

Original Research

Functional dyspepsia and its homoeopathic approach with therapeutic compendium

¹Gurudev Choubey, ²Charanjeet Singh

¹Research Scholar, ²Principal, Sri Ganganagar Homoeopathic Medical College, Hospital & Research Center, Tania University, Rajasthan, India

ABSTRACT:

The incidence of functional dyspepsia is between 10 to 20 percent, making it one of the most prevalent functional disorders. The digestive system is impacted by this condition. Symptoms of functional dyspepsia are rather prevalent, and they include gastrointestinal reflux, postprandial bloating, and abdominal discomfort. Functional dyspepsia is a typical presenting problem. In addition to standard conventional medicines like proton pump inhibitors and antacid pills, which attempt to control symptoms, naturopathic therapies may equally give symptom relief and concurrently address causes causing functional digestive problems. This is because naturopathic therapies focus on the body's own healing abilities.

Received: 21 December, 2022

Accepted: 24 January, 2023

Corresponding author: Gurudev Choubey, Research Scholar, Sri Ganganagar Homoeopathic Medical College, Hospital & Research Center, Tania University, Rajasthan, India

This article may be cited as: Choubey G, Singh C. Functional dyspepsia and its homoeopathic approach with therapeutic compendium. J Adv Med Dent Scie Res 2023;11(2):81-88.

INTRODUCTION

Functional dyspepsia (FD) [ICD-10 code K30] is a common functional disease that affects up to 20% of the population, and it is believed to originate from the gastro-duodenal region [1]. According to the Rome IV criteria, FD is defined by one or more of the following symptoms: bothersome postprandial fullness, bothersome early satiation, bothersome epigastric pain, and/or bothersome epigastric burning, with no evidence of structural diseases, including the use of an upper endoscopy (if necessary), according to age, past history, or presence of alarm symptoms in the patient [2].

Symptoms must be present for at least 3 days a week during the last 3 months and must be chronic, with an onset of at least 6 months before the diagnosis. Two subgroups of dyspepsia have been identified. Postprandial distress syndrome (PDS) is defined by bothersome postprandial fullness, such as fullness that is severe enough to have an impact on typical activities, and/or bothersome early satiation, such as satiation that is severe enough to prevent the completion of a regular size meal. Epigastric pain syndrome (EPS) is defined by bothersome epigastric pain and/or epigastric burning, which are both severe

enough to have an impact on usual activities [2]. In most patients, there is a temporal relationship between meal ingestion and the occurrence of symptoms during PDS and during EPS, but also symptoms are not necessarily associated with a meal, as pain can be induced or relieved by the ingestion of a meal or may occur during fasting [2].

Individuals with FD suffer significant morbidity and expend significant resources through both direct and indirect costs [3]. Despite periods of remission, patients will usually have continued intermittent symptoms long-term, with approximately 50% consulting a health care provider for their symptoms at some time in their life [4]. Initial management of FD includes reassurance, education, smoking cessation, consumption of several small and low-fat meals each day, and avoidance of coffee, alcohol, and non-steroidal anti-inflammatory agents; however, no evidence exists that these interventions are effective [5]. Other treatment modalities include psychotherapy, cognitive-behavioral therapy, and hypnotherapy; although only a few studies have shown benefit of psychological therapy in FD [6]. Thus, medical treatment options for functional dyspepsia remain limited. In addition, up to 60% of

patients respond to placebo, which further limits tests of pharmaceutical effectiveness in this patient population” [7].

In homoeopathic literature we find references of several medicines which can act well in conditions of deranged digestion. DIGESTION affected: Aethusacynapium, Antimoniumcrudum, Argentum nitricum, Arsenicum album, Bryonia alba, Calcarea carbonica, Cinchona officinalis, Ferrum metallicum, Lycopodium clavatum, Mercurius soubilis, Nux vomica, Oleander, Phosphorus, Pulsatilla nigricans[8].

The Exact diagnostic term Functional Dyspepsia is not mentioned in the Homeopathic literature. The Rubrics pertaining to the indigestion has been present in the homoeopathic repertories which is presented here for ready reference.

**HOMOEOPATHIC APPROACH
REPERTORIAL RUBRICS (KENT'S
REPERTORY) [9]**

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described)**

abrot. ALUM.ambr. anac. Ars.Ars-i.BAR-C.Bar-i.BAR-M.berb. BISM.calad. CALC. calc-ar. CALC-S.Carb-ac.Carb-an.CARB
V.CHEL.CHIN.Coff.Coll.Ferr-p.Graph.HEP.Hom-xyz.HYDR. ign. iod. IP.LAC-D.Lach.LYC.Mag-m.Merc.nat-act. NAT-C.Nat-m.Nux-m.NUX-V.OLND.Op. par. PETR.Ph-ac.ptel. PULS.Sang.Sep.spong. squil. stann. SULPH.Tarent.valer. zing.

**STOMACH-INDIGESTION (Includes Complaints
After Substances Not Otherwise Described) -
morning**

bufo

**STOMACH-INDIGESTION (Includes Complaints
After Substances Not Otherwise Described) -
evening**

ambr. chin.

**STOMACH-INDIGESTION (Includes Complaints
After Substances Not Otherwise Described) - abuse
of drugs, after**

NUX-V.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - bad water, after**

All-s.Ars.Podo.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - cheese, after**

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - coffee, after**

aeth. Cham.cycl. NUX-V.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - cold food, after**
alum. Ph-ac.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - cold weather, from**
Dulc.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - eggs**
chinin-ar. colch. ferr. ferr-m.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - farinaceous food, from**
Caust.Nat-c.NAT-M.Nat-s.Nux-v.Sulph.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - fish, after**
Chinin-ar.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - fruit, after**
act-sp. Chin.Ip.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - grief, after**
IGN.tarent.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - ice cream**
Ars.Carb-v.ip. PULS.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - meat**
Ferr.Ferr-p.Ptel.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - mental exertion, after**
arn. calc. cocc. Lach.NUX-V.Puls.Sulph.verat.

**STOMACH - INDIGESTION (Includes
Complaints After Substances Not Otherwise
Described) - milk, after**
AETH.ambr. Ant-c.Calc.CHIN.IrisMag-c.MAG-M.NIT-AC.Nux-v.SULPH.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - old people
Chinin-s.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - onions,after
LYC.Puls.Thuj.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - pears, after
borx.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - pork, after
CYCL.Ip.PULS.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - potatoes, after
ALUM.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - salt meat, after
act-sp.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - sour food, after
aloe ANT-C.Nux-v.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - vexation, after
CHAM.IP.tarent.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - warm - drinks, after
ambr.

STOMACH - INDIGESTION (Includes Complaints After Substances Not Described) - warm - food, after
am-c.

HOMOEOPATHIC THERAPEUTICS [10]

ABIES NIGRA

Total loss of appetite in the morning, craving for food at noon, and exceedingly hungry and wakeful at night; pain after a hearty meal, but abstinence from any particular food does not relieve the dyspepsia; belching and acid eructations, frequent vomiting; sensation as if some indigestible substance had stuck in the cardiac end of the stomach; continual distressing constriction just above the pit of stomach,

as if everything were knotted up, or as if a hard lump of undigested food remained there, aggr. whenever his vital energy is below par; hypochondriasis; constipation.

ABROTANUM

Chlorosis Disturbed digestion; weak, sinking feeling in bowels; food passes undigested; distended abdomen; great weakness and prostration; gnawing hunger, craves bread boiled in milk.

ALLIUM SATIVUM

Long-standing dyspepsia, especially in old fleshy people whose bowels are disturbed by the slightest deviation from the regular diet; copious flow of saliva after eating; belching or heartburn after every change of diet; weight in epigastrium immediately after a meal; cough, which seems to come from the stomach; dry cough after eating; gluttony, complaints of those who eat to excess; pressure as from a stone in stomach, amel. by bending and pressure with hands.

ALUMINA

Dryness, hence deficiency of gastric juice in stomach; irregular or excessive appetite; derangement of stomach and oesophagus, so that even small portions of food are swallowed with difficulty; tingling itching at tongue, loss of taste, heartburn; potatoes disagree; acrid, salty taste of all food; saliva salty, mouth feels dry; aversion to meat and craving for indigestible things; chronic indurated engorgement of glands; stubborn constipation from inertia and dryness of rectum; pruritus ani.

AMBRA GRISEA

Sour eructations; aching in a small spot on right side of abdomen, in hepatic region; sensation as of a spoiled stomach and regurgitation of acid substances, as high up as the larynx, like heartburn; distention of stomach after every meal; incarcerated flatus; flatulent colic after midnight; frequent tenesmus, but no stool, with considerable anxiety; wants nobody around her, she must lie down on account of giddiness and sensation of weakness of stomach, aggr. from warm drinks, especially warm milk; uneasy sleep, must get up; mental worry

AMMONIUM MURIATICUM

Lymphatic subjects without energy; all mucous secretions increased and retained; bitter eructations, thirst for acids; regurgitation of food, hawking up of sour mucus; nausea after a meal; heat and fulness in stomach; epigastric pain sets in immediately after eating; heaviness of liver, bloatedness of abdomen; stools soft, glairy, or hard followed by tenesmus, and always covered with mucus; burning and smarting of anus after every stool; lassitude increased by the least exercise; no sleep after 3 A.M.; constipation alternating with diarrhoea.

ANACARDIUM ORIENTALE

Flatulent dyspepsia Prostration of nervous system and functional languor of stomach, often from excessive mental labor, exhaustion of nerve force, hence constant desire to eat, which gives ease momentarily, but the hunger is never assuaged, and pain and distress may be again relieved by eating; he has to get up at night to eat something; flatulence from emptiness; tasteless or sour eructations.

ANTIMONIUM CRUDUM

Overloading the stomach and gastric derangement in children, women and old people; thickly coated white tongue, with anorexia, slow digestion and foetid eructations, often followed by diarrhoea, particularly after acid wines or new beer; habitual sensation in stomach as if overloaded, excessive crossness, even hypochondriasis with suicidal tendencies; dryness of mouth with great thirst, aggr. at night; constipation alternating with diarrhoea; helminthiasis; caused by overeating, hot weather, bathing, during measles; metastasis of gout and rheumatism.

ARGENTUM NITRICUM

Nervous dyspepsia; sharp stinging pains soon after taking food, with copious tasteless eructations; the stomach seems as if it would burst with wind, with great desire to belch, which is accomplished with difficulty, when the air rushes out with great violence, or vomiting of stringy, glairy mucus; after taking any fluid, it appears as if it were running straight through the intestinal canal, without stopping; loud rumbling in bowels; time seems to pass very slowly; moral and nervous disturbance, especially after dinner; aggr. from anything cold, from candy, sugar, or sweetmeats; child cries with pain during eructation.

ARSENICUM ALBUM

Dyspepsia, with heartburn, and belching up of acid burning fluid, which seems to excoriate the throat; red and irritated tongue, which feels heated and rough to patient, as if scalded; burning heat in stomach and abdomen; epigastric swelling, with painfulness to pressure and even to contact; sensation as if stomach were full of water; nausea, vomiting, and diarrhoea especially after drinking cold or acidulated water; relief from hot drinks; sensation of emptiness in stomach, so that he wants food, and still does not feel like eating when set before him; disgust for animal food; sensation of faintness, excessive sudden weakness, cold extremities, cold skin.

BARYTA CARBONICA

Nausea early in the morning; sourish eructations daily a few hours after dinner; pain and pressure at the stomach as from a stone, relieved by eructations; even when fasting a soreness is felt at the stomach; gnawing pains in stomach not aggravated by pressure; the passage of food into the stomach is painful, as if it passed over a sore spot; sensation of weakness in

stomach, disappearing after eating.

BELLADONNA

Face flushed or very pale; eyes red; putrid taste in fauces, also while eating and drinking, although food tastes natural; nausea in throat; painless throbbing and beating in pit of stomach; feeling of emptiness in stomach, hard pressure in stomach after eating.

BRYONIA ALBA

Dyspeptic ailments during summer heat, especially moist heat; acute, recent cases, caused by high living, or where fruits produce painful bloating of stomach; dry mouth and throat; yellow coat on tongue; aphthae; empty or bitter belching; everything tastes bitter, hence desire for stimulants; great sensitiveness of epigastrium to touch; pressure of clothing produces pain, but not always oppression of breathing; nausea and faintness on rising from a recumbent position; distention in intestines rather than in stomach; after a meal, sensation of fulness in stomach or as if a stone lay there, aggr. moving; waterbrash; icteric tint of the skin and eyes; congestive headaches; obstinate constipation, differing from Nux by the absence of desire, without result; intolerance of vegetable food, aggr. in summer.

CALCAREACARBONICA

Chronic dyspepsia, with sensation of pressure and contraction, worse during night and after sleeping; strumous dyspepsia, with its difficulty of assimilating fats; disgust and repugnance for meat and to warm or cooked food, desire for cold victuals; no appetite, continual thirst, thirst at night for cold water, but it disagrees; taste acid, bitter or putrid; tongue covered with a thick whitish-yellow coating; salivation, which eases stomach; after a meal general heat, palpitation of heart, fulness and bloatedness of stomach, which is sensitive to touch.

CARBO VEGETABILIS

Patient physically below par; dyspepsia after abuse of mercury, or from too high living; excessive flatulency with tendency to diarrhoea; dyspeptic sufferings come on most severely after breakfast; sensation as if he would burst open after eating or drinking; nausea every morning from 10 until 11; gastric troubles after drinking wine or ardent spirits to excess; sensation of trembling and weight in the stomach; the thought of taking food causes nausea and disgust; violent spasmodic contraction in epigastric region, better by eructations, which are rancid, sour or putrid, and flatus per anus offensive, moist and burning, worse in warm sultry weather.

CHAMOMILLA

Great thirst, with dry red tongue; bitterness of mouth, with rising of bile and acrid eructations aggravating all pains; fulness after a meal, and afterwards nausea, vomiting of bitter green masses; heat and pain in

head, red face; sensation of burning in eyes; agitated sleep, with great irritation; bloated abdomen, colic, with green diarrhoeic stools; embarrassed respiration.

CHELIDONIUM MAJUS

Tongue dry and white, sometimes streaky, of narrow and pointed shape; great longing for wine, which does not cause congestion or heat in head as formerly; aching gnawing pain in stomach, with a sense of constriction, aggravated by pressure, but relieved by eating or during the early hours of digestion; great desire for milk, which when in health caused flatus, now ameliorates all her symptoms when drinking it; preference for hot drinks and for hot food; gurgling in abdomen, colic, retraction of navel, with nausea; incisive intestinal pains; constipation; icterus; morose disposition; constant pain under lower inner angle of right scapula, extending up into chest and down to liver.

CHINA OFFICINALIS

Dyspepsia from loss of animal fluids, from noxious miasmata; face pale or sallow, tongue foul, white or yellow; continual sensation of satiety, of coldness in stomach, and desire for pungent, spiced, sour, refreshing things, for coffee-beans and for stimulants; extreme slowness of digestion; pressure and cramps of stomach after eating; malaise, drowsiness, fullness, distention; eructations, tasting after the food, and even vomiting the ingesta; desire to lie down; sense of sinking at the epigastrium, relieved by eating, but speedily returning; aggravation from farinaceous food; obstructed respiration; liquid lienteric stools immediately after eating; urine dark-colored and heavy; sleep frequently disturbed; ill-humor and indisposition to do anything; fruits induce diarrhoea with abdominal fermentation, but little or no relief from belching;

COLCHICUM AUTUMNALE

Appetite for different things, but as soon as he sees them or still more smells them, he shudders from nausea and is unable to eat anything (Cocc., extreme aversion to food, even the smell of food nauseates, although feeling hungry); the smell of fish, eggs or fat meat makes him faint; frequent copious eructations of tasteless gas; on assuming an upright position qualmishness in stomach and inclination to vomit; violent retching, followed by copious and forcible vomiting of food and then of bile, renewed by every motion; burning sensation in stomach more frequently than an icy coldness, accompanied by great pains and debility.

DIOSCOREAVILLOSA

Pain and spasm arise from the umbilical region and radiate all over abdomen, extending into stomach, pelvic organs and even extremities; sharp cramping pains in pit of stomach, followed by raising, belching and gulping enormous quantities of tasteless wind,

followed by hiccough and discharge of flatus downward, with sensation as if both temples were in a vise; must unfasten clothing; dull, heavy, weary pain in stomach, worse after eating, relieved by copious eructations of air; burning-jerking pains in stomach, with faintness; haemorrhoids.

GRAPHITES

Salty, sour, foul taste in mouth; aversion to food, especially to meat and salt food; unpleasant sensations before eating; during a meal immediate unpleasant effects, especially abdominal distension, borborygmi; after eating burning, sticking, cramps, singultus, nausea, must loosen the clothing; rotten odor from mouth and gums, especially after rising, lessened by washing out the mouth; canine hunger with acidity of stomach or none with fullness of stomach; sweet things are disgusting and nauseous; hot things disagree; rancid heartburn, particularly after eating; excessive discharge of foul flatus downward; obstinate constipation with very hard stools, expelled only after great efforts, or pappy, half-digested, brown stool of a most atrocious odor; large protruding haemorrhoidal tumors; suffocative spells arousing from sleep, must jump out of bed and eat something.

IPECACUANHA

Gastric symptoms from and after indulgence in rich mixed food, as pastry, pork, fruits, sweets, ice-cream; bursting headache with deathly nausea, tongue clean or only slightly coated; stools green, yellow, liquid and covered with mucus and blood; stomach feels relaxed, as if anging down; attacks of clutching pains, going from left to right, as from a hand, each finger seemingly pressing sharply into intestines, amel. during rest, aggr. from motion.

KALIUM BICHROMICUM

Alternation of gastric catarrh with rheumatism; supra-orbital neuralgia induced by gastric derangement; obscuration of sight followed by headache, aggr. from light or noise, blindness diminishing as the headache increases; patient unable to digest any starchy food; immediately during or after a meal sensation as if digestion were impeded and the food rested in stomach like a heavy weight (not a pain); patient wakes at night with great uneasiness in stomach and soreness and tenderness in a small spot to the left of the xiphoid process. Chronic effects of excessive indulgence in beer and ale.

KALIUM CARBONICUM

Dyspepsia of aged persons rather inclined to obesity, or after great loss of vitality; repugnance to all food; constant chilliness, cold hands and feet; no perspiration however great the heat is; face pale, eyes sunken, oedema of upper eyelid, dryness of mouth, dull taste, tongue yellowish-white; lips dry, thirst; great desire for sugar and sweets, for acids; aversion to rye bread; epigastrium swollen, hard, sensitive to

touch; painful sensation of emptiness in stomach, and, after eating ever so little, great feeling of fullness and pressure, which soon gives way to a sensation of goneness accompanied by bloatedness and eructations, especially after soup and coffee; sleepiness or restless sleep after 3 A. M.; great irritability and sadness.

KALIUM MURIATICUM

Violent hunger between regular periods of eating, amel. after drinking water; white or grayish coating of tongue; pain or heavy feeling in hepatic region; fatty food disagrees; portal congestion; gagging and gulping up white mucus; vomiting of slime or blood.

LYCOPodium CLAVATUM

Atonic dyspepsia of weakly persons; intestinal flatulent dyspepsia (Carb v, gastric), from heavy farinaceous food, from fresh vegetables or leguminosa. Constant sleepiness, but sleep does not refresh; desire for food (which has its natural flavor) from a sensation of weakness in stomach but appetite is quickly satisfied on account of pressure on the stomach, as soon as he begins to eat; sour taste, and in the morning bitter taste; epigastric pain not increased by external pressure, eructations relieve the sense of repletion, but not the feeling of illness; empty and sour eructations, with sour taste of everything, even sweets, aggr. from cold drinks, amel. from warm drinks, as hot as mouth and throat can bear them; incarcerated flatus, causing bloating and distention and asthmatic symptoms, with pains shooting across from right to left, aggr. 4 to 8 P. M.

MERCURIUS SOLUBILIS

Foul, sweetish or bitter taste, especially early in the morning; loss of appetite, or voracious, with speedy repletion after eating; aversion to solid food, meat, warm food, with desire for refreshing things, milk, cold drinks, wine or brandy; peculiar deadly faintness caused by pressure in epigastrium; eructations, heartburn, nausea, desire to vomit; painful sensitiveness, fullness, pressure, tension in gastric region; flatulence; constipation, often with ineffectual urging to stool and tenesmus; sadness, hypochondriasis, suspicious and vehement mood, patient cannot lie on right side.

NATRIUM CARBONICUM

Hypochondriasis during digestion; dyspepsia amel. by eating soda biscuits; tongue red, mucous surface smooth and shining; burning pain and tension from pit of stomach through to between scapulae; sense of contraction of the pit of stomach, often with colicky pain soon after eating, with mucous relaxation of the bowels; sour eructations, waterbrash, retching in the morning with spasmodic contraction of both oesophagus and stomach, with nothing coming up, but copious salivation

NATRIUM MURIATICUM

Disgust for food, especially for what he formerly preferred; only fluids can be swallowed, solids reach a certain point and are then violently ejected; sensation as of a foreign body sticking in cardiac orifice; distress in pit of stomach, better by tightening clothing; feeling of great hunger, as if the stomach were empty, but no desire for food and, if taken, has no taste.

NATRIUM SULPHURICUM

Thick, tenacious white mucus constantly in the mouth, welling up from the stomach; belching up mucus which is always foul and slimy; distention of and weight in the stomach with vomiting of bitter or sour mucus; great flatulence and cutting pains in abdomen, cannot bear clothing tight around waist; burning pinching in stomach and bowels, difficult breathing evening in bed; cough with all-gone, empty sensation in chest; no urging to stool, but difficult expulsion even of a soft stool; aggr. in protracted damp, cloudy weather; diarrhoea every morning, after rising and moving about, accompanied by discharge of much foetid flatus.

NUX VOMICA

Atony of the ganglionic system of nerves; first half of tongue is nearly clean, sometimes red and shining, but the posterior half is coated with a deep fur; food and drink have their normal taste, but immediately after eating ever so little fullness and swelling of epigastrium, which is sensitive to pressure; pyrosis, acid eructations, borborygmi, squeezing around the waist, lassitude, nausea, with or without vomiting; head dull and painful, confusion of ideas; after a meal, pain in epigastrium, with sensation as if he had stones in stomach, pain limited to small spot; vomiting of food and bile; vomiting of glairy mucus

PHOSPHORUS

Rumination; acute and chronic dyspepsia; great weakness; cardiac anguish at night with nausea and a peculiar craving for food, relieved by eating; very weak, empty, gone feeling felt in the whole abdominal cavity, often accompanied by a sensation of heat in back between shoulder-blades; burning in stomach, with desire for very cold water which relieves momentarily, but is soon thrown up again as it gets warm in the stomach; dryness of throat at night, it fairly glistens; desire for cold food and drink, ice-cream; aversion to sweets and to meat; regurgitation of food by mouthfuls, without nausea; food scarcely swallowed comes up again from spasm of oesophagus at cardiac end; tympanitis, especially in caecum and colon transversum

PODOPHYLLUM PELTATUM

Changeable appetite; avidity for acids; putrid taste, foul breath, dryness of mouth and throat, tongue dry and white; after eating, pyrosis, sour eructations,

regurgitation of food and vomiting, followed immediately by great desire for food; constipation, with headache, fulness of head; prolapsus recti after every effort of defaecation; morning diarrhoea, and then no more stool during the day; after the stools extreme weakness; colic before the stools; abdominal pains, relieved by pressure; physical and moral depression.

PSORINUM

Flat, sticky taste, the whole dinner tastes oily; tough mucus in mouth of a foul nauseous taste, the teeth stick together as if glued; good appetite, but easily satisfied; thirst, especially for beer, mouth feels so dry; perfect disgust for pork; rancid eructations or tasting like rotten eggs; constant nausea during day, with inclination to vomit; vomiting of sour mucus in the morning, before eating; stitching pain in pit of stomach; cutting pains in intestines; when lying down waterbrash, removed by getting up; colic removed by eating; involuntary stools at night, with much flatulency; perfect aversion to an embrace.

PULSATILLA PRATENSIS

Slow digestion, food vomited may be that eaten even several days before, taste of food remaining in the mouth long after eating; food tastes as if too salty, pasty or of spoiled meat, with accumulation of thick mucus in mouth; bitter taste while eating or drinking or only after swallowing food or drink; bitter or sour eructations, with sour, salty or bilious vomiting; sensation like a stone in stomach, with difficulty of breathing, especially after a meal or early on awaking; no thirst, aggr. from cold water; heartburn, more rarely waterbrash; frequent hiccough; feeling of tightness after a meal, and flatulence, amel. by loosening clothing; bread disagrees

SILICEA TERRA

Canine hunger, with nervous, irritable persons; averse to warm, cooked food, desires only cold things, disgust for meat; small quantities of wine cause ebullitions and thirst; loud, uncontrollable, sour eructations; nausea, with violent palpitations of heart; intense heartburn, sensation of a load in epigastrium, burning or throbbing in pit of stomach; morning nausea and vomiting of viscous matter; after eating, bitter taste, pressure in stomach as from a stone; flow of water in mouth; constipation, hard stools, difficult to discharge and crumbling during defaecation. Habitual foot-sweat.

SULPHUR

Sinking, empty, exhausted feeling at all times without the slightest desire for food; hot flushes to face and head; frequent fainting spells; heat on vertex, with a weight as of a ton on forehead and occiput; feet icy cold. Feeling of repletion after partaking of but a small quantity of food; disagreeable taste when first waking up in the morning; pain of pressure and

heaviness in stomach after eating; suffocation, eructations, nausea, vomiting of food early in the morning—the dyspepsia of drunkards; regurgitation of food; swelling of epigastrium and abdomen; pyrosis, abundant secretion of limpid saliva; patient cannot digest farinaceous food, vomits milk at once; unusual hunger, with sunken and exhausted feeling at epigastrium, about 11 A. Mpsoric diathesis; gastric ailments from repercussion of acute (erysipelas) or chronic eruptions

TABACUM

Cardiac dyspepsia; abuse of tobacco causes dry skin; capricious appetite or none; constant desire for liquors; dull gray complexion, emaciation, hectic fever; nausea and vomiting on least motion; sticking in pit of stomach through to back; deathly nausea, with pallor, coldness; body cold, abdomen hot; paroxysms of suffocation; palpitations, intermittent beats of the heart; vertigo; irritability; great timidity; paralysis of rectum and bladder; extreme weakness of collapse.

THUJA OCCIDENTALIS

Food tastes as if it were not salt enough; bread tastes dry and bitter; in the morning taste of rotten eggs in the mouth; constant eructations when eating; fatty vomiting; the fluid he drinks falls audibly into the stomach; pit of stomach sensitive to pressure, a drawing inward of the epigastrium; soreness of the umbilicus; flatulence as if an animal were crying in abdomen; motions in abdomen as if it contained something alive.

VERATRUM ALBUM

Craves fruit, juicy food, or salt food; thirst for the coldest drinks, aversion to warm things; flat, sweetish or putrid taste in mouth; bitter eructations; heaviness after hot drinks; nausea, with sensation of fainting; violent vomiting; gastric catarrh; intestinal catarrh, especially in summer at night, with vomiting and purging, vomiting of froth, followed by vomiting of a yellow-green, sour-smelling mucus.

ZINCUMMETALLICUM

Sweetish, metallic taste, dryness of throat; aching in pit of stomach, not much increased by pressure; terrible heartburn after taking sweets; much nausea, vomiting and fidgety feet; as soon as the first spoonful of food reaches the stomach it is ejected; great greediness when eating; cannot eat fast enough from canine hunger, sensation as if food lodged in oesophagus; eructations with pressure at the middle of the spine; subdued nausea with tremulous feeling; aggravated from melons, from acids or wine.

HOMOEOPATHIC PHILOSOPHY

The desire of the patient affected by an acute disease with regard to food and drink is certainly chiefly for things that give palliative relief; they are, however,

not strictly speaking of a medicinal character, and merely supply a sort of want. The slight hindrances that the gratification of this desire, within **moderate bounds**, could oppose to the radical removal of the disease will be amply counteracted and overcome by the power of the homoeopathically suited medicine and the vital force set free by it, as also by the refreshment that follows from taking what has been so ardently longed for. In like manner, in acute diseases the temperature of the room and the heat or coolness of the bed-coverings must also be arranged entirely in conformity with the patients' wish. He must be kept free from all over-exertion of mind and exciting emotions. (§ 263, 5th and 6th edition, Organon of Medicine) [11]

MIASMATIC ANALYSIS

Psora: Abdomen feels full after eating, often accompanied by a feeling of fullness or distension. The pains are often found in children and are apt to be worse in the morning. Empty, gone sensations, often soon after eating. Stuffy full feeling preventing patient from eating normal amount of food. All pains better from heat and often by gentle pressure.

Sycosis: The sycotic colic is better doubling up, by motion or hard pressure. The simplest form of food produces colic and pain in abdomen or throughout the intestinal tract.

Syphilitic: IBS where pus and mucus in the stool predominate. Complaints usually aggravate at night.

Pseudo-psora: Haemorrhagic disorders; early morning diarrhoeas, constipation alternating with diarrhoea. IBS where blood predominates. [12, 13]

REFERENCES

1. Ford AC. Aetiopathogenesis of functional dyspepsia. *Gut*. 2015;64:1182–3. doi: 10.1136/gutjnl-2014-308959
2. Stanghellini V, Chan FKL, Hasler WL, et al. Gastrointestinal Disorders. *Gastroenterology*. 2016; 150:1380–92. doi:10.1053/j.gastro.2016.02.011

3. Harmon RC, Peura DA. Evaluation and management of dyspepsia. *Ther Adv Gastroenterol*. 2010;3(2):87-98.
4. Koloski, NA, Talley NJ, Boyce PM. Predictors of health care seeking for irritable bowel syndrome and non-ulcer dyspepsia: a critical review of the literature on symptom and psychosocial factors. *Am J Gastroenterol*. 2001;96:1340-9.
5. Talley NJ, Weaver AL, Zinsmeister AR. Smoking, alcohol, and non-steroidal anti-inflammatory drugs in outpatients with functional dyspepsia and among dyspepsia subgroups. *Am J Gastroenterol*. 1994;89:524-8.
6. Calvert EL, Houghton LA, Cooper P, et al. Long-term improvement in functional dyspepsia using hypnotherapy. *Gastroenterology*. 2002;123:1778-85.
7. Veldhuyzen van Zanten SJ, Cleary C, Talley NJ, et al. Drug treatment of functional dyspepsia: a systematic analysis of trial methodology with recommendations for design of future trials. *Am J Gastroenterol*. 1996;91:660-73.
8. Phatak SR. A concise repertory of homoeopathic medicine. 4th ed. New Delhi: B. Jain Publishers (P) Ltd; 2007.p.96.
9. Kent JT. Repertory of the Homoeopathic Materia Medica. 4th ed., Calcutta: Economic Homoeo Pharmacy; 1982.
10. Lilienthal S. Homoeopathic Therapeutics. Reprint ed., New Delhi: B. Jain Publishers (P) Ltd.; 2003.
11. Singh M, Singh S. First Corrected, re-translated & redacted edition of Organon of Medicine with word meanings below each aphorisms 6th & 5th editions by Samuel Hahnemann. 2nd ed. Kolkata: Homoeopathic Publications; 2015.
12. Banerjee SK. Miasmatic Prescribing – Its Philosophy, Diagnostic Classification, Clinical Tips, Miasmatic Repertory, Miasmatic Weightage of Medicines and Case Illustrations. 2nd Extended Indian ed., New Delhi: B. Jain Publishers (P) Ltd.; 2010.
13. Speight P. A comparison of the chronic miasms. Kent Cottage, Sussex