

Efficacy of Homoeopathy in Irritable Bowel Syndrome

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Abstract: Irritable bowel syndrome (IBS) is one of the most common psychosomatic functional disorders of the gut. As a functional gastrointestinal disorder, Irritable Bowel Disorder has no organic cause. Homoeopathy can be used for treating IBS as it is based on personalized approach. Objective of the study is to analyze the effectiveness of homoeopathy in Irritable Bowel Syndrome. Result in my study of 50 cases, 22 cases showed marked improvement, 26 cases showed improvement and 2 cases didn't improve. Most commonly prescribed medicines were Nux vomica, Lycopodium, Arsenic album and Natrum muraticum etc, IBS symptom severity scale was used both before and after the treatment to assess the intensity of changes in the symptom felt by the patient. Conclusion present study showed significant result with marked improvement in 22 cases and improvement in 26 cases. Homeopathic approach in treating irritable bowel syndrome on the basis of individualization and totality of symptom shows remarkable success. Homoeopathy was not only effective in annihilating the disease but also improving the quality of life.

Keywords: Irritable bowel syndrome, Homoeopathy, psychosomatic disorder, IBS symptom severity scale

1. Introduction

Irritable bowel syndrome (IBS) is one of the most common psychosomatic functional disorder of the gut. As a functional gastrointestinal disorder, Irritable Bowel Disorder has no organic cause, though it impacts 10 – 25 % of the population worldwide. Although it is not associated with development of serious disease but it markedly reduces the quality of life and causes discomfort both physically and mentally. The most important clinical features of IBS include abdominal pain, altered bowel habits, gas and flatulence and upper gastrointestinal symptoms such as dyspepsia, heartburn, nausea and vomiting.

IBS has 4 subtypes

IBS-C – which is IBS with predominant constipation

IBS-D – which is IBS with predominant diarrhea

IBS – M – which is mixed IBS i.e. both diarrhea and constipation present.

IBS – U – which is unsubtype IBS i.e. patients meet with IBS diagnostic criteria but cannot be accurately categorized in any of above subtype.

Homoeopathy can be used for treating IBS as it is based on personalized approach . It aims at permanent cure by removing the deficiencies present in the constitution, which is mainly responsible for various ailments . So homoeopathy treats the individual as a whole not just one intestine or bowel symptom.

2. Materials and Methods

Source of Data

The study has been conducted on the patients attending OPD/IPD of Sri Guru Nanak Dev Homoeopathic College and Hospital, Ludhiana

Sample Size

A sample size of 50 cases were selected on the basis of randomized sampling method. Patients of both sexes

between the age group of 15 – 50 years were selected, irrespective of socioeconomic status.

Type of Study

Exploratory study

Inclusion Criteria

Patients of both sexes between the age group of 15 – 50 years were selected, irrespective of any socioeconomic status.

Exclusion Criteria

Those requiring hospital admission and those with multisystem disorder were excluded from the study.

Treatment Method

After proper case taking medicine has been selected following homoeopathic principles. Repetition and change of potency is done according to the instructions given in the organon of medicine. Follow up and assessment of the case was done every 15 days. Diet and regimen was given according to each case and aggravating factors of the patient. Medicine was prescribed on the basis of individualization, symptom similarity, and totality of symptom after proper case taking and repertorization after taking reference from various sources of material medica. Follow up was done on the basis of IBS Symptom severity scale

3. Result

The treatment result showed full improvement in maximum cases, only 4% cases didn't improve. IBS symptom severity scale was used for assessing the improvement in patients. A decrease in 50 points is associated with clinical meaningful improvement. The main symptoms considered for evaluation according to the IBS symptom Severity Scale were the frequency and severity of abdominal pain, the severity of abdominal distention, the satisfaction regarding bowel habits and the effect IBS has with patient's life. In my study of 50 cases, 22 patients showed marked improvement i.e. 44%, 26

patients showed improvement i.e. 52% and 2 patients didn't improve i.e. 4%. Most commonly prescribed medicines were Nux vomica, Lycopodium, Arsenic album and Natrum muraticum. The statistical evaluation of the symptom pre and post treatment was done and it showed significant result in cases after taking homoeopathic remedy.

4. Conclusion

Present study showed significant result with marked improvement in 22 and improvement in 26 cases. Homeopathic approach in treating Irritable Bowel Syndrome on basis of individualization and totality of symptoms shows remarkable success. Homoeopathy is not only effective in treating the disease but also improving the quality of life.

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6. Conflict of Interest

The author declares that there is no conflict of interest

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