

# Integrating Brain–Gut Axis Concepts with Constitutional Remedy in Homoeopathy in GERD: A Single Case Report

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## Abstract—

**Background:** Gastroesophageal Reflux Disease (GERD) is a chronic disorder with multifactorial etiology involving both physiological and psychological components. Recent advances highlight the role of the brain–gut axis in modulating gastrointestinal function. Homoeopathy, with its emphasis on individualization and constitutional prescribing, offers a holistic approach targeting both mental and physical planes.

**Objectives:** To evaluate the effectiveness of an individualized constitutional homoeopathic remedy in the management of GERD, with special reference to brain–gut axis dynamics.

**Methods:** A single case of clinically diagnosed GERD was treated using constitutional homoeopathic principles. Detailed case-taking included mental, emotional, and physical generals. Remedy selection was based on the totality of symptoms and miasmatic analysis. Follow-up was assessed using symptom score and clinical improvement criteria.

**Results:** The patient showed marked improvement in GERD symptoms, including a reduction in acidity, heartburn, and regurgitation. Mental well-being also improved significantly. No recurrence was observed during follow-up.

**Conclusion:** This case demonstrates that constitutional homoeopathic treatment can effectively manage GERD by addressing the underlying brain–gut axis imbalance.

**Keywords:** GERD, Brain–Gut Axis, Constitutional Remedy, Homoeopathy, Individualization, Case Report

## I. INTRODUCTION

GERD is a chronic gastrointestinal disorder characterized by reflux of gastric contents into the esophagus, causing symptoms like heartburn and regurgitation. Conventional treatment mainly includes proton pump inhibitors, which provide symptomatic relief but do not address underlying causes.

The brain–gut axis is a bidirectional communication system linking the central nervous system and gastrointestinal tract. Emotional stress, anxiety, and personality traits significantly influence gastric secretion and motility.

Homoeopathy recognizes the importance of mental and emotional factors in disease causation. According to Hahnemann, disease originates from disturbance in the vital force, often influenced by mental stressors. Constitutional remedies act deeply to restore balance at both mental and physical levels.

## II. Case Presentation

### Patient Information

Age: 32 years

Gender: Male

Occupation: Office worker

### Chief Complaints

Burning sensation in the epigastrium for 2 years

Sour eructation

Regurgitation after meals

Worse after spicy food and stress

### Mental Symptoms (Important for Brain–Gut Axis)

Anxiety about work and future

Irritable, easily angered

Perfectionist nature

Fear of failure

Overthinking and sleeplessness

### Physical Generals

Appetite: Increased, but symptoms worsen after eating

Thirst: Increased

Desire: Spicy food

Aggravation: Stress, late-night meals

Amelioration: Warm drinks

Totality of Symptoms  
Anxiety and overthinking  
Irrability  
Burning in stomach  
Sour eructation  
Worse from stress  
Desire for spicy food

Miasmatic Analysis  
Predominantly Psoro-sycotic miasm  
Psora: Functional disturbance (acidity, hypersensitivity)  
Sycosis: Chronicity and recurrence

Remedy Selection and Justification  
Based on totality and repertorial analysis, the constitutional remedy selected was:  
Nux Vomica

Justification  
Marked irritability and anger  
Sedentary lifestyle  
Gastric complaints with acidity  
Symptoms aggravated by stress and dietary indiscretions  
Strong mind–body connection

Susceptibility Assessment  
Moderate to high susceptibility  
Good vitality  
Clear mental symptoms

Prescription  
*Nux Vomica 200C*, single dose  
Placebo for follow-up

Follow-Up and Outcome  
Assessment Criteria (GERD Symptom Scale)

Symptom	Before Treatment	After Treatment
Heartburn	Severe	Mild → Absent
Regurgitation	Frequent	Occasional → Absent
Acidity	Severe	Minimal
Sleep disturbance	Present	Improved

Follow-Up Summary  
2 weeks: Mild improvement  
1 month: Significant reduction in symptoms  
3 months: Complete relief  
6 months: No recurrence

### III. RESULT

Marked improvement in both physical and mental symptoms  
No dependency on conventional medication  
Improved quality of life

### IV. DISCUSSION

This case highlights the importance of the brain–gut axis in GERD. Emotional stress directly influenced gastric symptoms in this patient. The constitutional remedy acted on the central regulatory mechanism, restoring balance.

Homoeopathy does not treat GERD as a local disease but as a systemic imbalance involving mind and body. The improvement in mental symptoms preceded physical recovery, supporting the holistic action of the remedy.

### V. CONCLUSION

This single case study demonstrates that: GERD has a strong psychosomatic component. The brain–gut axis plays a key role in disease manifestation. Constitutional homoeopathic treatment can effectively manage GERD. Individualization is essential for long-term cure. Further large-scale studies are recommended to validate these findings.

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