

GERD-A Life Style Disorder, Managed and Treated By Homoeopathy

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Abstract

Gastroesophageal reflux disease (GERD) is a common clinical problem, affecting many peoples worldwide. Gastro-esophageal reflux disease (GERD) occurs when stomach acid repeatedly flows back into the tube connecting your mouth and stomach (Esophagus). This Backward Acid reflux can irritate the lining of your Esophagus. Homeopathic Medicines Play a very beneficial role in treating and managing those types of problems without compromising on the patient's wellness.

Keywords: Acid Reflux, Esophagous, GERD, LES, TLESRs.

Introduction

Gastroesophageal reflux disease (GERD) is a digestive disorder. Half of all adults will Face reflux symptoms at some time in their life. GERD is a condition of troublesome symptoms and complications that result from the reflux of stomach contents into the Esophagus. Diagnosis of GERD is typically based on classic symptoms and response to acid suppression. It is an important health concern as it is associated with decreased quality of life. Good treatment of GERD symptoms has been associated with significant improvement in quality of life, including decreased pain, increased vitality of life, and physical, social, and emotional well-being.

Epidemiology And Pathophysiology

1. Impaired Lower Esophageal Sphincter (LES) Function and Transient Lower Esophageal Sphincter Relaxations (TLESRs)
2. Hiatus Hernia
3. Impaired esophageal mucosal defense against the gastric refluxate.
4. Defective esophageal peristalsis.

Risk Factors

1. **Obesity:** Increase fat causing rising of internal pressure of the stomach which leads to backing up of stomach contents in the food pipe.
2. **Hiatus Hernia:** Hiatus hernia is the bulging of the upper part of the stomach through the hiatus opening in the diaphragm. Hiatus hernia causes loosening of the LES that allows easily reflux of stomach contents into the Esophagus.
3. **Smoking:** Nicotine which is present in cigarettes causes loosening of lower Esophageal sphincters resulted in acid reflux
4. **Food:** Fatty foods, fried food, chocolates, spicy food, tomatoes, garlic, onions, and citrus fruits are known to worsen GERD symptoms.
5. **Stress:** Mental and psychological.
6. **Alcohol and Coffee**
7. **Pregnancy:** Due to hormonal changes and growing foetus.

Signs And Symptoms

1. Burning sensation in chest (heartburn), usually after eating, which might be worse at night or while lying down
2. Backwash (regurgitation) of food or sour liquid
3. Upper abdominal or chest pain
4. Difficulty in swallowing (dysphagia)
5. Sensation of a lump in your throat
6. If you have reflux in night, you also experience:

An ongoing cough.

7. Inflammation of the vocal cords (laryngitis).

Diagnosis

- 1 Upper Gastrointestinal Endoscopy
- 2 Barium Esophagram.
- 3 Ambulatory pH monitoring.
- 4 Proton pump inhibitor (PPI) trial.
- 5 Radiographic studies.

Differential Diagnosis

1. Coronary artery disease
2. Achalasia
3. Eosinophilic esophagitis
4. Non-ulcer dyspepsia
5. Rumination syndrome
6. Esophageal diverticula
7. Gastroparesis
8. Esophageal and gastric neoplasm
9. Peptic ulcer disease (PUD)

Complications

1. **Esophagitis and Barrett's Esophagus:** Inflammation of esophagus is occurred due to continuous acid reflux from stomach to oesophagus resulting in in corrosiveness of mucosa and narrowing of esophagus resulting in Barret esophagus.

2. **Esophageal Stricture**

3. **Laryngopharyngeal Reflux**

4. **Asthma**

Management

A. Life Style Modifications

- **Maintain a healthy weight.** Excess weight put pressure on abdomen, pushing up your stomach and causing acid to reflux into your Esophagus.
- **Stop smoking.** It decreases the ability of lower esophageal sphincter to work properly.
- **Elevate the head of your bed:** Elevate the head so content of stomach not regurg back in esophagus during sleep.
- **Start on your left side.** Lies on left side always.
- **Don't lie down after taking a meal.** Don't lie immediately after taking meals it causes too much acid reflux.
- **Eat food slowly and chew completely.** Put down your spoon after every bite and pick it up again once you have chewed and swallowed that bite.
- **Avoid foods and drinks that triggering reflux.** Avoids stimulants like coffee and tea and bakery items.
- **Avoid Stress**

B. Medical Therapy

C. Surgical Therapy

D. Endoluminal Therapy

Treatment

Homoeopathy plays very good role in managing and treatment of symptoms and complication of GERD. There are various Medicine which play very miraculous Result. Some of them are:

1. **Robinia** – For Acid Reflux and GERD

The Important Indication to use this medicine in GERD is intense heartburn, continuous sour belching, and sour vomiting due to regurgitation of acid from the stomach. The symptoms of heartburn tend to get worse at night time, on lying down and can cause sleeplessness.

2. **Iris Versicolor** – For Sour, Bitter Belching. Important Indications for using Iris Versicolor: Sour bitter Belching, Bitter Vomiting, Heartburn; burning in throat and Headache.

3. **Natrum Phos** – For Heartburn and Difficulty Swallowing. Important indications for using Natrum Phos for GERD: Heartburn and difficulty in swallowing Vomiting of sour, cheesy or curdled matter

4. **Arsenic Album** – They have Burning Pain in Throat region. The burning gets worse upon swallowing. Swallowing is difficult and painful. Other symptoms include regurgitation of acrid matter, Heartburn, intense weakness. Arsenic Album

is also a well indicated medicine for inflammation of the Esophagus (esophagitis). Intense desire to drink water in a sip manner.

5. **Calcarea Carb** – For Sour Taste in Mouth. There is a regurgitation of sour substances with the flow of sour, watery fluid from the mouth.

6. **Carbo Veg** – In carbo veg there is bloatingness and heartburn which is increasing by eating and drinking anything.

7. **Nux Vomica** – It is best remedy for cough which is aggravated at night due to acid reflux. Vomiting usually appears from coughing. The throat is sore and raw, and swallowing may be painful.

8. **Phosphorus** – For Acid Reflux with Laryngitis (Hoarse Voice). The hoarseness may be worse during the evening. A hard, dry, racking cough may appear. Gastric symptoms like heartburn, sour belching, sour taste in the mouth, vomiting of food or sour, acidic liquid may also be present.

9. **Pulsatilla Nigricans** – For Acid Reflux from Fatty Food. Greasy, fatty food like creams, pastries, and ice creams trigger the acid reflux. The symptoms include heartburn. Belching of food, bitter taste in mouth, nausea and a sensation of having a lump in the throat may be present.

10. **Sulphuric Acid** – For Acid Reflux with Sour Belching. *Sulphuric Acid* is a medicine for GERD where intensely sour belching is present. Heartburn, sour vomiting and nausea are other symptoms. The sour vomiting mostly appears after eating.

Conclusion

It is a common problem which decreases quality of life and effected body in very harmful way. Early recognition of symptoms is very useful to preventing complications of GERD. By proper life style management and diet and with the help of homoeopathic treatment we manage and treated it completely.

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