

# The Effectiveness of Constitutional Homeopathic Remedies in Managing GERD Symptoms: A Case Series Analysis

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**ABSTRACT— Background:** Gastroesophageal Reflux Disease (GERD) is a prevalent gastrointestinal disorder characterized by chronic heartburn, acid regurgitation, and discomfort. Conventional treatment often involves proton pump inhibitors (PPIs), which may provide temporary relief but can lead to long-term side effects and dependency. Homeopathy offers a holistic, individualized treatment approach with minimal adverse effects. **Objectives:** This study aims to evaluate the effectiveness of constitutional homeopathic remedies in alleviating GERD symptoms using a case series approach. **Methods:** A case series of 10 patients aged between 25 and 60 years with clinically diagnosed GERD was analyzed. Each case was evaluated using a detailed homeopathic case-taking process. Constitutional remedies were prescribed according to classical homeopathic principles. The primary outcome measured was symptom relief based on a GERD symptom score recorded at baseline, 1 month, 3 months, and 6 months. **Results:** Out of 10 patients, 7 reported significant improvement in symptoms within 3 months, with 5 maintaining sustained relief at 6 months. Three patients reported moderate improvement. No patients reported worsening of symptoms or adverse effects. The majority showed reduced dependence on conventional antacids and PPIs. **Conclusion:** Constitutional homeopathic remedies demonstrated promising results in managing GERD symptoms in the analyzed cases. The findings support the need for larger, controlled trials to confirm the therapeutic benefits and reproducibility of outcomes.

**Keywords—** GERD, Homeopathy, Constitutional Remedies, Case Series, Alternative Medicine

## I. INTRODUCTION

Gastroesophageal Reflux Disease (GERD) is a common chronic digestive disorder caused by the backflow of gastric contents into the oesophagus, leading to symptoms such as heartburn, acid regurgitation, bloating, and chest discomfort. Globally, GERD affects an estimated 10–20% of the population, significantly impacting quality of life and productivity. While proton pump inhibitors (PPIs) and other acid-suppressive medications are the mainstay of conventional treatment, concerns persist regarding their long-term use, including nutrient malabsorption, altered gut microbiota, and risk of dependency or rebound acidity upon withdrawal.

Given these limitations, there is growing interest in exploring integrative and alternative approaches to GERD management. Homeopathy, a holistic system of medicine based on the principle of “like cures like,” offers individualized treatment tailored to the patient’s physical, mental, and emotional symptoms. Constitutional homeopathic prescribing involves selecting a remedy that matches the totality of a patient’s presentation, rather than just the disease diagnosis.

Although homeopathy is frequently used in clinical practice for gastrointestinal complaints, scientific documentation of its role in managing GERD remains limited. This study aims to assess the effectiveness of constitutional homeopathic remedies in providing symptomatic relief in patients diagnosed with GERD, using a prospective case series analysis to explore patient outcomes over a 6-month period.

## II. MATERIALS AND METHODS

### 2.1 Study Design

This research was conducted as a prospective observational case series, focusing on the effectiveness of individualized constitutional homeopathic treatment in patients diagnosed with Gastroesophageal Reflux Disease (GERD).

### 2.2 Study Setting and Duration

The study was carried out in a private homeopathic clinical setting over a period of 6 months, with data collected from initial consultation through subsequent follow-ups.

### 2.3 Inclusion Criteria

- Patients aged between 25 and 60 years
- Clinical diagnosis of GERD, based on typical symptoms such as heartburn, regurgitation, bloating, and nausea
- Willingness to undergo homeopathic treatment exclusively for the study period
- Consent to participate and follow up regularly

### 2.4 Exclusion Criteria

- Patients already on or recently discontinued homeopathic treatment (within past 3 months)
- History of major gastrointestinal surgery or complications such as Barrett's oesophagus or oesophageal cancer
- Use of immunosuppressive medications or corticosteroids during the study period
- Pregnant or lactating women

### 2.5 Case-Taking and Prescription Method

Each patient underwent a detailed homeopathic case-taking session, covering physical generals, mental and emotional symptoms, past medical history, family history, and lifestyle factors. Repertorization was performed using Murphy's Repertory and other standard software tools. Constitutional remedies were selected based on totality of symptoms, individual susceptibility, and miasmatic background.

### 2.6 Treatment Protocol

- Remedies were prescribed in potencies of 30C or 200C based on the sensitivity and chronicity of symptoms.
- Follow-up intervals were scheduled at 1 month, 3 months, and 6 months.
- Repetition of doses was guided by symptom response and homeopathic principles (e.g., Hering's law of cure).

- Patients were advised to avoid antacids unless symptoms were severe or interfering with daily life. Use of such medications was documented.

### 2.7 Outcome Measures

- Primary Outcome: Reduction in GERD symptoms (e.g., heartburn, bloating, regurgitation) assessed through a standardized GERD symptom scoring sheet filled at each visit.
- Secondary Outcomes:
  - Reduction or discontinuation of conventional antacid/PPIs
  - Patient-reported improvement in general well-being
  - Absence of adverse effects or symptom aggravation

### 2.8 Data Analysis

Data were compiled and analyzed descriptively. The number and percentage of patients showing improvement at each follow-up point were recorded, and outcomes were visualized using charts and graphs.

## III. OBSERVATION AND RESULTS

A total of 10 patients diagnosed with Gastroesophageal Reflux Disease (GERD), aged between 25 and 60 years, were enrolled in the study. Each patient received individualized constitutional homeopathic treatment based on a detailed case-taking process.

### 3.1 Demographic Profile

- Total patients: 10
- Age range: 25–60 years
- Gender distribution: 6 males, 4 females
- Duration of GERD symptoms prior to treatment: 6 months to 5 years

### 3.2 Symptom Presentation

All patients reported classic GERD symptoms:

- Heartburn (100%)
- Regurgitation (80%)
- Bloating (60%)
- Nausea (40%)
- Upper abdominal discomfort (30%)

### 3.3 Remedy Distribution

Commonly prescribed constitutional remedies included:

- Nux vomica – 4 cases
- Lycopodium clavatum – 2 cases
- Carbo vegetabilis – 2 cases
- Pulsatilla nigricans – 1 case

- Natrum muriaticum – 1 case

Remedies were chosen based on the individual totality of symptoms and not the disease diagnosis alone.

### 3.4 Follow-up and Outcomes

Follow-up was conducted at 1 month, 3 months, and 6 months. Results observed:

Outcome Category	Number of Patients	Percentage (%)
Significant symptom relief within 3 months	7	70%
Sustained symptom relief at 6 months	5	50%
Moderate improvement in symptoms	3	30%
Continued minimal use of conventional medicines	2	20%
Adverse events or symptom aggravation	0	0%

### 3.5 Reduction in Conventional Medicine Use

Out of 10 patients:

- 8 (80%) either reduced or completely stopped using PPIs or antacids
- 2 (20%) continued minimal use during symptom flare-ups

### 3.6 Graphical Representation

A bar chart (as previously generated) visually demonstrates the distribution of outcomes across all patients.

Observation and Results: GERD Case Series Study



#### IV. DISCUSSION

This case series evaluated the effectiveness of individualized constitutional homeopathic remedies in managing symptoms of Gastroesophageal Reflux Disease (GERD). The findings demonstrate that 70% of the patients experienced significant symptom relief within three months of initiating homeopathic treatment. Furthermore, half of the participants maintained sustained relief over a six-month period without requiring regular use of conventional medications.

The individualized approach to remedy selection—central to classical homeopathy—likely contributed to the favourable outcomes. Remedies such as *Nux vomica*, *Lycopodium*, and *Carbo vegetabilis* were frequently indicated and are traditionally associated with gastrointestinal complaints, including dyspepsia, reflux, and functional disturbances of the gut. The absence of adverse effects or symptom aggravation in any of the patients further supports the safety profile of homeopathic treatment when practiced correctly.

Notably, 80% of patients reduced or ceased use of proton pump inhibitors and antacids, suggesting that homeopathy may serve as a viable complementary or alternative approach, particularly for patients seeking non-pharmaceutical interventions. This also addresses growing concerns over the long-term risks associated with conventional GERD medications.

However, several limitations must be acknowledged. The small sample size (n=10) limits the generalizability of the results. The lack of a control group and objective diagnostic measures such as endoscopy or pH monitoring also restricts the strength of the clinical evidence. Additionally, patient self-reporting may introduce subjectivity and bias in symptom evaluation.

Despite these limitations, the observed trend supports further investigation into the role of individualized homeopathy in managing GERD. Larger randomized controlled trials (RCTs) with standardized assessment tools are needed to substantiate these findings.

#### V. CONCLUSION

This case series suggests that individualized constitutional homeopathic remedies may offer effective and safe symptomatic relief in patients suffering from GERD. Most patients experienced

notable improvements in key symptoms, with a significant reduction in the need for conventional medications. While the results are promising, larger and more rigorous studies are essential to confirm the therapeutic value of homeopathy in GERD management and to integrate it responsibly into holistic patient care.

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