



Evaluation of Nux Vomica 200 in Gastroesophageal Reflux Disease: A Reviewing Analysis with Dietary Assessment

S Sheeba^{1*}, V Manoj Narayan², Reshma Reghu³, S Sanju⁴ and SS Ramya⁵

¹Department of Gynaecology and Obstetrics, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Kanyakumari District, Tamilnadu, India

²Department of Organon of Medicine, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Kanyakumari District, Tamilnadu, India

³Department of Community Medicine, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Kanniyakumari District, Tamilnadu, India

⁴Department of Forensic Medicine and Toxicology, Sarada Krishna Homoeopathic Medical College, India (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Kanniyakumari District, Tamilnadu, India

⁵Department of Homoeopathic Pharmacy, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Kanyakumari District, Tamilnadu, India

***Corresponding Author:** S Sheeba, Department of Gynaecology and Obstetrics, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Kanyakumari District, Tamilnadu, India.

Received: October 21, 2025

Published: October 29, 2025

© All rights are reserved by

S Sheeba., et al.

Abstract

Gastroesophageal Reflux Disease (GERD) is a prevalent gastrointestinal disorder characterized by the backflow of stomach contents into the oesophagus, leading to symptoms such as heartburn, regurgitation, and epigastric discomfort. This study presents a retrospective evaluation of five GERD cases treated with Nuxvomica 200, with special emphasis on dietary habits influencing the ailments. The objective was to assess the therapeutic efficacy of Nuxvomica 200 and analyze the role of dietary modification in symptom management. Each case was thoroughly reviewed, focusing on the patient's physical, mental, and dietary patterns contributing to gastric irritation and reflux episodes. After detailed case analysis, Nuxvomica 200 was prescribed according to the totality of symptoms and principles of homoeopathy. Dietary guidance was also provided, emphasizing avoidance of spicy, oily foods, caffeine, and late-night meals. Follow-up assessments showed significant improvement in symptoms such as burning sensation, regurgitation, and bloating, along with better digestive function and sleep quality. This study highlights that Nuxvomica 200, when administered judiciously with proper dietary assessment, can be an effective remedy in managing GERD. The findings reinforce the importance of individualized homoeopathic prescription combined with dietary correction for long-term relief and prevention of recurrence.

Keywords: Gastroesophageal Reflux Disease; Homoeopathy; Nuxvomica; Similimum

Introduction

Gastroesophageal Reflux Disease (GERD) is a chronic gastrointestinal disorder characterized by the reflux of stomach acid and digestive enzymes into the oesophagus, resulting in irritation and inflammation of the esophageal mucosa [1]. It is one of the most common digestive complaints affecting people of all age groups, particularly those with sedentary lifestyles, irregular dietary habits, and high stress levels [2]. The pathophysiology involves the weakening or transient relaxation of the lower esophageal sphincter, allowing gastric contents to move upward. Common symptoms include heartburn, regurgitation, chest discomfort, dyspepsia, and bloating. Persistent reflux, if left untreated, can lead to complications such as esophagitis, Barrett's oesophagus, and respiratory issues [3]. Conventional managements primarily includes proton pump inhibitors and lifestyle modification, but the recurrence rate remains high once the medication is discontinued [4]. Therefore, there is a growing interest in exploring alternative and holistic approaches, including homoeopathy, for the long-term management of GERD without side effects [5].

Homoeopathy offers a personalized approach that considers not only the physical manifestations but also the patient's mental and emotional state, lifestyle, and dietary habits. Among various remedies, *Nuxvomica* [6] is one of the most frequently indicated medicines for digestive disturbances arising from dietary excess, stimulants like coffee or alcohol, stress, and sedentary behaviour [7]. The constitutional action of *Nuxvomica* helps restore digestive balance, improve gastric motility, and reduce hypersensitivity of the gastrointestinal tract.⁷ Its sphere of action covers a wide range of gastric complaints, including acidity, nausea, belching, and irritability associated with indigestion [8]. Unlike palliative treatments, homoeopathic management focuses on correcting the underlying susceptibility and maintaining overall vitality [9]. By aligning with the principles of totality of symptoms, *Nuxvomica 200* acts as a constitutional remedy in chronic GERD cases.

This retrospective study aims to evaluate the efficacy of *Nuxvomica 200* in patients suffering from GERD, with a concurrent assessment of their dietary patterns. The purpose is to establish a clinical correlation between symptom improvement and dietary regulation [10] when managed through individualized homoeopathic treatment. A total of five cases were analysed, focusing on presenting complaints, causative factors, and response to treatment [11]. Each case was studied holistically, recording both physical and mental symptoms to understand the dynamic nature of the disease. Dietary assessment included analysis of meal frequency, type of food intake, and aggravating dietary factors contributing to reflux [12]. The study further emphasizes the importance of diet modification in enhancing the action of *Nuxvomica 200*. Through this integrated approach, the research highlights the potential of homoeopathy in managing GERD safely and effectively without dependence on conventional antacids or suppressive therapy.

Methodology

The investigation was carried out in the **II B Outpatient Department (OPD) of Sarada Krishna Homoeopathic Medical College**, where **five patients** presenting with recurrent attacks of epigastric pain, burning, and regurgitation were selected for detailed analysis. The inclusion criteria comprised patients diagnosed clinically with GERD, exhibiting classical symptoms such as heartburn, sour eructation, nausea, and discomfort after meals. **Pregnant women and individuals with additional cardiac ailments** were excluded to maintain the study's uniformity and safety standards. Each patient's case was recorded in detail following the guidelines of homoeopathic case-taking as described in the *Organon of Medicine* [13]. Emphasis was placed on the **totality of symptoms**, including physical, mental, and emotional aspects, along with dietary patterns, lifestyle, and aggravating factors such as consumption of spicy or fatty foods, caffeine, and irregular meal timings. Based on individual symptomatology and Miasmatic background, *Nuxvomica 200* was selected as the similimum remedy for all five cases.

The medicine was administered in a single dose every three weeks, followed by placebo, allowing adequate time for observation of the remedy’s curative action. Patients were instructed to avoid dietary triggers known to aggravate reflux, maintain a light diet, and adhere to general lifestyle modifications such as early dinner and proper rest after meals [14]. Throughout the treatment period, symptomatic improvement was assessed using subjective and clinical evaluations at each follow-up. Parameters such as frequency of heartburn, regurgitation intensity, sleep disturbance, and appetite were monitored. Any initial aggravation of symptoms was carefully noted and interpreted as a favourable response, reflecting a homoeopathic healing reaction. Progress was documented over consecutive follow-ups, and observations were compared to the initial baseline to determine the remedy’s efficacy [15]. The results demonstrated a marked reduction in GERD symptoms across all five patients, confirming that *Nuxvomica 200*, when prescribed constitutionally along with dietary assessment, significantly contributes to restoring digestive equilibrium and enhancing overall patient well-being.

Result and Discussion

The present retrospective study analysed five clinically diagnosed cases of Gastroesophageal Reflux Disease (GERD) that persisted for a minimum duration of three months. Each case was evaluated on the basis of the patient’s presenting symptoms, dietary habits, and lifestyle factors [16]. According to homoeopathic principles, the similimum was selected based on the totality of symptoms and individualized analysis. *Nuxvomica 200* [16] was administered in a single dose every three weeks, and the cases were carefully monitored for symptomatic changes. Before and after treatment, all clinical findings were compared and systematically documented for research evaluation. The therapeutic outcomes revealed a gradual but consistent improvement in key symptoms such as burning in the epigastric region, acid regurgitation, nausea, and heaviness after meals. Patients also reported a reduction in irritability and improved digestive regularity, indicating the constitutional depth of the remedy’s action. In all five cases, *Nuxvomica 200* demonstrated significant efficacy when prescribed according to the totality of symptoms and supported with dietary assessment.

Table 1: Showing the distribution of patients according to the symptoms.

Sl: NO	Symptoms	Before	After
1	Burning pain in upper abdomen	10	3
2	Nausea	8	2
3	Vomiting	8	4
4	Bloating of abdomen	10	5
5	Rectum – Constipation	7	2
6	Sour eructation	9	4
7	Heartburn	6	3
8	Regurgitation of food or acid	9	4
9	Throat irritation/dry cough	7	3
10	Disturbed sleep due to reflux	8	3

The chronic totality and constitutional similarity served as the foundation for remedy selection, confirming that high potency with low repetition yields deeper and sustained improvement in chronic functional disorders like GERD. Chronic diseases, being Miasmatic influenced and deeply seated, respond better to remedies administered at high potency but at infrequent intervals, allowing sufficient time for reaction and restoration [17]. Hence, the 200th potency of *Nuxvomica* was judiciously chosen, and improvement was noted over a period of three to six months. Each patient’s dietary discipline such as avoidance of spicy, oily foods, caffeine, and irregular eating contributed significantly to symptom control and enhanced the action of the medicine. Homeopathy, when applied constitutionally, provides a **safe, gentle, and non-suppressive therapeutic approach** to chronic gastrointestinal conditions like GERD.

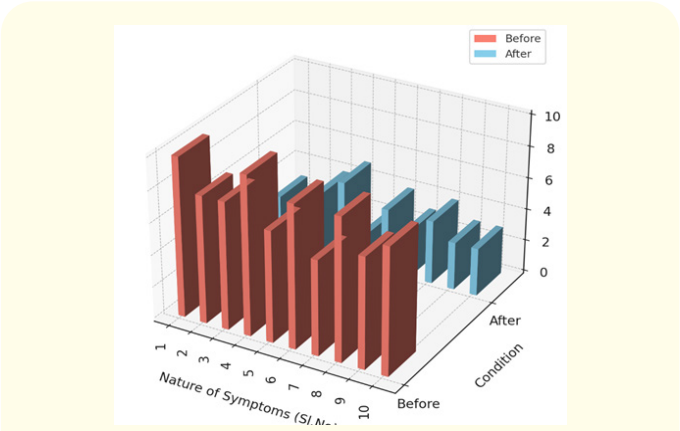


Figure 1: Intensity of the symptoms (Before and after treatment).

This system focuses on holistic healing, taking into account not just the disease but the person as a whole. Literature in *Materia Medica* and repertorial sources highlights *Nuxvomica* as one of the chief remedies for ailments caused by dietary excess, stimulants, and sedentary habits. The results of this study corroborate classical homeopathic references, showing that properly selected remedies can bring about notable improvement without adverse effects. However, it is also acknowledged that further **empirical and controlled clinical research** is needed to strengthen the scientific validation of homeopathic efficacy in GERD management. Overall,

this analysis confirms that *Nuxvomica 200*, combined with appropriate dietary assessment, offers a comprehensive, individualized, and enduring solution for patients suffering from Gastroesophageal Reflux Disease.

Remedy	Nux v	Calc	Puls	Sep	Sulph	Lyc	Alum	Ph- ac	Carb-v	Lach	Sil	Pib	Aur	Bufo	Hyos
Totality	12	8	7	7	7	6	5	5	4	4	4	4	3	3	3
Symptoms Covered	4	4	4	4	3	4	3	2	3	3	3	2	2	2	2
[Kent] [Stomach]pain - epigastric, from:	3	3	2	3	3	2	2	3	2	0	1	1	0	2	2
[Kent] [Stomach] Nausea	3	0	0	0	0	0	1	0	0	0	0	0	0	0	0
[Kent] [(Stomach) Vomiting	0	2	1	2	2	1	0	0	1	0	1	3	1	1	1
[Kent] [Abdomen]Bloating:	2	1	2	1	0	1	0	0	0	1	0	0	0	0	0
[Complete] [Rectum] Constipation	4	0	0	0	0	0	0	0	0	1	0	0	0	0	0
[Complete] [sleep] disturbed - reflux	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent] [throat] Irritation	0	2	2	1	2	2	2	2	1	2	2	0	2	0	0

Figure 2: Repertorial totality of symptoms covered by Nux Vomica.

Conclusion

From the reviewing analysis of five clinically observed cases, it is evident that *Nuxvomica 200* plays a significant therapeutic role in the management of Gastroesophageal Reflux Disease (GERD). Each case demonstrated varied expressions of gastric irritation ranging from burning pain, nausea, and constipation to regurgitation and disturbed sleep yet the constitutional totality consistently pointed toward *Nuxvomica* [17]. The medicine addressed both the physical and mental components of the disorder, aligning with *Hahnemann’s Organon* principle of treating the patient as a whole (Aphorism 6). The results confirmed that individuals with sedentary lifestyles, excessive coffee or spice intake, and heightened irritability responded favourably. The use of *Nuxvomica 200* reduced the frequency and severity of reflux episodes, emphasizing its deep action on the gastric mucosa and nervous system. These outcomes validate the importance of homeopathic prescribing grounded in totality and causative modalities rather than mere symptomatic relief.

Incorporating *Organon* philosophy and dietary regulation proved crucial for the success of this analysis. The five cases were

not treated with the medicine alone but with guidance on maintaining proper regimen regular meals, avoidance of late-night food, and moderation in stimulants following *Hahnemann's aphorisms 259 to 261* [13], which stress the role of diet and habits in recovery. Patients who adhered to these instructions exhibited faster improvement and fewer recurrences. The observation reinforces that the remedy acts best when maintaining causes are simultaneously removed. In every case, a notable change in temperament and digestive comfort was observed within 2 to 4 weeks. Thus, the combined approach of constitutional homeopathic prescribing and dietary discipline not only alleviated symptoms but also restored harmony between the vital force and the digestive functions, proving the dynamic curative power of *Nuxvomica 200*.

This reviewing analysis concludes that *Nuxvomica 200* is an effective, reliable, and holistic remedy for functional reflux disorders when prescribed on individualized totality. Its sphere of action extends beyond gastric irritation, addressing the psychosomatic root of the disease mental tension, overwork, and dietary excess. The five analysed cases demonstrated that proper case-taking, repertorial evaluation, and Organon-based understanding yield sustainable outcomes [18]. The medicine's correspondence to key symptoms like burning epigastrium, sour eructation, constipation, and irritability validates its inclusion in the treatment plan for GERD. As per *Organon Aphorism 3*, accurate knowledge of disease, remedy, and lifestyle factors is essential for true cure. Hence, integrating *Nuxvomica 200* with dietary assessment and patient education serves as an exemplary model of classical homeopathic practice in modern gastroenterological condition.

Bibliography

1. Maret-Ouda J., *et al.* "Gastroesophageal reflux disease: a review". *Jama* 324.24 (2020): 2536-2547.
2. Sheeba S. "Innovative advances in homeopathy: Based on Nano particles exploration". *Nano Medicine and Nanotechnology Open Access* 9.4 (2024): 1.
3. Shaqran TM., *et al.* "Epidemiology, causes, and management of gastro-esophageal reflux disease: a systematic review". *Cureus* 15.10 (2023).
4. Dolder M and Tutuian R. "Laboratory based investigations for diagnosing gastroesophageal reflux disease". *Best Practice and Research Clinical Gastroenterology* 24.6 (2010): 787-798.
5. Guo R., *et al.* "Botany, phytochemistry, pharmacology and toxicity of *Strychnos nux-vomica* L.: a review". *The American Journal of Chinese Medicine* 46.1 (2018): 1-23.
6. Allen HC. "Keynotes and Characteristics with Comparisons of Some of the Leading Remedies of the Materia Medica". Chicago: The Era Publishing Co.; (1881).
7. Clarke JH. "A Dictionary of Practical Materia Medica". London: Homeopathic Publishing Company; (1902).
8. Boericke W. "Pocket Manual of Homeopathic Materia Medica". New Delhi: B. Jain Publishers (1927).
9. Sheeba S., *et al.* "The properties of breastfeeding on the mother-dyad's health are vital: Further challenging to succeed". *International Journal of Homoeopathic Sciences* 9.1 (2025): 642-644.
10. Choudhuri NM. "A study on Materia Medica with key points of Homoeopathy". Kuldeep Jain, B. Jain Publishers. New Delhi; (1978).
11. "Indigestion and gas (homeopathy)" (2023).
12. Sheeba S., *et al.* "Integrated Homoeopathic Approach Using Lm Potency for Endocrine and Allergic Disorders". *Journal of Neonatal Surgery* 14.24s (2025): 332-337.
13. Samuel Hahnemann. "Organon of Medicine". Fifth and Sixth Edition. New Delhi: Kuldeep Jain, B. Jain Publishers (2004): 71, 1.
14. Katz PO., *et al.* "Guidelines for the diagnosis and management of gastroesophageal reflux disease". *The American Journal of Gastroenterology* 108.3 (2013): 308-328.
15. Freedberg DE., *et al.* "The risks and benefits of long-term use of proton pump inhibitors: Expert review and best practice advice from the American Gastroenterological Association". *Gastroenterology* 152.4 (2017): 706-715.

16. Kent JT. "Repertory of the Hom. M.M. – Md". (2023).
17. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Treatment for GERD (2022).
18. S Sheeba, *et al.* "Clinical Study on Efficiency of Nux Vomica 200 in Treating Acute Gastritis with Analysis of Diet: An Retrospective Study". *Acta Scientific Gastrointestinal Disorders* 8.9 (2025): 27-31.