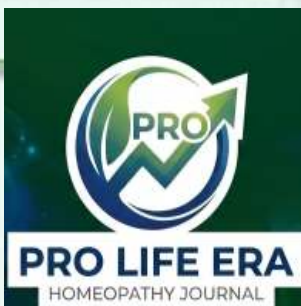




A Mind Body Approach To APD: Using Homeopathic Mental Rubrics to Manage Stress Induced Symptoms

Abstract-Acid peptic disease (APD) is caused by excessive acid secretion or weakened mucosal defence. Stressful & hurried life is one of the contributing factors for its increased cases. Symptoms include epigastric pain, bloating, and nausea. Acid peptic disease can be managed effectively by homeopathic medicine. Homeopathic approach, common remedies and benefits of life style management are discussed in this article.

Keywords-Acid peptic disorder, stress induced APD, Homeopathic medicine, Holistic approach, Diet management, yoga asanas.

Introduction-Acid peptic disorders are the result of distinct, but overlapping pathogenic mechanisms leading to either excessive acid secretions or diminished mucosal defence. (1) Most ulcers occur in the stomach and proximal duodenum while less commonly in the lower oesophagus, the distal duodenum or the jejunum.

Causes & risk factors of APD-Pyloric infection, stress induced, long term use of NSAID, alcohol, smoking, Zollinger-Elison syndrome, Crohn's Disease etc.

Symptoms-Most common presentation is recurrent abdominal pain, with three notable features: -localization to epigastrium, relationship to food & episodic occurrence(9).

Investigations-Complete Blood Count, Endoscopy/ Biopsy, Barium meal, Stool examination.

Homeopathic View-(3)- Hahnemann considered man as a composite being, a multidimensional entity, a unit of life,

consciousness with intelligence and stated, „it is the patient who is sick and not the organs. Considering the psychosomatic relationship in APD, a detailed and careful case taking is necessary, which helps in person diagnosis, disease diagnosis and management of the case, both in general as well as therapeutic planning. Thus, Homeopathy has good vital role in treating APD.

Our master Dr. Hahnemann has given specific diet and mode of living for the patients who are under homeopathic treatment for a chronic disease. This was illustrated detail in his theory of chronic diseases.

Stuart close (12) explained the cause of disease in his “the genius of Homeopathy” states that “emotional causes such as continued anxiety, worry, vexation, wrongs and frequent occurrence of fear and fright in time destroys the corporeal health often to a great degree.

Common Homeopathic Remedies For APD-(7) Stress induced acid peptic disease can be managed effectively by homeopathic medicine.

•**Argentum nitricum**-for symptoms such as anxiety, stress, & abdominal pain

•**Nuxvomica**-heartburns, regurgitation, nausea, & abdominal pain especially after eating

•**Phosphorus**-vomiting as soon water gets warm in the stomach, burning, eructation's

•**Lycopodium**-bloating, flatulence & abdominal pain

•**Arsenicum album**-burning pain in abdomen, nausea and vomiting

•**Carbo vegetabilis**-weak digestion,

flatulence, bloating and many other remedies are their which are chosen on the basis of symptom similarity and individualization.

Mind Rubrics-•Anxiety; Stomach symptoms with (Ars, Bell, Nux-v)

•Irritability; Stomach symptoms with (Bell, Nux-v, Cham)

•Anxiety, eating, after (Arg-n, calc, Nux-v)

•Fear, food, of (Arg-n, Calc, Lyc)

•Anxiety, stomach, about (Arg-n, Nux-v)

•Stress, stomach, Affects (Nux-v, Cham, Coloc)

•Mental exertion, agg.(Nux-v, coloc, Cham)

Stomach Rubric-•Stomach; Pain; burning (Ars, Bell, Bry, Carb-v, Nux-v)

•Stomach; Pain; gnawing (Ars, Bry, Carb-v, Nux-v)

•Stomach; Pain; cramping (Bell, Bry, Coloc, Nux-v)

•Stomach; Ulceration (Ars, Bell, Bry, Kali-bi, Nux-v)

Food And Drink Rubric-•Food and drinks; Coffee; aggravates (Nux-v, Cham)

•Food and drinks; Spicy food; aggravates (Ars, Bell, Bry)

•Food and drinks; Fatty food; aggravates

Modalities-•Worse; Night (Ars, Bell, Bry, Nux-v)

•Worse; After eating (Bry, Carb-v, Nux-v)

•Better; Cold drinks (Ars, Bell, Bry)

Case-A female patient, age 23 years complaining of abdominal pain near umbilical region extending to chest, with vomiting since 1 month

•**Past history**-abdominal pain with heart burns treated with allopathic medicine

•**Family history**- mother is diabetic

•**Menstrual history**-regular

•**Physical generals**-Appetite-reduced

•**Thirst**-drinks little water

•**Desires**-spicy food

Life Space-She is studious and friendly girl, belonging to middle class family she wants to support her family financially so, She has to stop her further studies and start a job, where she was treated badly by her boss and colleague, hence she decided to leave the job. Now she is in search of job but not getting it, while her other friends are working and earning money.

•**Analysis & evaluation**-Patient is sincere in her work, sensitive to rudeness, has taken responsibility on herself in early age and now she is stressed out due to not finding the job, she is also comparing herself with her friends who are doing job. She also don't want to trouble anyone.

Repertorial Totality-

•MIND-anxiety-money matters about

•MIND-Asking nothing for

•MIND-duty too much sense of duty

•MIND-Responsibility taken too seriously

•MIND-speech slow

•Stomach-vomiting drinking immediately Stomach-vomiting accompanying cough

Basis of Prescription-Case was reporterized using synthesis repertory and prescri bed with arsenic album 200 four doses, along with sac. Lac. For one week & advice of diet management and yoga pranayama.

FollowUp-Patient was improved, with no abdominal pain and vomiting, increased appetite, her anxiety levels were also reduced with a positive look out & enthusiasm.

Conclusion-Homeopathic medicine

offers a safe and effective approach to managing stress-induced acid peptic disorder. By addressing the underlying stress and anxiety, homeopathic remedies can help alleviate APD symptoms and promote overall well-being. As per Dr Hahnemann life style improvement, diet management, exercise and yoga can play important role in management of Acid Peptic Disorder.

References-1.Mejia A, Kraft WK. Acid peptic diseases: pharmacological approach to treatment. *Expert Rev Clin Pharmacol*. 2009 May;2(3):295-314

2. Dr. Leena Dighe, Usefulness Of Homeopathic Medicines In Case Of Gastro-oesophageal Reflux, Acid Peptic Disorder, Irritable Bowel Syndrome, A Retrospective Study, NJIRM 2020 VOL 11 May-June

3. Davidson's principles and practice of medicine 23rd edition 2018. Elsevier Publication (799)

4.<https://my.clevelandclinic.org/health/diseases/10350-peptic-ulcer-disease>

5. Devesh Kumar Pandey, Sunil Kumar, Holistic approach of homeopathy in GERD, TJHMS vol. 5 Oct/Dec 2022

6. Close Stuart. The genius of homeopathy lectures and essay son homeopathic philosophy. Reprint ed. New Delhi: B. Jain Publishers; 2008, 2009.

7. H.C. Allen, Allen's Key-notes Rearranged & Classified (10th edition) 2020(43,86,224)

Dr. Sanjogita Patil (MD Part 1)

Dr. S.M. Wagh, Dr. S. Ankushe,

Dr. Suvarna Patil Dept. of Repertory, D.K.M.M.H.M.C Chh. Sambhajinagar sanjogitapatil@gmail.com