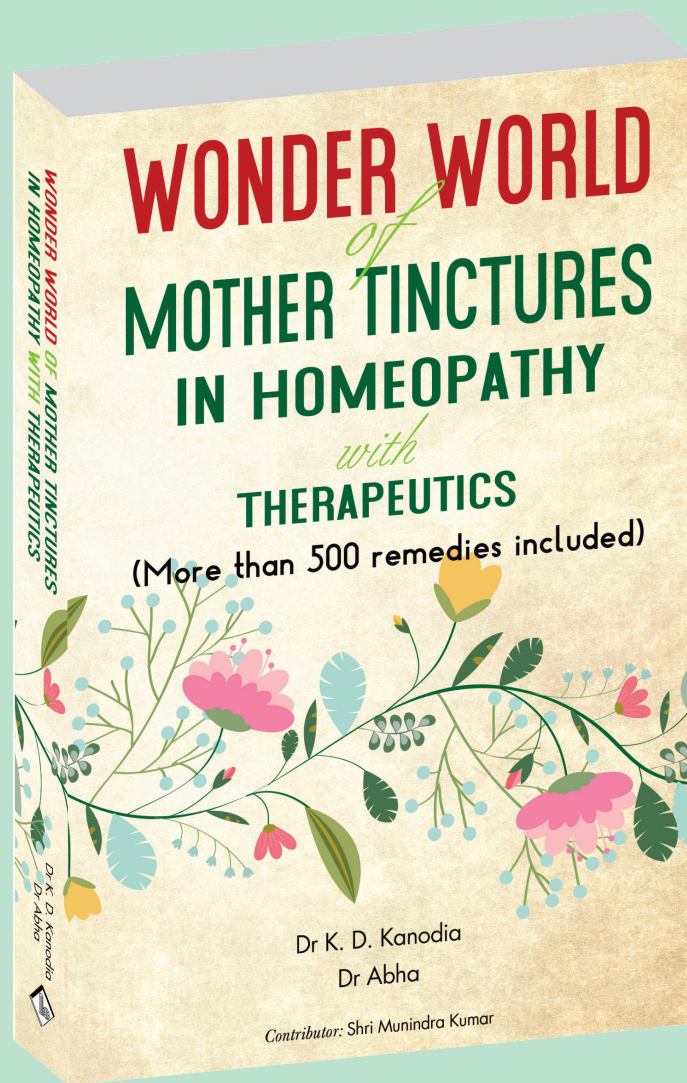
Another important tool for an optimum health is “exercise”, both mental as well as physical. A regular physical exercise keeps the blood flowing to each and every single part of the body, keeping it healthy and a balanced mind generates positivity and hope required to nurture the physical body.

Take in all that is good and healthy, abstain from all that maligns the mind and body,

Be it a meal or a thought, keep it simple as good health cannot be bought.

Dr. Vasundhara
Editor

READ IT AND REAP IT



In the hurry and bustle of the age, sometimes the physician is not in a position to devote much time to reach the simillimum. Allopathy-minded patients demand immediate relief of ailments. Many mother tinctures will at once arrest the progress of many diseases and afford instant cure.

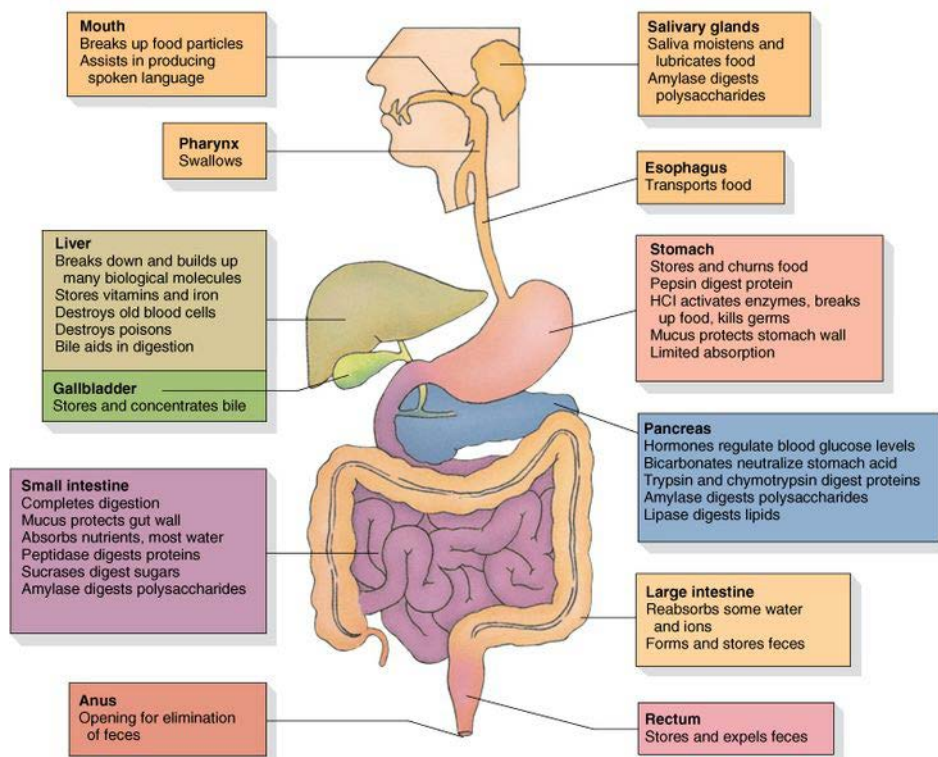
- The book *Wonder World of Mother Tinctures in Homeopathy with Therapeutics* has been written with great endeavour and sincerity for the purpose of acquainting homeopathic practitioners with infallible drugs which can be used in tincture form.
- It contains materia medica of more than 500 mother tinctures; with the directions about dosage and repetition
- The book contains the most valuable prescriptions and experiences of the world-renowned homeopathic physicians who have gained laurels by using mother tinctures.
- There are special chapters such as instant distress redeemers in mother tinctures, clinical hits in mother tinctures and many more clinically relevant sections which add weightage to the work.

ISBN: 978-81-319-6246-6 | ₹249 | 336 pp

DISORDERS OF DIGESTION

Human digestive system is a constellation of organs specially equipped for the breakdown of food to simpler and easily assimilable forms which can be readily used by the body for its nutrition.

According to American Society for Gastrointestinal Endoscopy, "The digestive system -- which can be up to 30 feet in length in adults -- is usually divided into eight parts: the mouth, the esophagus, the stomach, the small intestine (or "small bowel") and the large intestine (also called "large bowel" or "colon") with the liver, pancreas, and gallbladder adding secretions to help digestion. These organs combine to perform six tasks: ingestion, secretion, propulsion, digestion, absorption, and defecation."¹



The process of digestion starts in the mouth by chewing where teeth, salivary glands and the tongue grind and mix morsels of meals into fine bolus, easily deglutible and transferred to upper GI tract. Salivary glands present in oral cavity secrete amylase which catalyze dietary starch and sugars and produces di-saccharides and tri-saccharides which are further broken down to glucose by other enzymes. Besides amylase, lingual lipase is secreted by lingual papillae present on tongue.² The bolus is swallowed down into the oropharynx, oesophagus and subsequently into the stomach with the help of muscles of deglutition and oesophageal peristaltic motion. At the lower end of oesophagus is lower oesophageal sphincter which is a high pressure zone guarding reflux of gastric contents into the oesophagus. In stomach gastric juices containing hydrogen and chloride ions, activate pepsinogen into pepsin which is the gastric proteolytic enzyme and helps in protein digestion. Mucus is secreted by gastric mucosal lining which protects the stomach wall from erosive effect of HCl and pepsin. The bolus gets mixed and churned with gastric secretions through waves of muscular contractions in gastric wall and gets transformed into chyme, a thick liquid after 1-2 hours of this process. This chyme then passes through pyloric sphincter into the duodenum where it gets acted upon pancreatic and bile juice pouring in duodenum through the ampulla of Vater and accessory pancreatic duct. Pancreas secretes trypsin, chymotrypsin to digest proteins, amylase to digest carbohydrates and sugar, lipase for fat metabolism and bicarbonates to neutralize the acidic gastric secretion. From duodenum the chyme moves ahead into jejunum and ileum where digestion continues along with absorption of almost 95% nutrients into the blood. A portion of undigested food again gets subjected to peptidase, sucrase

DISORDERS OF DIGESTION

and lipase to get proteins, sugars and fats completely digested. In large intestines, reabsorption of water and minerals occurs along with production of biotin and Vit K by inhabiting bacteria. These vitamins are absorbed from the colon into the blood stream. Faeces are formed in large intestine by reabsorption of water and ions and get stored in rectum for final defecation.

The alimentary canal receives its blood supply from 3 main arteries: 1. Coeliac artery, 2. Superior mesenteric artery and 3. Inferior mesenteric artery. All 3 supplying digestive tract originating from foregut, midgut and hindgut respectively.²

Disorders of alimentary tract

The process of digestion is crucial for nurturing the body tissues and elimination of toxic waste material from the body and in disease condition of digestive tract, long term effects are seen upon all the other systems of the body. A variety of conditions mild or severe can affect various sections of GIT ranging from infections, infestations, infiltrations, degenerations, mechanical anomalies and auto immune disorders. The presenting complaints in digestive disorders can be:

- Oral aphthae, ulceration with pain and fever
- Dysphagia i.e. difficulty in swallowing
- Heartburn i.e. burning sensation in chest
- Nausea and vomiting
- Hematemesis i.e. haemorrhagic vomiting
- Flatulence and belching with abdominal distention.
- Pain in abdomen with associated bowel irritability
- Constipation with abdominal cramps
- Diarrhoea and tenesmus
- Lienteria
- Sudden and severe episodes of any of the above symptoms
- Weight loss/ weight gain

The above conditions can result from a variety of conditions affecting different parts of the GIT.

Starting from the mouth, **oral thrush**, deficiencies of vitamin C, B12, **herpetic stomatitis**, **hand foot and mouth disease** etc. can cause ulcerations and depositions in oral mucosa.

Esophagitis, esophageal strictures and spasms, Achalasia cardia and esophageal cancer cause difficulty in deglutition, globus pharyngus with associated pain in certain conditions.

Gastro-esophageal reflux disease is a very common digestive disorder which targets the gastro-esophageal junction. Lower esophageal sphincter gets weakened allowing the reflux of gastric contents into the esophagus resulting in chest discomfort, heartburn or pyrosis.

Another common digestive ailment is **Peptic Ulcer Disease (PUD)** which signifies a break in continuation and integrity of mucosal layer of stomach, lower esophagus and duodenum. Ulceration of gastric mucosa causes **gastric ulcers** which cause pain in upper abdomen after meals and **duodenal ulcers** exhibit upper abdominal pain when the stomach is empty and get relieved from eating. Usage of Non steroidal anti inflammatory drugs and the bacteria helicobacter pylori are the main causative agents of PUD. Presenting symptoms and history of the case are important tools in diagnosis of PUD.

Gastric carcinoma is the fifth leading type of cancer and third leading cause of death from cancer.³ Helicobacter Pylori is responsible for 60% of cases of gastric cancer, while smoking, dietary factors and genetic factors contribute for the remaining incidents. The cases of stomach cancer are usually asymptomatic to begin with or may present with minimal non-specific symptoms in early stages and by the time they become symptomatic, the cancer has usually advanced to metastatic stage, which explains its poor prognosis. Symptoms if at all present are of indigestion with heartburn, abdominal

DISORDERS OF DIGESTION

distention and loss of appetite.³

Other disorders of alimentary canal are **Crohn's disease, ulcerative colitis, celiac sprue, diverticulitis, Intestinal volvulus, amoebiasis, giardiasis, haemorrhoids and fissures, abdominal hernias and colon cancer.**

Chronic digestive ailments lead to malabsorption and result in deficiency diseases like iron deficiency anaemia, scurvy, bleeding disorders etc. Hence their timely identification and management are crucial for saving a patient's life. To reach to a proper diagnosis a doctor should carefully note all the symptoms of patient with special attention paid to his dietary habits and lifestyle. A thorough physical examination can often save time and money spent on expensive diagnostic procedures. The general appearance of the patients, their decubitus while in suffering, and their systemic examination is indispensable in management of digestive ailments. Where indicated by the symptomatology following diagnostic procedures help the physician in quick diagnosis:

- Endoscopy : It is used to specifically diagnose any structural abnormality in the tract by inserting endoscope (a tube with a light attached at the probing end) through a natural opening like mouth, anus etc.⁴
- Ultrasonography can help in detecting space occupying lesions, structural disorders and presence of fluid or gas in peritoneal cavity.⁴
- Laparoscopy is used as a diagnostic as well as therapeutic procedure in cancers to identify tumors, take tissue samples and do surgeries.⁴
- Paracentesis is done to aspirate fluids from abdomen for examination.⁴
- Imaging techniques like X-Ray, Barium meal X-Ray, CT scans and MRI are done as per indications.⁴

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Robinia pseudocacia	2X	10.0%
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Acidum sulphuricum	3X	10.0%
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Alcohol content		9.0%v/v
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LUPULUS HUMULUS



Botanical name	: Humulus lupulus Linn
Family	: Cannabinaceae of the Urticaceae
Known as	: Hops
Part used	: Tincture of Lupuline, small resinous granules covering the scales
Distribution	: Europe and United States.

Clinical :

- Delirium. Dyspepsia. Dysuria. Excitement. Gonorrhoea. Headaches. Insomnia. Jaundice.¹

Indications:

- ✦ This remedy is indicated in nervousness, and irritability with a disposition to think over the troubles.²
- ✦ Sexual debility of the male. In nocturnal emissions the result of sexual debility and onanism.²
- ✦ Nausea, dizziness, headache following a night's debauch.³
- ✦ Infantile jaundice, Urethral burning.³
- ✦ Giddiness and stupefaction. Slow pulse.³
- ✦ Twitching of tendons.⁴
- ✦ Faintness.⁴
- ✦ Drowsy during the day - Sopor.³
- ✦ Has been used with good success in retention of urine in drunkards, particularly in beer-drinkers.⁵

Prescribed dose : Tincture, to third potency.⁶

References:

1. MURPHY R., Homeopathic remedy guide.
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Therapeutics For Digestive Disorders**1. Abies nigra**

- The dyspepsia caused by abuse of tea or tobacco have been cured by it.¹
- The grand characteristic of Abies-n. is a sensation in the cardiac end of the stomach or in the esophagus, "as if a hard body, as a hard-boiled egg had lodged there."¹
- Pain in stomach always comes on after eating.¹
- Great craving for food at noon and night. Total loss of appetite in morning.¹
- Dose: First to thirtieth potency.²

2. Alumina

- Abnormal cravings - chalk, charcoal, dry food, tea-grounds.²
- Heartburn; feels constricted.²
- Potatoes disagree.²
- No desire to eat. Can swallow but small morsels at a time.²
- Constipation of pregnant women, children, and painters.³
- Blind piles protrude, become moist, with lancinating pain; are hard and itch.³
- Dose: Sixth to thirtieth and higher²

3. Antimonium crudum

- It should be remembered when the attack has been produced by overeating.⁴
- The stomach is weak, and digestion is easily disturbed.⁴
- There is a thick, milky-white coating on the tongue.⁴
- The trouble is aggravated by bread, pastry, acids, especially vinegar, sour or bad wine, from hot weather, overeating, and often cold bathing.⁴
- Dose: Third to sixth potency.²

4. Arsenicum album

- Cannot bear the sight or smell of food. Great thirst; drinks much, but little at a time.²
- Burning pain. Heartburn; gulping up of acid and bitter substances which seem to excoriate the throat.²
- Gastralgia from slightest food or drink.²
- Everything swallowed seems to lodge in the oesophagus, which seems as if closed and nothing would pass.²
- Stool -Small, offensive, dark, with much prostration.²
- Dose: Third to thirtieth potency.²

5. Bismuthum

- Vomiting: Of water as soon as it reaches the stomach, food retained longer ; of enormous quantities, at intervals of several days when food has filled the stomach.⁵
- Vomiting: with convulsive gagging and inexpressible pain, after laparotomy.⁵
- Stomach: pressure as from a load in one spot; with irritation, cardialgia and pyrosis.⁵
- Dose: Sixth and higher⁶

6. Carboolicum acidum

- Appetite lost. Constant belching, nausea, vomiting, dark olive green.²
- Desire for stimulants and tobacco.²
- Painful flatulence often marked in one part of the bowel. [Sulpho-Carbolate of Soda.]²
- Fermentative dyspepsia with bad taste and breath.²

HOMOEOPATHIC APPROACH

- Constipation, with very offensive breath.²
 - Diarrhoea; stools thin, black, putrid.²
 - Dose: Third to thirtieth potency.²
7. **Carbo vegetabilis**
- Weak digestion : simplest food disagrees; excessive accumulation of gas in stomach and intestines < lying down; after eating or drinking, sensation as if stomach would burst; effects of a debauch, late suppers, rich food.⁵
 - Eructations, heaviness, fullness, and sleepiness; tense from flatulence, with pain; worse lying down.²
 - Digestion slow; food putrefies before it digests.²
 - Abdomen greatly distended; better, passing wind. Flatulent colic.²
 - Dose: First to third trituration in stomach disorders.
8. **Natrium carbonicum**
- It is of service in hypochondriasis, especially after a meal.⁷
 - It is useful in Hypochlorrhidria.⁷
 - Very weak digestion, caused by slightest error of diet.⁷
 - Averse to milk. Depressed after eating.⁷
 - Distension, heaviness, and aching in stomach and epigastrium after a meal.³
 - Pyrosis and scraping in throat, esp. after partaking of fat food.
 - Dose: Sixth potency.²
9. **Nux moschata**
- Excessively bloated. Flatulent dyspepsia.²
 - Retrocession of gout to stomach.²
 - Abdomen - Enormously distended.²
 - Stool is soft, and yet is unable to expel it, even with long straining - Faintness during or after stool.²
 - Dose - First to sixth potency.²
10. **Raphanus sativus**
- It is attended with tympanitic distension of the abdomen, globus hystericus, but there is no flatus passed either up or down.⁷
 - Great accumulation and incarceration of flatulence. "Globus" symptoms.²
 - Post-operative gas pains.²
 - Abdomen :Retching and vomiting, loss of appetite.² - Distended, tympanitic, hard.² - No flatus emitted upward or downward.²
 - Vomiting of faecal matter.²
 - Dose -Third to thirtieth potency.²

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1. MURPHY R., Homeopathic Remedy Guide.
2. BOERICKE W., Pocket manual of Homoeopathic Materia Medica
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4. BLACKWOOD A.L., The Food Tract
5. ALLEN H.C., Keynotes and Characteristics with Comparisons of Some of The Leading Remedies of The Materia Medica with Bowel Nosodes.
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7. BLACKWOOD A.L., A Manual of Materia Medica Therapeutics and Pharmacology

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Hepar sulphuricum	4x	10%w/v
Juglans regia	4x	10%v/v
Sarsaparilla	4x	10%v/v
Scrophularia nodosa	4x	10%v/v
Excipients		q.s.
Alcohol content		36% v/v

Dosage: 5-10 drops should be given in water, 2 times daily before meals or as prescribed by the physician.



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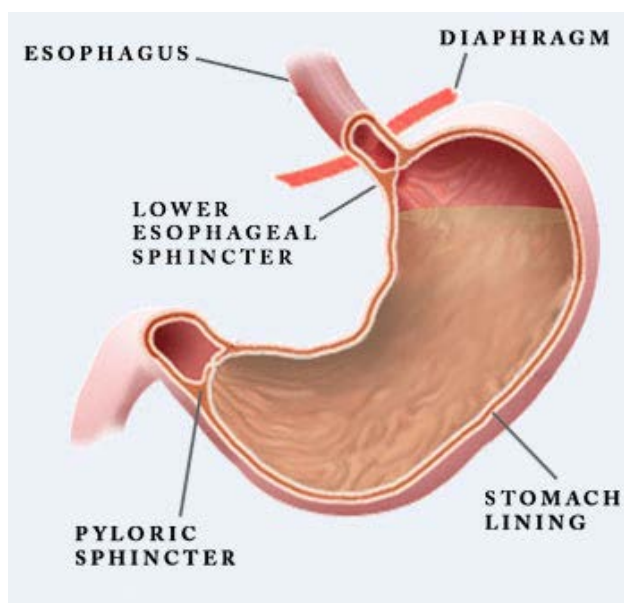
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Acidity as a general term is used when a sensation of burning pain is felt in the chest and upper abdomen accompanied with flatulence, sour eructations and upper abdominal discomfort after a heavy or spicy meal. This sensation of burning pain in chest is called “heartburn” or “pyrosis”. If a person suffers from acid reflux more than two times a week, then this condition falls under the diagnosis of GERD i.e. Gastro Esophageal Reflux Disease. According to a medical news today article, “Over 60 million Americans experience heartburn at least once a month, and at least 15 million as often as daily. GERD is most common in Western countries, affecting an estimated 20 to 30 percent of the population.”¹



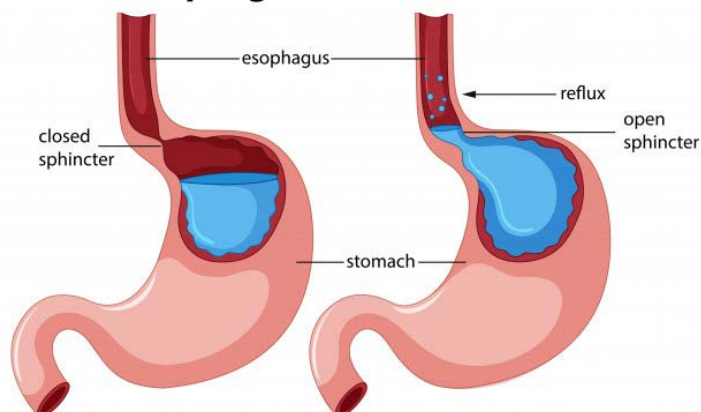
A number of factors can be responsible behind the episodes of acid reflux:

- Lower esophageal sphincter insufficiency:

In health, the lower oesophageal sphincter is tonically contracted, relaxing only during swallowing (p. 838).

Some patients with gastro-oesophageal reflux disease have **reduced lower oesophageal sphincter tone**, permitting reflux when intra-abdominal pressure rises. In others, basal sphincter tone is normal but reflux occurs in response to frequent episodes of inappropriate sphincter relaxation.²

Gastroesophageal reflux disease (GERD)



- Delayed oesophageal clearance

Defective oesophageal peristaltic activity is commonly found in patients who have oesophagitis. It is a primary abnormality, since it persists after oesophagitis has been healed by acid suppressing drug therapy. Poor oesophageal clearance leads to increased acid exposure time.²

- Gastric contents

Gastric acid is the most important oesophageal irritant and there is a close relationship between acid exposure time and symptoms.²

- Increased intra-abdominal pressure

Pregnancy and obesity are established predisposing causes. Weight loss may improve symptoms.²

- Dietary and environmental factors

Dietary **fat, chocolate, alcohol and coffee** relax the lower oesophageal sphincter and may provoke symptoms.²

Clinical presentation

Acid reflux presents with a heartburn or burning discomfort in chest and upper abdomen along with regurgitation of food and reflex waterbrash in majority of cases.

Some patients are woken at night by choking as refluxed fluid irritates the larynx. Others develop odynophagia or dysphagia.² Acute laryngitis, recurrent chest infections, chronic cough and asthma can also be present along with typical symptoms of acid reflux.²

Acid reflux and angina are usually confused with each other owing to proximity of target organs (heart and oesophagus) which also share the same nerve supply. Acidity and angina, both present with pain in chest, but the pain of angina is constricting in nature, radiates to jaw bone or left shoulder, is aggravated on exertion, and accompanied with sweating and light headedness.

Management:

Lifestyle advice, including weight loss, avoidance of dietary items which worsen symptoms, elevation of the bed head in those who experience nocturnal symptoms, avoidance of late meals and giving up smoking, are recommended.² In conventional treatment PPIs are given to inhibit gastric acid formation.

Surgical intervention is also a choice if patients do not want to depend on PPIs as a long term therapy or where there is severe regurgitation as a major symptom. Such cases should be considered for laparoscopic anti-reflux surgery.

A simpler yet effective choice can be **homoeopathic treatment** where mild doses of highly effective remedies can prove to be helpful in alleviating symptoms. Some good remedies are Carbo veg, Natrum carb, Iris versicolor, Robinia and Acid sulfuricum.

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Compiled by
Dr. Vasundhara
Editor

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Tablets



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- Heartburn
- Acidity
- Heaviness in abdomen

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Each tablet of 250mg contains

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Lycopodium clavatum	3X	62.5mg w/w
Carbo vegetabilis	3X	62.5mg w/w
Robinia pseudocacia	3X	62.5mg w/w
Excipients q.s. to one tablet		



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