



Smt. Sarojtai Dhumane-Patil
Founder Chairman
Kalpataru Samajseva Mitra Mandal's

DHANVANTARI HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL

Recognized by – Govt. of Maharashtra & CCH, New Delhi
Affiliated to – Maharashtra University of Health Sciences, Nashik
Website: dhanvantaribhms.org / Email: dhanvantaricollege@yahoo.com / Reg. No. F-3116

Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

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Abstract

Gastritis is acute or chronic inflammation of the stomach and is most often diffuse, mostly caused by *Helicobacter pylori* and bile reflux. It is the commonest disorder encountered in the clinical practice. Change in dietary habits – like having irregular meals, fast foods, addictions like smoking and alcohol also play major role. Although not life threatening as other major illness, the symptoms can be distressing and can cause discomfort to enjoy normal life and drain the mental and physical energy. If gastritis is not treated earlier the complications are grave like peptic ulcer, pyloric stenosis and subsequent perforation. Homoeopathy plays a major role in treating gastritis. Homeopathy is very effective in managing all the acute as well as chronic expressions of gastritis; it also plays an important role in prevention of relapse of the condition.

Keywords: Gastritis, Homoeopathy

Introduction: Gastritis is an inflammation, irritation, or erosion of the lining of the stomach. It can occur suddenly (acute) or gradually (chronic).^[1] Gastritis can be caused by irritation due to excessive alcohol use, chronic vomiting, stress, or the use of certain medications such as aspirin or other anti-inflammatory drugs. It may also be caused by any of the following:

- *Helicobacter pylori* (*H. pylori*): A bacteria that lives in the mucous lining of the stomach.
- Pernicious anemia.
- Bile reflux.
- Infections caused by bacteria.²
- **Pathology:** The mucosal injury and subsequent acute inflammation occurs by reduced blood flow, resulting in mucosal hypo-perfusion due to ischemia. Increased acid secretion and its accumulation due to *H. pylori* infection resulting in damage to epithelial barrier. Decreased production of bicarbonate buffer. Reflux of duodenal contents into the stomach.³

Clinical classification of gastritis:

- A. Acute gastritis:** It refers to short term inflammation and to neutrophilic infiltrate. It is mainly due to stress.
- B. Chronic gastritis:** It refers to longstanding forms and to mononuclear cell infiltrates especially lymphocytes and macrophages.

Common gastritis: It is mainly due to *Helicobacter pylori* and bile reflux.⁴

Some of the Non Gastro Intestinal associated disorders which induce gastritis or inflammation of gastric mucosa are coronary heart disease, Rosacea, iron deficiency and anorexia in aging.⁵

Clinical features: The most common symptoms include : nausea or recurrent upset stomach, anorexia, abdominal bloating, abdominal discomfort, pain, vomiting, indigestion, burning or gnawing feeling in the stomach between meals or at night, hiccoughs, loss of appetite, vomiting blood or coffee ground-like material and black tarry stools.⁶

Complications: They are infrequent but may include ulcer, polyps, benign and malignant tumors and cancer.⁷

Diagnosis: To diagnose gastritis, we have to review the personal and family medical history of the patient and after performing a thorough physical evaluation, any of the following tests may be recommended

- Upper gastrointestinal endoscopy.
- CBC.
- Tissue Biopsy.
- Fecal occult blood test.⁸

Homoeopathic approach:

Nux vomica: Heart burn with flatulence, nausea and vomiting in the morning, he feels if 'I could only vomit, I would be so much better.' alternating constipation and diarrhoea. Nux vomica is indicated in cases of chronic gastritis which is caused by tobacco, alcoholic stimulants, aromatic or patent medicines, sedentary habits, highly spiced food. Contractive, squeezing and stomach ache.

Lycopodium: It has pain in the pit of the stomach when the hypochondria are pressed and pain in hypochondria when stomach is pressed. There is fullness even after light meal with no intestinal irritation. Offensive discharges. Characteristic of Lycopodium is the patient goes to meal with a vigorous appetite, but after eating a small quantity of food he feels so full and bloated that he has to force himself to swallow another mouthful and leaves the table with his hunger, only momentarily satisfied.

Phosphorous: Gastritis with chronic erosion. Burning, gnawing circumscribed pain. The all gone feeling at 11 a.m. starting from stomach to bowel.

Arsenicum album: Burning pain in stomach like FIRE, as if hot coals were applied to part, better by hot application, hot drinks. nausea, retching, and vomiting of slimy mucous tingled with blood.

Veratrum album: Hiccoughs after hot drinks. Forcible eructation mostly of air. After frequent eructation copious ejection of mucous. Colicky pain with salivation, profuse cold perspiration.

Conclusion:

Homoeopathy has a holistic approach, Gastritis is related to stress where Homoeopathy plays a very good role in managing it, it will also help to reduce the nausea, burning, belching and symptoms associated with the illness.

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