

Healing Peptic Ulcers with Homoeopathy: Natural Approach to Gastrointestinal Wellness

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Abstract—The peptic ulcers are one of the very common psychosomatic disorders of gastrointestinal tract. The Peptic ulcers are multiple erosions due to disruption of the mucosal barrier of the gastrointestinal tract. Peptic ulcers are a common gastrointestinal disorder characterised by ulcerative changes in the lining of the stomach or duodenum, leading to abdominal pain, bleeding, and other complications. This article provides an overview of peptic ulcers, including their causes, risk factors, classification, pathophysiology, clinical features, diagnosis, and treatment options and homoeopathic approach. We discuss the role of *Helicobacter pylori* infection, non-steroidal anti-inflammatory drugs (NSAIDs), and lifestyle factors in the development of peptic ulcers. We also examine the various diagnostic tests and treatment strategies including medications, endoscopic interventions, and surgical options. Additionally, we highlight the importance of Homeopathy in managing peptic ulcers. By understanding the complexities of peptic ulcers, healthcare providers and patients can work together to develop effective treatment plans and improve outcomes.

Index Terms—Peptic ulcer, Homoeopathy, Natural remedies, Gastrointestinal health, Stomach ulcers, Duodenal ulcers, Digestive disorders, Ulcerative disorder

I. INTRODUCTION

Peptic ulcers are areas of degeneration and necrosis gastrointestinal mucosa exposed to acid-peptic secretions. Though they can occur at any level of the alimentary tract that is exposed to HCL and pepsin. They occur most commonly either in the first part of duodenum or stomach. Each of two main types may be acute or chronic. The prevalence of the peptic ulcer disease is decreasing in western countries because of widespread use of *Helicobacter pylori* eradication

therapy. The prevalence of peptic ulcers remains high in developing countries. This article focuses on the causative factors, types, complications and homoeopathic approach to the patient of the peptic ulcer. The people who get the modern medicine treatment for the peptic ulcer but it cannot give permanent cure. It gives temporary relief to the patient and it may trigger anytime in the later life of the patient.

II. AETIOLOGY

Chronic stress can trigger the development of peptic ulcers by disrupting the body's natural digestive processes. When stressed, the brain releases corticosteroids and adrenaline, which slow digestion and increase stomach acid production. This acidic environment erodes the stomach lining, making it vulnerable to ulcers. Additionally, stress can lead to poor eating habits, smoking, and alcohol consumption, further exacerbating digestive issues. As stress weakens the immune system, the stomach's natural defences against harmful bacteria like *H. pylori* are compromised, increasing the risk of ulceration. Prolonged stress, therefore, becomes a significant risk factor for peptic ulcer development.

Psychological stress can increase the risk of developing peptic ulcers. So, the peptic ulcer is a common psychosomatic disorder because of the psychological stress. Some conditions of physiological stress such as shock, severe trauma, septicaemia, extensive burns, intracranial lesions, drug intake (steroids), excess consumption of local irritants - alcohol, smoking, coffee can lead to development of the peptic ulcer. The most common infectious cause of

peptic ulcer is *Helicobacter pylori* infection. People using non-steroidal anti-inflammatory drugs (NSAID) for prolonged duration are at risk of developing peptic ulcer. The important cause of peptic ulcer is excess of acid-peptic secretions. Patients having gastritis are predisposed to have peptic ulcer. Some nutritional deficiencies may contribute as a risk factor of the peptic ulcer. Some genetic factors are also important in peptic ulcer, people having blood group O are more prone to develop duodenal ulcer.

III. CLASSIFICATION

On the basis of site of peptic ulcer main 2 types.i.e. gastric ulcer and duodenal ulcer.

In general, the wall of the gastrointestinal tract is formed by four layers which are as follows: mucus layer, submucosal layer, muscular layer, serous layer from inside out. The mucus is mucoprotein, secreted by mucous neck cells of gastric glands and surface mucous cells in the fundus, body and other parts of the stomach. It protects the stomach wall from irritation by virtue of high viscosity. It prevents the digestive action of pepsin on the wall of the stomach. It protects the gastric mucosa from hydrochloric acid of gastric juice. Ulcer means erosion of the surface of any organ due to shedding or sloughing of the inflamed necrotic tissue that lines the organ. Peptic ulcer found in the stomach is called gastric ulcer and peptic ulcer found in duodenum is called duodenal ulcer.

1. Gastric Ulcer -

The stomach is the hollow organ which is situated just below the diaphragm on the left side in the abdominal cavity. The volume of the empty stomach is 50ml. The stomach can expand in the normal condition. There are main four parts of the human stomach: cardiac region, fundus, body and pyloric region. Some important factors such as hyperacidity, less mucin content, long term use of NSAIDs, and *H.pylori* infection may trigger the gastric ulcer. Formation of the peptic ulcer in the stomach wall is termed as gastric ulcer. The male to female ratio for gastric ulcers is 2:1. The chronic gastric ulcers are usually single and 90% chronic gastric ulcers are situated on a lesser curve within the antrum.

2. Duodenal Ulcer -

The proximal part of the small intestine is termed as duodenum. Duodenum starts at the end of the pylorus of the stomach. The intestinal mucosa is also termed

as succus entericus. Mucus present in the succus entericus protects the intestinal wall from acid chyme which enters the intestine from the stomach. So, it can be said that the succus entericus prevents the intestinal ulcer. Any abnormality or lack of mucus in the duodenum can cause the peptic ulcer. The Peptic ulcer in the duodenum is termed as duodenal ulcer. The male to female ratio of development of duodenal ratio varies from 5:1 to 2:1. It's common for chronic duodenal ulcers to develop in the first part of the duodenum, with half of them occurring on the anterior wall. Interestingly, about 1 in 10 patients will have both gastric and duodenal ulcers simultaneously, and around 10-15% of patients will have multiple peptic ulcers present at the same time.

IV. HOMOEOPATHIC MANAGEMENT

Homeopathy offers a holistic, natural, and patient-centric approach to healthcare. Its key principles include the Law of Similars ("like cures like") and the Law of Minimum Dose. Homeopathy provides effective relief from chronic conditions, enhances overall well-being, increases vitality, and strengthens immune function. With a focus on individualised care, homeopathy empowers patients through education and compassionate listening. Its gentle, non-invasive remedies minimise side effects, making it suitable for all ages. By integrating conventional and alternative approaches, homeopathy fosters optimal wellness, promoting long-term relationships and transformative health outcomes. Its unique approach makes homeopathy an invaluable asset in healthcare. Homeopathy effectively addresses peptic ulcers as a psychosomatic disease, targeting underlying emotional and physical triggers. Treatment protocols involve individualised remedies, dietary modifications, and stress management. Homeopathy complements conventional treatment, reducing medication dependence and complications. By addressing the mind-body connection, homeopathy offers a holistic approach to managing peptic ulcers, promoting lasting recovery and well-being.

1. Kali Bichromicum - The kali Bichromicum is one of the most useful remedies for the treatment of peptic ulcer. This remedy specially acts on the mucous membrane of stomach and bowels. Indicated medicine where gastric complaints and rheumatism alternates.sensation of load in stomach immediately

after eating. It is the indicated medicine especially for round ulcers of the stomach. Patient feels as if the digestion has been stopped. Nausea and vomiting of bright yellow water. Indicated medicine for gastritis and round ulcers of the stomach. Gastric symptoms are relieved by eating.

2. Nux vomica - Nux vomica is a wonderful medicine for the peptic ulcer. Medicine for the very irritable patients who are sensitive to all the impressions. Patients having mental stress and the sedentary lifestyle who are in the habit of taking stimulants desire for the fat and tolerates them well. This medicine is indicated for dyspepsia after coffee drinking. There is a nauseating feeling in the morning after eating. Sensation of weight and pain in the stomach. Patient is having ravenous hunger one day before the attack of the dyspepsia. The stomach region is very much sensitive to pressure. Flatulence for several hours after eating. Patient wants to vomit but can't.

3. Sulphur - As sulphur is one of the great anti psoric medicine. It is indicated where the initial stage of peptic ulcer is present. Sulphur is a useful remedy for the peptic ulcer. Medicine for the complaints that are frequently relapsing, patient having a complete loss of appetite, patient disagrees with the milk. Medicine for the great acidity. Putrid Eructations. Burning is painful and feels pressure on the stomach. Very Weak empty faint feeling in the stomach at 11 am abdomen is very sensitive to pressure.

4. Bismuth - The bismuth is one of the important remedies for the treatment of peptic ulcer. The bismuth is the medicine indicated where there is irritation and inflammation of the alimentary canal. The water is vomited out as soon as it reaches the stomach. Patient feels great burning pain in the stomach and sensation of load is present. Indicated medicine when a patient is suffering from gastralgia and gastritis. Tongue is white coated. Patient feels severe pain in stomach so must bend backwards. Slow digestion with the foetid Eructations. Gastralgia pain from stomach through to the spine. Better by cold drinks.

5. Nitric Acid - The Nitric Acid remedy is indicated when the patients experiences severe burning pain in the stomach, accompanied by a sensation of weight or heaviness. Vomiting occurs immediately after consuming water. A white-coated tongue is a noticeable symptom. Digestion is slow, leading to

foetid eructations (belching). Gastralgia pain radiates from the stomach to the spine. The pain is so intense that it forces the patient to bend backwards.

6. Robinia - The Robinia remedy suited to the patient who suffers from burning stomach pain radiating to the chest, worsened at night and temporarily relieved by eating. Symptoms include vomiting sour/bitter fluid, nausea, retching, abdominal bloating, and irregular bowel movements (diarrhoea or constipation).

7. Lycopodium Clavatum - The Lycopodium remedy indicated when the patients experience gastric pain that is worse at night and between 4-8 pm. There is a burning sensation in the stomach, extending to the chest. The patient suffers from sour or bitter belching and vomiting. Gastric symptoms are relieved by eating, but worsened by lying down. Abdominal distension and bloating occur, especially after eating. The patient experiences nausea, retching, and water-brash (acidic reflux). There is a sensation of heaviness or weight in the stomach. Diarrhoea or constipation may occur, with painful or difficult stool.

8. Carbo Vegetabilis - The patient experiences intense burning pain in the stomach, extending to the chest. Gastric pain is accompanied by excessive gas and bloating. The patient suffers from sour or bitter belching and vomiting. There is a sensation of fullness or heaviness in the stomach. Food stagnates in the stomach, leading to indigestion. The patient experiences nausea, retching, and water-brash or acidic reflux.

V. CONCLUSION

In conclusion, homoeopathy offers a comprehensive and holistic approach to managing peptic ulcers as a psychosomatic disease. By addressing the emotional and physical triggers, homoeopathic remedies provide significant relief from symptoms, improve quality of life, and reduce the risk of complications. As a complementary or alternative therapy, homoeopathy has the potential to revolutionise the treatment of peptic ulcers, empowering patients to take charge of their health and well-being.

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