

Homoeopathic Management of Gastritis with Anxiety - An Interventional Pre - Post Treatment Evaluation Study

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Abstract: *Derangements in the nutritive and metabolic condition occurs due to Modern life style and change in food habits. Similarly stressful lifestyle leading to anxiety and panic situations leads to many physical complaints which affect the Quality of life of an individual. Gastritis caused due to Anxiety is one of them. Homoeopathic remedies are the drug substance prepared by homeopathic guideline. A study was conducted to see the effectiveness of the homoeopathic medicines in the cases of Gastritis caused due to Anxiety. Method: Simple randomized sampling with 30 cases having complaints of Gastritis of both gender and all socio - economical groups involved in study. All cases were given Homoeopathic medicines, according to the totality of symptoms using Synthesis 9.0 Repertory, for diagnosed cases of Gastritis caused due to Anxiety. Visual Analogue Scale was used to assess the pain. Result: All 30 cases were observed after administered of homoeopathic medicines for diagnosed cases of Gastritis caused due to Anxiety with 25 cases improved and 4 cases partially improved and 1 case did not improve in the treatment. Conclusion: Homoeopathic treatment is efficacious in the cases of Gastritis caused due to Anxiety.*

Keyword: Gastritis, Anxiety, Homoeopathy

1. Rol and Introduction

Gastritis is an inflammatory condition of gastric mucosa that displays changes related to etiology and the host response. The morphological changes that are observed in a gastritis are Epithelial degeneration, Foveolar hyperplasia, Mucosal hyperemia and edema, Neutrophilic infiltration, Eosinophilic infiltration, Mononuclear inflammatory cell infiltration, Lymphoid follicles atrophy, Intestinal metaplasia, Endocrine cell hyperplasia, Parietal cell alterations¹. Gastritis may be acute or chronic. Acute gastritis starts suddenly and lasts for a short time. Chronic gastritis is long lasting. If chronic gastritis is not treated, it may last for years or even a lifetime. Common causes of gastritis is Helicobacter pylori (H. pylori) infection which damage to the stomach lining, which leads to reactive gastritis an autoimmune response H. pylori infection.

H. pylori is a type of bacteria—organisms that may cause an infection. H. pylori infection causes most cases of gastritis typically causes non - erosive gastritis may cause acute or chronic gastritis². H. pylori infection spreads, through contaminate food, water, or eating utensils may transmit the bacteria. Some infected people have H. pylori in their saliva, which suggests that infection can spread through direct contact with saliva or other body fluids. Some people who have damage to the stomach lining can develop reactive gastritis. Reactive gastritis may be acute or chronic may because erosions may cause little or no inflammation³. Reactive gastritis may also be called reactive gastropathy when it causes little or no inflammation⁴. Some people who have gastritis have pain or discomfort in the upper part of the abdomen—the area between the chest and hips. However, many people with gastritis do not have any signs and symptoms. The relationship between gastritis and a person's symptoms is not clear. The term “gastritis” is sometimes mistakenly used to describe any symptoms of

pain or discomfort in the upper abdomen. When symptoms are present, they may include upper abdominal discomfort or pain nausea, vomiting⁴. Erosive gastritis may cause ulcers or erosions in the stomach lining that can bleed. Signs and symptoms of bleeding in the stomach include shortness of breath dizziness or feeling faint red blood in vomit black, tarry stools red blood in the stool weakness paleness A person with any signs or symptoms of bleeding in the stomach should call or see a health care provider right away.⁵Anxiety is a, emotional state in which people feel uneasy, apprehensive or fearful. People usually experience anxiety about events they cannot control or predict or about events that seem threatening or dangerous. People often use the words fear and anxiety to describe the same thing. Fear also describes a reaction to immediate danger characterized by a strong desire to escape the situations⁶. The physical symptoms of anxiety reflect a chronic ‘readiness’ to deal with some future threat. These symptoms may include fidgeting, muscle tension, sleeping problems and headaches. Higher levels of anxiety may produce such symptoms as rapid heartbeat, sweating, increased blood pressure, nausea and dizziness. People with too much anxiety often suffer from one of the anxiety disorders, a group of mental illness. Common Anxiety Signs and Symptoms Include - Feeling nervous, restless or tense, Having a sense of impending danger, panic or doom, Having an increased heart rate, Breathing rapidly (hyperventilation), Sweating, Trembling, Feeling weak or tired, Trouble concentrating or thinking about anything other than the present worry, Having trouble sleeping, Experiencing gastrointestinal (GI) problem, Having difficulty controlling worry, Having the urge to avoid things that trigger anxiety. The Diagnostic and statistical manual of mental disorders, a hand book for mental health professionals describes a variety of anxiety disorders. These include generalized anxiety disorders, phobias, panic disorder. Obsessive compulsive disorder and post – traumatic stress disorder⁷⁻⁸. Numerous studies have

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shown anxiety and depression can affect gastrointestinal function, which may promote gastrointestinal disorders development and progression. Homoeopathy in the management of gastritis is extremely effective in treating both chronic and acute gastritis symptoms. Furthermore, it is crucial in preventing a relapse of the illness ^{9, 10}.

2. Method and Material

Study Setting - OPD, Peripheral OPD & Camps organized at Nashik, Maharashtra.

Selection of samples: - 30 cases.

Inclusion criteria -

- Patients of all age groups 20 - 60 years,
- Both sexes.
- Patients having gastric complaints along with anxiety.

Exclusion criteria: -

- Immune - compromised patients.
- Patients with any kind of tumor and cancer of stomach.
- Patients with other systemic affections of irreversible pathology.

Study design: - an interventional pre - post treatment evaluation study.

Intervention: - With Homoeopathic medicine.

Selection of tools:

- ICD 10 diagnostic Criteria, pain scale
- Visual Analogue Scale was used to assess the pain.

Data Collection:

History was taken from patient itself, parents, and from physician's observation. General physical exam will be conducted to know the health status and rule out symptoms in cases.

Statistical Techniques and Data analysis:

Student's 't' test was used to determine the utility of Homoeopathic medicines in the improvement of the cases having Gastritis. Paired 't' test was used to test statistically the change in the intensity of pain in the patients having Gastritis.

Ethical issues, if any: Ethical clearance was obtained from the ethical committee of the institute.

3. Observations & Results

Charts/Figures/Diagrams

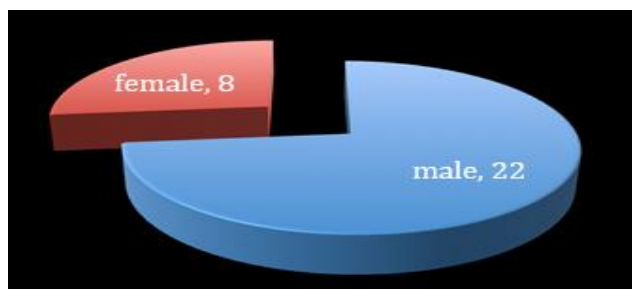


Figure 1: Gender wise distribution in case study

Table 1: Potency used in prescription

| Sr. No | Potency used | No of cases | Percentages |
|--------|----------------------|-------------|-------------|
| 1 | Low potency 30 | 5 | 17% |
| 2 | Moderate Potency 200 | 20 | 66 % |
| 3 | High Potency 1M | 5 | 17% |

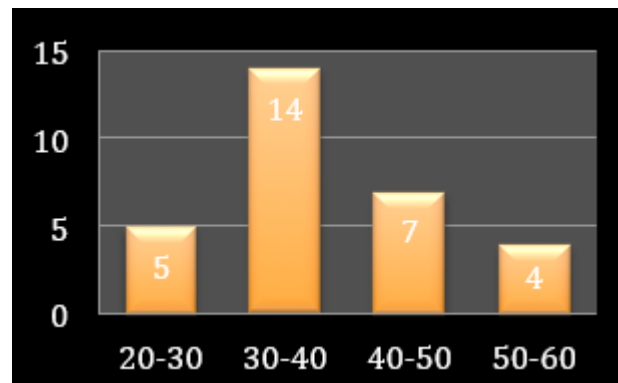


Figure 2: Age distribution in case study

Table 2: Case study result after Homoeopathic prescription

| Sr. No | Potency used | No of cases | Percentages |
|--------|--------------------|-------------|-------------|
| 1 | Improved | 25 | 87% |
| 2 | Partially improved | 4 | 10 % |
| 3 | Not improved | 1 | 3 % |

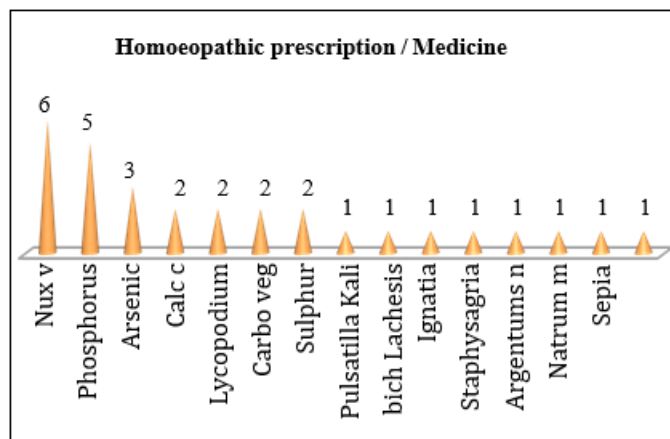


Figure 3: Homoeopathic prescription / Medicine

4. Statistical Analysis

Student's t - test was applied for statistical analysis.

- Total of 30 patients (22 males and 8 females) were observed and t - test was applied. the change in the intensity of the pain, scored with the visual analogue scale, assess the improvement of the patients.
- Calculated value of t (6.8572) was greater than table value of t (2.05).
- Therefore, we conclude that intensity of pain in gastritis can be reduced by the use of homeopathic medicines.
- Hence it concludes that homoeopathy plays a major role in improving the complaints of the patients having Gastritis.

5. Discussion

Gastritis is a condition in which the stomach lining—known as the mucosa—is inflamed, or swollen. The stomach lining contains glands that produce stomach acid and an enzyme

called pepsin. The stomach acid breaks down food and pepsin digests protein. A thick layer of mucus coats the stomach lining and helps prevent the acidic digestive juice from dissolving the stomach tissue. When the stomach lining is inflamed, it produces less acid and fewer enzymes¹¹. There has been persistent interest in the relationship between gastrointestinal disorders and mood and anxiety disorders. Several clinical and epidemiologic studies have found significant relationships between mood and anxiety disorders and various common gastrointestinal disorders, including peptic ulcer, irritable bowel syndrome and Crohn's Disease¹². According to study conducted by Goodwin et. al it had two main findings. First, a diagnosis of gastritis appears to be associated with significantly increased odds of mood and anxiety disorders among adults in the general population. The strength of this association is stronger when the two conditions occur contemporaneously, but remains significant even when they are not. Second, the association between a diagnosis of gastritis and mood and anxiety disorders is evident among both females and males¹³. Gastritis is known to cause severe pain. Symptoms of the same may not occur until it produces any discomfort. This severe pain is called Gastric Colic. One may have pain on one side of back or abdomen.

In modern system of medicine, Gastritis is purely considered as a physical disease whereas in this study it was clearly understood the correlation between the mind and the disease in physical level. Whereas in homoeopathy, by considering the totality of symptoms, we can manage and treat the complaints due to Gastritis and also breaks the tendency of recurrence. Homoeopathy plays vital role in treating Gastritis but every system of medicine has its own scope and limitations, some cases need surgical intervention where the gross pathological changes cause danger to the life. Homoeopathy gives results safely and permanently along with the general management. In this study out of 30 cases 25 cases improved with homoeopathic medicines. Patients age of 20 - 60 years were enrolled for the study having complaints of Gastritis. Highest numbers of patients were found among the age group between 30 - 40 years. The maximum patients are from age group 30 - 40 years i. e.14 patients.

Several maintaining factors like increasing age, Obesity, Occupation, and other systemic diseases like diabetes, hypertension was studied. Precipitating factors like less water intake, Mental Stress, alcohol consumption were studied. Most commonly used medicine was Nux Vomica used in 6 patients. Phosphorus was used in 5 patients, whereas arsenic was used in 3 patients. Rest of the patients got different medicines such as Staph, Carbo Veg, Calc Carb, Lycopodium, Lachesis, Pulsatilla, Kali Bich, Staph, Ignatia, Arg Nit, Nat Mur, Sepia. Out of 30 patients enrolled for the study, 25 improved, 4 partially improved while one patient was having no change in the complaints and was referred to the surgeon for further treatment. Homoeopathic medicines help in improving ADL (activity of daily living) by reducing pain and limiting the disease process. Along with homoeopathic medicines dietary measures formed an integral part in the management of Gastritis.73% of patients were male on remaining 27% were females. Anti - miasmatic medicine was used as an intercurrent medicine in

7 cases. After homoeopathic prescription 84% of patient had improvement, 13% partially improved and 3% did not improve.

6. Conclusion

Thus, it can be concluded as, homoeopathy act beneficially in the cases of Gastritis.

Conflict of Interest: none

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