

Discipline

Dedication

Devotion

HOMOEOPATHIC

LAKSHYA



Education is that which enables one, to stand on his own legs- Swami Vivekanand

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HOMEOPATHIC APPROACH OF GASTROESOPHAGEAL REFLUX DISEASE IN MODERN LIFE

DR. KISHOR B. BHALIYA
B.H.M.S MD (HOM)
ASS. PROFESSOR

DEPARTMENT OF ANATOMY

SWAMI VIVEKANAND HOMEOPATHIC MEDICAL COLLEGE, BHAVNAGAR, GUJARAT.

DEFINITION: Gastroesophageal reflux disease is defined as retrograde flow of gastric contents into esophagus. If the lower esophageal sphincter fails to close adequately after food has entered the stomach, stomach contents can reflux into the inferior portion of the esophagus, this condition is known as Gastroesophageal reflux disease.

PATHOPHYSIOLOGY: The normal anti reflux mechanism lower esophageal sphincter, the crural diaphragm, anatomical location of the gastroesophageal junction below the diaphragmatic hiatus.

Reflux occurs only when the gradient of pressure between the LES and stomach is lost. It can be caused by a sustained or transient decrease in LES tone. Secondary causes of sustained LES incompetence include scleroderma like disease, myopathy associated with chronic intestinal pseudo-obstruction, pregnancy, smoking, ant cholinergic drugs, smooth muscle relaxants, surgical damage to the LES and esophagitis.

T-LESR without associated esophageal contraction is due to a vagal reflux in which LES relaxation is elicited by gastric distention. Increased episodes of t-LESR are associated with GERD.

CLINICAL FEATURES:

- Regurgitation of sour material in the mouth and heartburn.
- Reflux into the pharynx, larynx, tracheobronchial tree can cause chronic cough,
- Bronchoconstriction, pharyngitis, laryngitis, bronchitis, pneumonia.
- Morning hoarseness
- Angina like or atypical chest pain.
- Persistent dysphagia suggests development of a peptic stricture.
- Most patients with peptic stricture have a history of years of heartburn preceding.
- Dysphagia. Rapidly progressive dysphagia, weight loss may indicate the development of adenocarcinoma in Barrett's esophagus.
- Bleeding occurs due to mucosal erosion or Barrett's ulcer. Persistent sore throat. Sensation of lump in throat.

MANAGEMENT:

- Lifestyle modification.
- Weight loss/ keeping ideal weight.
- Stop smoking.
- Avoid food & drinks that trigger reflux.
- Don't lie down after a meal.
- Elevated the head of the bed.

HOMEOPATHIC CONCEPT:

- When we talk about the homeopathy it first reminds us for our master, the founder of homeopathy, MASTER SAMUEL FREDRICH CHRISTIAN HAHNEMAAN who deep insight in treating the diseased individual led to an evolution of new system of medical science with deep philosophy, THE HOMEOPATHY.
- Gastroesophageal reflux disease is gift of modern life; a life is full of mental, physical, social or economic factors. The cause of GERD also lies in HURRY, WORRY, and CURRY of the so-called modern life. These are times of fast foods and slow digestion, most of them develops bad habits of drinking, smoking, chewing tobacco and eating out side tasty spicy unhygienic fast food on regular basis, ultimately increases the no. of cases of GERD.
- Homeopathy can be defined as a system of drug therapeutics based on the law of similar. Homeopathic medicines treat the person as a whole considering the stress, nature and individual gastric presentation in patients suffering from GERD. The symptoms or presentation may differ from person to person as each individual is different.
- The successful application of the law of similar depends entirely on the concept of individualization and susceptible constitutions. The concept of individualization takes into consideration the total response of the organism to the unfavorable environment.

- This total response is seen through signs and symptoms on three planes: emotional, intellectual, physical where the life force manifest itself, while assessing this total response the homeopathic physician gives fundamental importance to the causative factors and to the peculiar characteristics of the ailment, especially the mental aspects, because it is said that the mind controls the body. If the mind is healthy so will the body be. The condition of the mind is often reflected in bodily symptoms and conditions including illnesses.
- The concept of susceptible constitutions is reflected in Hahnemann's theory of chronic diseases which takes into consideration the hereditary influence and predisposition that play an important role in the genesis of illness.
- The biological concept of disease is accepted in homoeopathy. In the study of disease, however, the Homoeopathic physician considers the individual response as of greater importance from the standpoint of the selection of the curative remedy and is guided by the totality of the symptoms.
- He has to study all the causative factors in a given case; he cannot be satisfied merely by paying attention to those factors commonly held to be responsible for the disease. The causative factors of illness and the emotional side of illness dictate the choice of the similar remedy. Thus the physician has to concentrate on a detailed study of the environmental factors and their effects.
- The morbid agents of disease & the morbid end-products of disease do not excite much curiosity in him for the simple reason that this knowledge helps him little in his 'mission to restore the sick to health, to cure'. He is vitally interested in the free expression of disease through symptoms as they are to him the only guide for the selection of the curative remedy External evidence of disease.
- It is also very important and necessary to understand the cause and process of development of disease. In GERD there are number of risk factors and causes present which play significant role in development of gastroesophageal reflux, but then too in community only a group of people are affected and rest of them remain unaffected. So to understand this.

HOMEOPATHIC MANAGEMENT:

- Homeopathy is a therapeutic system oriented towards the individual rather than the disease, so awareness of the characteristic of the Whole person is vital. In modern medicine there are only temporary or suppressive and surgical treatment available but not permanent treatments.
- Proper homeopathic treatment targets to treat the cause of GERD and as well as improve GERD symptoms very effective and rapidly than other therapy, the indicated homeopathic medicines can be of great help not only improving the hyperacidity but also cure the disease completely if avoid the trigger factors of GERD with homeopathic treatment, homeopathic treatment focuses on the patient as a person, as well as his pathological condition.
- In acute condition problems are faced to come from broad group of medicines to the single remedy, so far, this intensified symptoms, characteristic peculiar, concomitant and modalities will be of great help to us. 29 Initially patient may

present with acute form which will require acute remedy, then if there are repeated attacks of the similar symptoms it suggest the chronicity demanding the constitutional remedy.

- Homeopathic treatment also reduces the complication of GERD by considering the associated symptoms of its other manifestations. Homeopathic medicines are prescribed on the basis of physical, emotional, genetic make-up that individualizes a person. Today's modern era people who takes junk & spicy food like deep fried food, eating, People living worried life, anxiety for their business, lack of sleep, always hurried, constantly thinking about new ideas.
- A miasmatic tendency – predisposition/susceptibility is also often taken for the treatment of this chronic condition, so in severe case of GERD homeopathy treatment not only improve the acidity symptoms but also help in proper digestion, absorption, normal bowel motion, and overall health improvement.
- The mental stress, anxiety, depression, are the psychological stressors of GERD, homeopathic treatment is based upon total symptoms of the person not only disease symptoms but from the other aspect like mental, physical, spiritual aspect thus helps to treat the cause of disease whether origin from psychological or deep-seated emotional sources.
- According to new research commonly used allopathic medicine to reduce acid secretion is ranitidine (zantac), which is known to produce carcinogenic effect whereas homoeopathic remedies are safer to use.

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Student's Corner

NATRUM MURITICUM – DEPRESSION

by

Shweta Jani

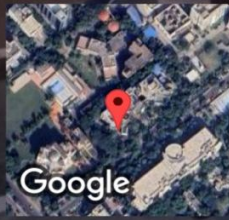
3rd BHMS

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It is great remedy for disorders like depression in adults who are introvert in nature. Main causative factor is suppression of pain & emotions which are not expressed. Continuous suppression of emotions causes reserved personality & ultimately patient will become over thinker. Patient may feel guilt & lonely. So person have symptoms like depressed mood & lack of interest in activities. Person also has sleep disturbance, changes in appetite, difficulty in concentration & person feels lack of energy. Due to emotional dependency the person gets hurt, although the partner or other person is behaving well with the patient, they feel like they are forsaken & being emotionally hurt and its constant & continuous suffering will create a pathological conditions & gets the development of psycho-somatic diseases. Person who suffers from depression may have suicidal tendencies in initial phases of it, Patient is very irritated & cries on slight cause while they are alone, because they don't like sympathy from others.

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2. Essence of Materia Medica by Dr. George Vithoulkas
3. Soul of remedies by Dr. Rajan Shankaran



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 H8PX+R59, Block A, Sector 24, Noida, Uttar Pradesh 201301, India
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Eductional Visit by 4th BHMS



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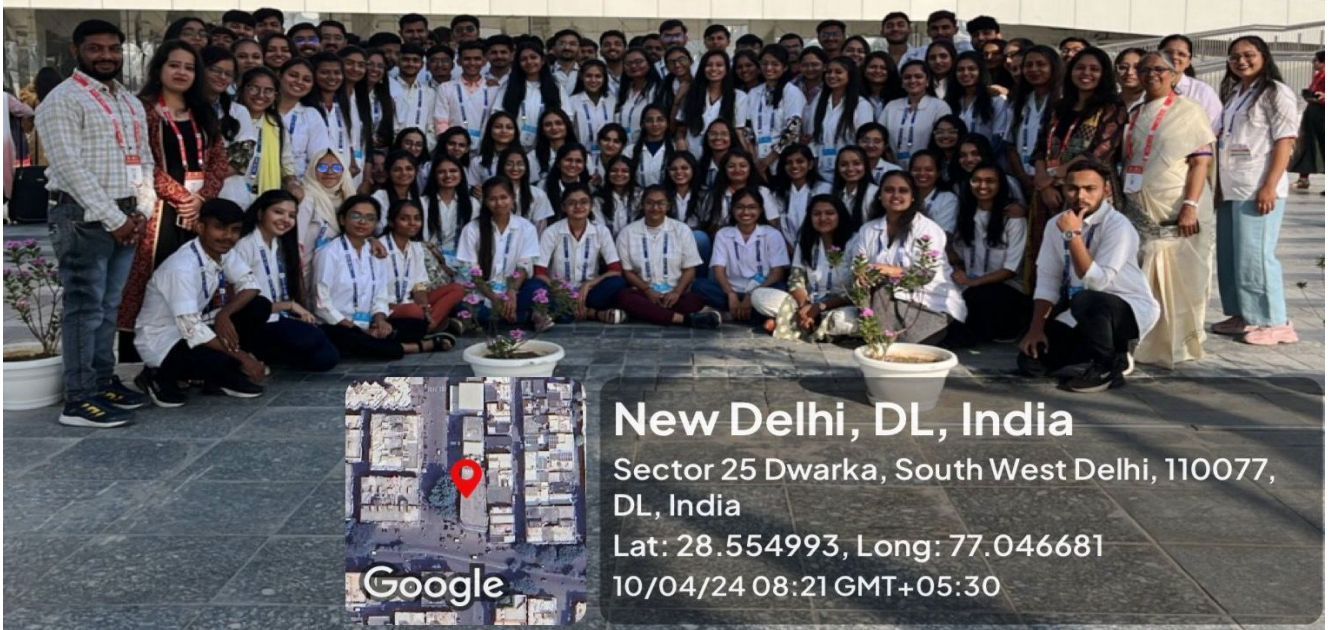
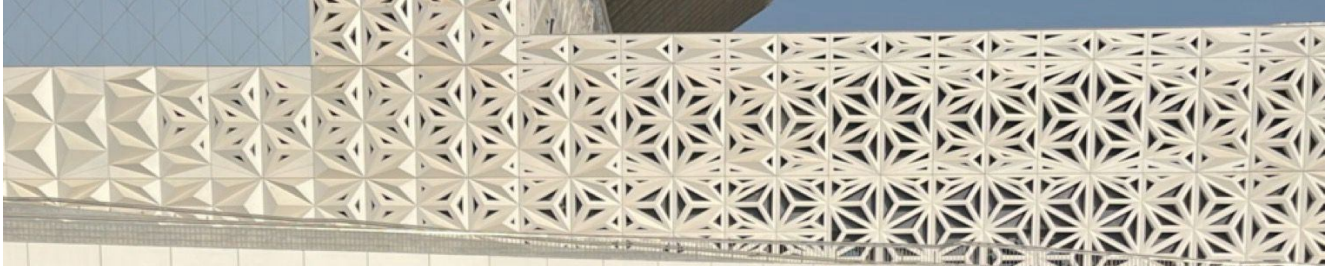
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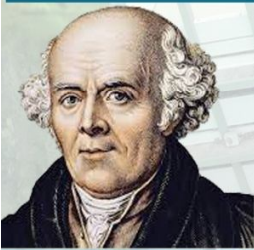


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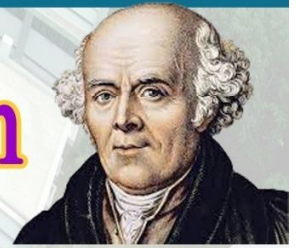
Recognised by UGC under 2(F) & 12(B) of UGC Act 1956
GSIRF-Govt. of Gujarat: ICARE Rating of College: ★★☆☆



Celebrating World Homoeopathy Day



Quiz Competition



Date:- 10 April, 2024

Time:- 2:00 pm to 5:00 pm

Venue:- College Campus.

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CME

UNDERSTANDING OF HOM. MATERIA MEDICA THROUGH CLINICAL CASES

Venue:- Seminar Hall, College Campus.

-Speaker-

SUNDAY | 5 MAY 2024 | 10 Am Onwards



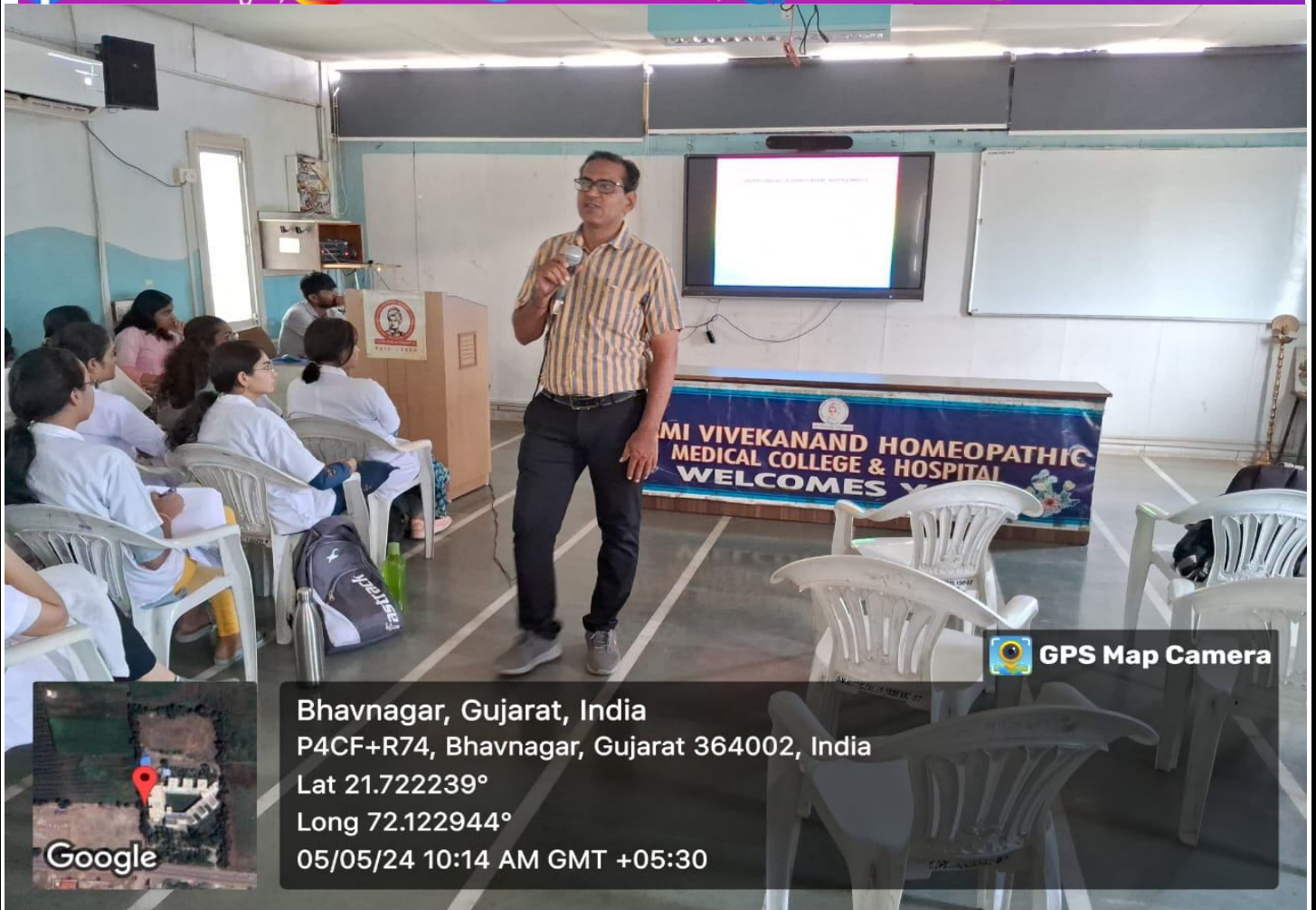
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B.H.M.S., Senior Consultant

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"No Tobacco Pledge"





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Celebration of World Environment Day



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A Work shop on "Essential Emergency Procedure: Hands on Training" at the Skill Laboratory



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Prize Distribution Ceremony of Sports Event



Discipline

Dedication

Devotion

Faculty Development Programme

CONTINUES MEDICAL EDUCATION
ON

KINGDOM CLASSIFICATION DURING CASE TAKING

Venue:- Seminar Hall, College Campus.

MONDAY | 17 JUNE 2024 | 09 Am Onwards

: Organized by :



**IQAC Cell- Swami Vivekanand Homoeopathic Medical
College & Hospital-Bhavnagar-Gujarat.**



-Speaker-

Dr. Shekhar Algundgi

M.D. (Hom.), F.Hom (U.K.), M.F. Hom (Malaysia),
Master Hom. (Ireland), N.D. (Naturopath), Ph.D. (Scholar)

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Discipline

Dedication

Devotion





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Printed Matter

PIN

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