

Homeopathy - Myths and Facts about Gastric Issues

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Mrs. XYZ36-year-old lady recently consulted me for severe acid reflux, migraine headache and indigestion since past 9 months. She tried various conventional treatment without relief. Finally decided to try homeopathy and our holistic treatment.

During her case history she seemed unhappy with work life since a year. Intense online work shifts and her inability to lead the team led to self-doubt. Nothing seemed to work for her. She was irritated at trifles, felt anxious and out of control. Within 3 months of starting our homeopathy treatment along with counselling and lifestyle changes the patient's gastritis was completely cured. Also, she seemed relaxed and confident. She even got promotion.

Let's understand how did this works, myths and facts of homeopathy for GI cases.

Our brain has a direct connection with gastrointestinal (GI) system and is known as the "second brain" as it controls a variety of gastrointestinal functions and communicates continuously with the central nervous system.

GI distress can be the cause or the product of anxiety, stress and depression. Therefore, it is difficult to try to heal a distressed gut without considering the role of stress and emotion. In certain cases, stress has been known to induce the production of gastric acids; thereby causing imbalances inside the stomach that can ultimately lead to ulcers.

GI disorders like

- Regurgitation, Acid Reflux
- Peptic, duodenal ulcers
- Gastritis
- Irritable bowel disorder
- Chronic constipation
- Ulcerative colitis

Most of them are psychosomatic disorders where in one gets physical diseases due to stress or mental strain or vice versa.

Facts on homeopathy

The gut is the organ that hosts the largest concentration of immune cells in your entire body. Therefore, one needs to find the root cause, improve the immunity and treat inflammatory changes.

Homeopathic approach towards the management of GI cases involves evaluation of the complaint in detail whilst taking into account individual factors such as one's personal and family history while planning a long-term treatment. The treatment is customised depending on their individual temperament, complaint and treating them as a person rather than the diseased organ.

Homeopathic treatment is completely safe and non-habit-forming. Results in homeopathy for Gastrointestinal diseases are long-lasting. However, severe cases may require surgical intervention or other treatment.

Here one cannot undermine the importance of lifestyle changes and improving gut microbiome composition. This is possible by working on diet, emotional status, sleep, increasing fibre and probiotics and avoiding alcohol, NSAIDS, antibiotics and smoking.

Myths on homeopathy for GI disorders

- Homeopathy is slow acting.

Homeopathy's action depends on how long one is suffering. Homeopathy is one of the fastest acting medication and works even in acute cases.

- Homeopathy is unsafe for infants

It is safe for all age groups from infants to adults. Infants suffering from colic and reflux issues can be safely treated with homeopathy with great results. In my practice of 19 years have come across several infants suffering from regurgitation whose mother's have had a pregnancy history of anxiety or miscarriages. Here too it's psychosomatic in nature and the mother needs to be counselled along with infants' treatment.

Every medical science has its own limitations. A good physician is the one who sees patients' interest above others. As one said 'contribution and gratefulness is a magnet for miracles'.

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