

Homeopathic Management of Irritable Bowel Syndrome (IBS-D) A Case Report

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Abstract - Irritable Bowel Syndrome (IBS) is a highly prevalent functional gastrointestinal disorder that significantly impairs quality of life. IBS-Diarrhoea predominant type (IBS-D) in adult males is often underdiagnosed due to social reluctance to seek medical attention. Conventional management offers symptomatic relief with limited long-term efficacy. We report a case of a 45-year-old male with a chronic history of IBS-D, presenting with frequent loose stools, abdominal cramps, and excessive flatulence, which showed significant improvement following individualized homeopathic treatment with Nux Vomica 200. The patient demonstrated marked reduction in stool frequency, relief of abdominal pain and bloating, and progressive restoration of normal bowel function.

Keywords: Irritable Bowel Syndrome, IBS-D, adult male, Nux Vomica, Homeopathy, Functional bowel disorder, Case report

I. INTRODUCTION

Irritable Bowel Syndrome (IBS) is one of the most common functional gastrointestinal disorders worldwide, with a global prevalence of approximately 10-15%. It is characterised by chronic abdominal pain, altered bowel habits, and bloating in the absence of identifiable structural or biochemical pathology. While IBS has traditionally been perceived as more prevalent in women, recent epidemiological studies indicate a significant and rising burden in adult males, particularly those with sedentary lifestyles, dietary irregularities, and chronic stress exposure.

IBS-D in adult males is frequently associated with dietary indiscretion, alcohol consumption, irregular

meal timings, occupational stress, and a highly competitive lifestyle. These patients often present with morning urgency, post-prandial diarrhoea, and abdominal cramps that significantly interfere with daily functioning. Despite its high prevalence, male patients tend to seek medical help later due to social stigma, leading to prolonged suffering and reduced quality of life.

Homeopathy, based on individualised remedy selection, has been documented to benefit functional gastrointestinal disorders. Nux Vomica, derived from the poison nut tree, is a prominent polychrest remedy in homeopathic practice indicated in conditions associated with irregular diet, sedentary habits, stimulant overuse, irritability, and gastrointestinal hypersensitivity with frequent ineffectual urging to stool.

This case report highlights the successful management of IBS-D in an adult male using individualized homeopathic intervention with Nux Vomica 200.

II. CASE PRESENTATION

A 45-year-old male, a software professional working long desk hours, presented with a two-year history of frequent loose stools (5-7 episodes daily), urgency to defaecate immediately after meals, periumbilical abdominal cramps, and excessive flatulence. The patient reported that symptoms were consistently worst in the early morning hours and after meals, particularly following spicy food, alcohol, or coffee intake. He described a sensation of incomplete evacuation after passing stool despite multiple visits to the toilet.

The patient had a sedentary lifestyle with minimal physical activity, irregular meal timings, high coffee intake (4-5 cups daily), occasional alcohol consumption on weekends, and a diet rich in spicy

and processed foods. He was under significant occupational stress with frequent project deadlines. He described himself as highly ambitious, irritable, and intolerant of delays or inefficiency in others. Investigations including stool examination, stool culture, complete blood count, liver function tests, and colonoscopy performed between September and November 2025 revealed no structural, inflammatory, or infective pathology. A diagnosis of IBS-Diarrhoea predominant type (IBS-D) was established based on Rome IV criteria. The patient had been managed with antispasmodics (Mebeverine 135 mg TDS), probiotics, and dietary advice for over a year with only partial and inconsistent improvement. The patient presented for homeopathic treatment on 10th January 2026.

III. CLINICAL FINDINGS

Following symptoms were noted during case taking:

- Frequent loose watery stools (5-7 episodes daily), worst in early morning
- Urgent desire to defaecate immediately after eating
- Sensation of incomplete evacuation after stool
- Periumbilical abdominal cramps, worse after meals
- Excessive flatulence and abdominal distension
- Aggravation from spicy food, coffee, and alcohol
- Highly irritable, ambitious, and intolerant disposition
- Sedentary habits with high coffee and stimulant intake
- Chilly constitution with hypersensitivity to cold
- Disturbed sleep with early waking (3-4 AM)
- Nausea in the morning before stools

Based on the totality of symptoms and characteristic features, Nux Vomica was selected as the indicated remedy.

Intervention

Nux Vomica 200 was prescribed in a single dose on 10th January 2026. The patient was advised to continue routine dietary modifications and follow-up regularly.

No other homeopathic medicines were administered during the treatment period.

Outcome and Follow-Up
Clinical Findings

Before Treatment (6th January 2026)

- Frequent loose watery stools (5-7 times daily)
- Post-prandial urgency to defaecate
- Sensation of incomplete evacuation
- Abdominal cramps and excessive flatulence
- Morning nausea
- Disturbed sleep with early waking

The patient was significantly debilitated with persistent bowel dysfunction severely impairing his professional performance and quality of life.

Prescription: 10 January 2026

Nux Vomica 200C - One dose stat

Followed by placebo for 8 days

Follow-Up and Progress

Follow-Up - 1

Date: 18 January 2026

Observations:

- Reduction in stool frequency to 3-4 episodes daily
- Decreased urgency after meals
- Reduction in abdominal cramps
- Flatulence partially reduced
- Morning nausea improved
- Slightly improved sleep

Clinical Assessment: The patient showed a positive response to treatment. Reduction in stool frequency and urgency indicated an improving bowel function.

Prescription: Placebo continued.

Follow-Up -2

Date: 25 January 2026

Observations:

- Stool frequency reduced to 1-2 episodes daily
- Post-prandial urgency markedly reduced
- Sensation of incomplete evacuation resolved
- Abdominal cramps minimal
- Flatulence and bloating largely resolved
- Sleep normalised; early morning waking ceased

Clinical Assessment: Healing progressing satisfactorily. No new symptoms observed. Patient reported significant improvement in daily functioning and mood.

Prescription: Placebo continued

Follow-Up -3

Date: 28 January 2026

Observations:

- Normal bowel habit fully restored: 1 well-formed stool daily

- No abdominal cramps or flatulence
- No post-prandial urgency
- Morning nausea completely resolved
- Sleep fully restored
- Marked improvement in temperament and energy levels

Clinical Assessment: The patient showed significant improvement with near complete resolution of IBS-D symptoms and marked improvement in overall well-being.

IV. CONCLUSION

Homeopathic medicine, particularly Nux Vomica, showed significant effectiveness in managing IBS-D in an adult male where conventional treatment had provided only partial relief. The individualised symptom-based approach — considering the irritable, ambitious temperament, sedentary habits, stimulant overuse, morning aggravation, and incomplete evacuation — led to complete restoration of normal bowel function within three weeks. This suggests that homeopathy can play a supportive and sometimes decisive role in such difficult functional gastrointestinal conditions.

Progressive improvement observed:

Before Treatment (6 January 2026)

Frequent loose stools (5-7/day) with urgency, cramps, and bloating.

During Treatment (18 January 2026)

Stool frequency reduced (3-4/day), urgency and cramps decreased.

After Treatment (28 January 2026)

Normal bowel habit restored, all symptoms resolved.

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