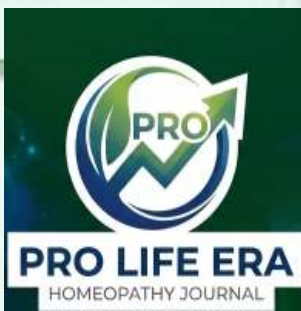




Role of Homoeopathy In Irritable Bowel Syndrome

Abstract-Irritable bowel syndrome or IBS, is an Irritable bowel syndrome (IBS) is a problem that affects the large intestine. It can cause abdominal cramping, bloating, and a change in bowel habits. Some people with the disorder have constipation. Some have diarrhea. Others go back and forth between the two. Although IBS can cause a great deal of discomfort, it does not harm the intestines. Most people diagnosed with IBS can control their symptoms with diet, stress management, probiotics, and with the help of homoeopathic medicine. Observations with respect to age, sex, occupation, remedies were done and efficacy of Homoeopathy was analyzed in these cases. Homoeopathy is useful in treating cases of IBS.

Keywords-Irritable bowel syndrome, Homoeopathy.

Introduction-Irritable bowel syndrome (IBS) is important because of its high prevalence, substantial morbidity, and enormous costs. IBS is characterized by the presence of abdominal discomfort or pain associated with disturbed defecation. Bloating or visible abdominal distension often are present in patients with IBS but are not considered essential symptoms for diagnosis. It's now proposed with subsequent studies that the Rome criteria can be used in clinical practice with success. Homoeopathic treatment is increasingly recognized for its potential to provide symptom relief and improve quality of life in IBS patients, with individualized remedies tailored to address the diverse manifestations of the syndrome.

Causes-The etiopathological causes lies both at central nervous system and enteric nervous system. In some cases it is found of developing IBS after an intestinal infection. It is called post infectious IBS. There are

many triggers factor of IBS which affect the nerves that control sensation or muscle contraction of the intestine.

Triggers for IBS-**Foods**-The foods that triggers the IBS are refined breads, refined foods such as chips, cookies, all sort of junk foods, caffeine, carbonated drinks, alcohol, high protein diets, sometimes milk and dairy products.

•**Stress**-Stress, anxiety, problems at work, problems at home, and financial problems can have a direct effect on IBS. The sign and symptoms of IBS can be aggravated by constant staying in a stressful situation.

•**Drugs**-Some drugs may trigger the symptoms of IBS. Prolonged use of antibiotic, anti depressant drugs, cough syrups containing sorbitols.

Sign and Symptoms-Irritable bowel syndrome (IBS) is manifested with various signs and symptoms like abdominal pain, bloating of gas, sudden urging for bowel clearance, frequent urging for bowel clearance, in some cases constipation problems, sometimes loose motion and constipation alternates each other. It is occurred as a result of irregular rhythmical peristaltic movements.

Pathophysiology-IBS results from disturbances in interactions among intestinal motility, gut sensitivity, immune function, and central nervous system processing. Abnormal neurotransmitter release and low-grade inflammation may also play a role. These changes cause pain, altered bowel movements, and discomfort without structural damage to the gut.

Diagnosis-Diagnosis is mainly clinical based on symptom criteria such as Rome IV: recurrent abdominal pain at least 1 day per week in the last 3 months associated with two or more of the following: related to defecation, associated with stool frequency

change or stool form change. Diagnostic evaluation focuses on excluding other organic diseases:-

Detailed history and physical examination-

•Alarm features assessment (weight loss, bleeding, anemia), •Basic laboratory tests and targeted investigations (colonoscopy, celiac screening) as needed, •Symptom-based diagnostic approach rather than exclusion

Subtypes of IBS-IBS is classified based on predominant bowel habit-

•IBS-C (Constipation), •IBS-D (Diarrhea) •IBS-M (Mixed), •IBS-U (Unclassified)

Homoeopathic Management-

•**Lycopodium clavatum**-This remedy is well-suited to people with IBS & food intolerances, especially onions, oysters, cabbage and beans. The pains are worse in the evening, typically from 4- 8 pm and are relieved by passing wind. The inflamed digestive tract struggles to get enough nutrition from food, so there can be loss of weight with fullness and bloating in the abdomen. The appetite is very changeable and can go from being ravenous to very full after a few mouthfuls.

•**Colocynthis**-This remedy has terrible stomach cramps that are better for doubling up and maybe worse from anger or indignation. The pains are short, sharp & pinching and aggravated after eating, especially fruit. Heat & pressure give some relief to the pains which can extend to the lower back or into the buttocks. It is also a very useful remedy for sciatica and neuralgic pain in general.

•**Nux Vomica**-This remedy suits people who burn the candle at both ends, working hard and playing harder. Eventually, this stressful lifestyle takes it's toll and the digestive system suffers. There are severe

stomach cramps and acid reflux that is aggravated by mental exertion. Hiccough, belching, fullness, and indigestion are worse after coffee, spicy foods, and smoking. There can also be a lot of nausea and feelings of being sea-sick. The remedy is also very useful to treat a hangover.

•**Arsenicum album**-Stomach cramps that are worse after taking cold. This remedy suits people who always feel chilly; so much so that even eating cold food such as ice cream aggravates. There is a great deal of diarrhoea that can come on after drinking whilst moving around makes everything worse. Taking regular sips of a warm drink and lying down to rest relieve.

•**Argentum nitricum**-In this remedy, there is a lot of wind, with very loud and forceful belching or flatulence. There is nausea and indigestion associated with nerves or anxiety, especially when anticipating a stressful event like a job interview or exam.

•**Sulphur**-Stomach cramps aggravated by touch, with burning pains worse in the morning and at night. Appetite is usually increased, especially around 11 am with an 'all-gone' sensation. The stomach feels very heavy straight after eating.

•**Bryonia alba**-A useful remedy in IBS that is aggravated after eating bread and where the thirst is increased. The stomach may feel so heavy that it is like a stone is sitting there. Belching relieves the pain and tastes of undigested food. Tight clothing and walking about also worsen the condition.

Conclusion-Irritable Bowel Syndrome is a common functional gastrointestinal disorder characterized by abdominal pain, bloating, and altered bowel habits such as diarrhea and constipation. While conventional treatments focus on symptom management through dietary changes, medications, and lifestyle modifications,

homeopathy offers an individualized and holistic approach. Homeopathic treatment considers the patient's unique symptom profile and overall constitution, aiming to stimulate the body's natural healing mechanisms.

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