



PRO LIFE ERA

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Evidence Based Management of GERD Using Synthesis Repertory : A Case Report

Abstract-Gastroesophageal Reflux Disease (GERD) is a chronic gastrointestinal disorder resulting from the retrograde flow of gastric contents into the oesophagus, producing symptoms such as heartburn, regurgitation, nausea, bloating, chest discomfort, and occasionally respiratory manifestations. The condition is commonly associated with lifestyle factors including unhealthy dietary habits, stress, irregular meal patterns, physical inactivity, and obesity. Conventional treatment approaches, such as proton pump inhibitors and antacids, primarily offer symptomatic relief and may pose limitations with long-term use. Homeopathy provides a holistic and non-invasive therapeutic approach. This article presents a case illustrating the effective use of the Synthesis Repertory in the individualized homeopathic management of GERD.

Key Words-GERD, Synthesis Repertory, FSSG score

Chief Complain-A 36 years old female came with complaints of burning in chest with nausea after dinner, especially after eating fatty or oily food., regurgitation of food after eating, sometimes watery eructation after eating and distention of abdomen after eating heavy food. All these complaints are present on and off for 2 years, take allopathic medicines which give temporary relief.

Physical General-

- Appetite: adequate. 2-3 chapatis/meal
- Thirst: 6-7 glasses/day
- Urine: sometime burning esp. in summer
- Stool: no complaints
- Desire: nothing specific
- Aversion: buttery oily things
- Sleep: sometime disturbed due to heartburn
- Thermal: chilly
- Menstrual Cycle : Regular, 3-4days/26-28 days, moderate flow

Life Space-She was bright in study but

when she was in last semester of college, was convinced by her parents to marry a person much elder than her age and divorced. She is submissive in nature since childhood. She is not happy in marriage and still regret about incomplete education. She feels like her parents ignore her complaints about her marriage life and left her on her own.

•She feels like she is not loved by her parents after her marriage because of her constant complaints.

•She keeps herself occupied in household works to divert thoughts and now has become obsessed about it.

•She is very sensitive to quarrels and doesn't like it all.m •She doesn't oppose other people's wish, tries to keep them happy.

•Feels anxious in crowd.

Mental General-Delusion she is not loved by her parents and left alone on her own

•Aversion to quarrels

•Obsessed about domestic work

•Continuous thoughts in mind

•Doesn't oppose other's wish just not to hurt them, •Feels anxious in crowd

Totality of Symptoms-Delusion she is not loved by her parents and left on her own

•Obsessed about domestic work

•Continuous thoughts in mind

•Aversion to quarrel, •Feels anxious in crowd

•Doesn't oppose other's wish just not to hurt them, •Thirst decreased

•Aversion to buttery oily things

•Burning in chest with nausea after dinner esp. after fatty and oily food

•Regurgitation of food after eating

•Watery eructation after eating

Abdominal distention after eating heavy food

Diagnosis: GERD-•Diagnosis was done using GERD Questionnaire score, •GERDQ score: 13

Prescription-•Pulsatilla 200 1 dose

•SL4 TDS for 15 days

Follow Up-31/1/2025:

case 2	
1. MIND - SERVICE	(12) 1
2. MIND - QUARRELLING - aversion to	(20) 1
3. MIND - CARES, full of - domestic affairs, about	(4) 1
4. MIND - PLEASING - desire to please others	(14) 1
5. MIND - THOUGHTS - persistent	(15) 1
6. MIND - FORSAKEN feeling - believed by his parents, i.	(17) 1
7. MIND - ANXIETY - crowd, in a	(18) 1
8. STOMACH - HEARTBURN - nausea, with	(8) 1
9. STOMACH - HEARTBURN - fat food, after	(9) 1
10. STOMACH - HEARTBURN - supper, after	(5) 1
11. STOMACH - ERUCTATIONS, TYPE OF - food - eat.	(44) 1
12. STOMACH - DISTENSION - eating - after - app.	(60) 1
13. STOMACH - ERUCTATIONS, TYPE OF - fluid	(54) 1
14. STOMACH - THIRST - decreased	(3) 1
15. GENERALS - FOOD and DRINKS - fat - aversion	(115) 1
16. GENERALS - FOOD and DRINKS - oil - aversion	(6) 1

•Little bit better in intensity of heartburn
 •Frequency of regurgitation reduced - now 3-4 days a week, •Better in nauseated feeling
 •Rx - SL4 TDS for 15 days
17/2/2025: •50-60 % relief in heartburn and regurgitation, now 1-2 days in a week
 •Better in nausea, •Better in watery eructation
 •Better in abdominal distension
 •Rx - SL4 TDS for 15 days
6/3/2025: •No further significant improvement from last time, •Rx-Pulsatilla 1M 1 dose/ SL4 TDS for 15 days
22/3/2025: •Much better in heartburn and regurgitation, •No nausea after eating

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•Sour eructation 1-2 times in 15 days
 •Better in abdominal distention after eating
 •Rx - SL4 TDS for 15 days
16/4/2025: •Much better in heartburn and regurgitation, once or twice in 15 days
 •No nauseated feeling and sour eructation
FSSG Score: •Assessment was done using Frequency scale for symptoms of GERD (FSSG), •Before: 19, •After: 5
Conclusion-The presented case of GERD demonstrates the evidence-based effectiveness of individualized homeopathic treatment guided by the Synthesis Repertory. The selected remedy, *Pulsatilla*, provided significant relief. A

marked reduction in FSSG scores from 19 to 5 and steady improvement across follow-ups highlight the holistic and sustainable results of classical homeopathic management. This case underscores the importance of reportorial analysis and individualized approach in chronic lifestyle-related disorders like GERD.

Dr. Palak Parmar, PG Scholar, Department of Case Taking and Repertory, Rajkot Homoeopathic Medical College
Dr. Kashyap Premasawala, M.D. (Hom) Head of the Department of Case Taking and Repertory, Rajkot Homoeopathic Medical College