



An Analytical Study on the Effectiveness of Carbo Vegetabilis 200 Potency in Relieving Symptoms of Dyspepsia Through Homoeopathic Approach

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Abstract

Dyspepsia, a common gastrointestinal disorder, presents with symptoms such as epigastric discomfort, bloating, and a sense of fullness after meals, significantly affecting quality of life. This analytical study aims to evaluate the effectiveness of Carbo Vegetabilis 200 potency in relieving symptoms of dyspepsia through a homoeopathic approach. The study was conducted on patients presenting typical dyspeptic complaints, selected based on individual symptom similarity to the drug picture of Carbo Vegetabilis. The medicine was administered in 200 potency, and follow-up assessments were carried out at regular intervals to observe changes in symptom intensity and frequency. Improvement was evaluated based on subjective relief and clinical progress. The findings indicated a marked reduction in symptoms such as distension, belching, burning, and heaviness in the epigastrium, highlighting the efficacy of Carbo Vegetabilis in restoring digestive balance. The study concludes that homoeopathic treatment, when prescribed on the principle of individualization, provides safe and effective management of dyspepsia without adverse effects, supporting its role as a reliable therapeutic alternative.

Keywords: Carbo Vegetabilis; Dyspepsia; Gastrointestinal Disorder; Homoeopathic Medicine

Introduction

Dyspepsia, commonly referred to as indigestion, is a functional disturbance of the digestive system characterized by upper abdominal discomfort, bloating, nausea, early satiety, and a burning sensation in the epigastric region [1]. It affects a large portion of the population across all age groups, often linked with irregular eating habits, emotional stress, or consumption of rich and spicy food. In modern medicine, dyspepsia is frequently managed through antacids, proton pump inhibitors, and dietary modifications; however, these provide only temporary relief and may cause long-term dependency. The chronic and recurrent nature of dyspepsia demands a therapeutic approach that not only alleviates symptoms but also restores digestive balance at a functional level [2]. Homoeopathy offers such an individualized method of treatment by addressing the root cause and constitutional tendencies of the patient.

In Homoeopathy, Carbo Vegetabilis is a well-recognized remedy for various gastric disorders, particularly those associated with sluggish digestion, excessive flatulence, and a sense of heaviness after meals. It is derived from vegetable charcoal and acts profoundly on the digestive organs by improving oxygenation and vital energy at the cellular level. The patient requiring Carbo Vegetabilis typically presents with distension of the abdomen, frequent eructation's that bring temporary relief, and great desire for fresh air due to a sensation of suffocation. The remedy's characteristic sphere of action covers conditions where the digestive system appears almost exhausted or paralyzed. Its curative action, especially in the 200th potency, has shown promising results in stimulating the vitality and enhancing gastrointestinal function in chronic dyspeptic cases [3].

This analytical study is designed to evaluate the effectiveness of Carbo Vegetabilis 200 potency in relieving symptoms of dyspepsia through a homoeopathic approach. The study aims to bridge clinical observation with the principles of classical homoeopathy, focusing on symptom similarity and individualized prescription. Patients selected for this study exhibited characteristic symptoms corresponding to Carbo Vegetabilis [4], and their progress was monitored through regular follow-ups. By analysing symptomatic improvement and overall well-being, this research seeks to estab-

lish the role of Carbo Vegetabilis as an effective, safe, and non-toxic alternative in the management of dyspepsia. The findings are expected to reinforce the significance of homoeopathic therapeutics in functional digestive disorders and contribute to evidence-based validation of this system of medicine.

Materials and Methods

This analytical study was conducted on patients presenting with clinical symptoms of dyspepsia such as epigastric discomfort, bloating, heaviness after meals, nausea, and excessive belching. A total of five subjects were selected from the outpatient department based on detailed case taking and confirmation of dyspeptic symptoms without any severe structural abnormalities. The inclusion criteria consisted of adults between 18 - 60 years with functional dyspepsia, while patients with peptic ulcer, gastrointestinal bleeding, metabolic disorders, or ongoing allopathic medication affecting digestion were excluded. Each case was evaluated using standard homoeopathic case-taking methods with emphasis on totality of symptoms, modalities, and individual characteristics. Carbo Vegetabilis 200 potency was prescribed to all selected patients as the simillimum based on symptom similarity. The medicine was administered in single doses with placebo support. Follow-up was conducted every 7–10 days, and improvement was recorded using a symptom rating scale and patient feedback.

Cases Description

Five clinically diagnosed cases of dyspepsia were included in the study, presenting with symptoms such as abdominal bloating, heaviness after meals, excessive belching, and epigastric discomfort. Each patient was evaluated through detailed case-taking, considering physical, mental, and dietary factors. Carbo Vegetabilis 200 potency was prescribed based on symptom similarity and totality of the case. The medicine was administered in single doses at weekly intervals, followed by placebo to assess the remedy's effect. Regular follow-ups were conducted to record improvement in intensity and frequency of complaints. All five patients showed gradual symptomatic relief and improved digestive function. The study demonstrated the curative potential of Carbo Vegetabilis in managing functional dyspepsia effectively.

Case 1

A 45-year-old male presented with marked abdominal distension, offensive belching, and a sensation of heaviness after meals. The discomfort was relieved temporarily by passing flatus or by loosening tight clothing. The patient reported a tendency to eat hastily, with aggravation after consuming fatty or spicy food. Mentally, he appeared sluggish, preferring to sit quietly with a desire for fresh air due to a feeling of suffocation. Based on the totality of symptoms and characteristic indications, Carbo Vegetabilis 200 potency was prescribed, resulting in gradual improvement in digestion and relief from distension within two weeks.

Case 2

A 32-year-old female reported persistent nausea and discomfort after consuming oily or spicy food, accompanied by burning pain in the epigastric region. She experienced extreme fatigue and drowsiness immediately after meals, often preferring to lie down. Her appetite was variable, and she complained of a sensation of fullness even after small quantities of food. Mentally, she appeared irritable and easily exhausted from minor exertion. Considering the characteristic gastric and constitutional symptoms, Carbo Vegetabilis 200 potency was prescribed, leading to marked reduction in nausea and burning within a fortnight.

Case 3

A 50-year-old male complained of abdominal bloating, slow digestion, and a sensation of heaviness that worsened after late-night meals. He experienced great desire for fresh, cool air, stating that closed spaces aggravated his discomfort. The patient reported excessive flatulence and dullness of mind after eating. His dietary history revealed irregular meal timings and frequent intake of heavy food at night. Based on the totality of gastric and general symptoms, Carbo Vegetabilis 200 potency was administered, resulting in notable improvement in digestion and relief from flatulence within two weeks.

Case 4

A 28-year-old female presented with post-meal fullness, sour eructation's, and marked intolerance to tight clothing around

the abdomen. She also experienced a sensation of pressure and heaviness in the epigastrium after eating small amounts of food. The patient's condition worsened after hurried meals and during emotional stress. Mentally, she appeared anxious and sensitive to discomfort. Considering the similarity of symptoms to the drug picture, Carbo Vegetabilis 200 potency was prescribed. Within a short duration, she reported reduced fullness, lighter digestion, and improved comfort after meals.

Case 5

A 39-year-old male suffered from excessive flatulence, slow digestion, and a peculiar sensation of internal coldness in the abdomen. He reported temporary relief after sipping warm drinks and preferred to rest quietly after meals. The patient had a long-standing history of indigestion aggravated by overeating and lack of physical activity. His general condition was marked by weakness and a tendency to feel chilly even in warm surroundings. On the basis of the characteristic totality, Carbo Vegetabilis 200 potency was prescribed, which gradually improved his flatulence, warmth, and overall vitality.

Result and Discussion

The clinical observation of five dyspeptic cases treated with Carbo Vegetabilis 200 potency revealed significant improvement in gastrointestinal symptoms, including bloating, epigastric heaviness, offensive belching, and post-meal fatigue [5]. Improvement was observed within 2–4 weeks of administration, with patients reporting increased digestive comfort and overall vitality. Repertory analysis guided the selection of Carbo Vegetabilis, emphasizing characteristic symptoms such as distension, eructation's, sluggish digestion, and desire for fresh air [6]. The results support Hahnemann's principle in the Organon of Medicine that individualized prescription based on the totality of symptoms leads to effective and rapid recovery. Additionally, Materia Medica descriptions corroborated the observed clinical manifestations, confirming the remedy's action on functional gastric disturbances [7]. No adverse effects were reported, demonstrating the safety and tolerability of the remedy in chronic dyspepsia.

Table 1: Describing the patient’s totality of symptoms.

SL. No	Case	A & G	Presenting Symptoms	Remedy and Potency	Follow-up Duration	Outcome/Improvement
1	Case 1	45/M	Abdominal distension, offensive belching, heaviness after meals, relief after passing gas	Carbo Vegetabilis 200	2 weeks	Marked reduction in distension and belching; improved digestion
2	Case 2	32/F	Nausea after oily food, epigastric burning, extreme fatigue after meals	Carbo Vegetabilis 200	2 weeks	Significant relief from nausea and burning; improved energy post-meals
3	Case 3	50/M	Bloating, slow digestion, desire for fresh air, aggravated by late-night meals	Carbo Vegetabilis 200	3 weeks	Reduced bloating, improved digestion, decreased need for fresh air
4	Case 4	28/F	Post-meal fullness, sour eructation’s, intolerance to tight clothing	Carbo Vegetabilis 200	3 weeks	Relief from fullness and eructation’s; better post-meal comfort
5	Case 5	39/M	Flatulence, internal coldness, temporary relief from warm drinks	Carbo Vegetabilis 200	4 weeks	Decreased flatulence, improved warmth, enhanced digestive efficiency

Remedy	Carbo Veg	Phos	Puls	Sani	Sulph	Lyc	Merc	Abrot	Lyco	Lach	Sil	Plb	Aur	Bufo	Hyos
Totality	11	9	8	8	7	6	5	5	4	4	4	4	3	3	3
Symptoms Covered	6	7	7	5	3	4	3	2	3	3	3	2	2	2	2
[Stomach] Abdomen bloated	3	3	2	3	3	2	2	3	2	0	1	1	0	2	2
[Kent] Stomach Offensive belching	3	0	0	0	0	0	1	0	0	0	0	0	0	0	0
[Kent] Stomach Heaviness after meals	0	2	1	2	2	1	0	0	1	0	1	3	1	1	1
[Kent] [Stomach]Nausea	2	1	2	1	0	1	0	0	0	1	0	0	0	0	0
[Complete] Desire fresh air	4	0	0	0	0	0	0	0	0	1	0	0	0	0	0
[Complete] Aggravated by late night meals	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Complete] Intolerance to tight clothing	0	2	2	1	2	2	2	2	1	2	2	0	2	0	0

Figure 1: Repertorial Totality.

From a homoeopathic perspective, the observed improvements align with the Organon aphorisms on restoring vital force and correcting functional derangements without suppressing symptoms. The remedy acted specifically on the gastrointestinal sphere, reducing abdominal distension and flatulence while enhancing digestive efficiency. Integration of Repertory and Materia Medica allowed precise matching of patient symptoms with the remedy profile, reinforcing the importance of individualization in homoeopathic practice. These findings indicate that Carbo Vegetabilis 200 potency is effective in managing functional dyspepsia, providing

both symptomatic relief and improved general health. Overall, the study highlights the clinical relevance of classical homoeopathy in treating common digestive disorders, validating its therapeutic potential through structured case analysis [8].

Conclusion

The present analytical study highlights the effectiveness of Carbo Vegetabilis 200 in alleviating symptoms of dyspepsia, demonstrating significant improvements in patients’ digestive discomfort, bloating, and postprandial fullness [9,10]. According to Hahn-

emann's Organon of Medicine, the principle of individualization and the law of similar were meticulously applied, ensuring that the totality of symptoms guided the prescription. Patients with marked eructation's, sour regurgitation, and abdominal heaviness responded favourably, reflecting the deep action of Carbo Vegetabilis on the gastrointestinal system as described in *Materia Medica Pura*. The integration of Repertorial analysis enabled precise identification of symptom clusters, including weak digestion, desire for fresh air, and aggravation after rich or late-night meals, which are characteristic of this remedy. This approach underscores the importance of selecting remedies based not only on general symptoms but also on subtle individualized features, ensuring holistic management of dyspepsia [11].

Furthermore, the study confirms that Carbo Vegetabilis addresses both the physical and subtle functional disturbances of the digestive system, aligning with Hahnemann's emphasis on treating the underlying miasmatic disposition [12] rather than merely suppressing symptoms. Repeated observations through follow-ups demonstrated progressive symptom relief, reduction in bloating, and improvement in appetite, emphasizing the remedy's efficacy in restoring digestive equilibrium [13,14]. The findings advocate for the continued use of individualized homoeopathic remedies guided by Organon methodology, *Materia Medica* knowledge, and repertory consultation for functional gastrointestinal disorders [12]. This study reinforces the principle that homoeopathy, through careful symptom analysis and remedy selection, can offer a safe, patient-centric, and effective approach to managing dyspepsia [15] ultimately enhancing overall digestive health and quality of life.

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