



Clinical Outcomes and Statistical Assessment of Gastrointestinal Disorders Treated with Homoeopathy: A Retrospective Study in 2024

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Abstract

Gastrointestinal tract disorders constitute a major source of morbidity worldwide and significantly impair patients' quality of life. The present retrospective study provides a clinical and statistical assessment of gastrointestinal disorder cases reported at the 2B Outpatient Department (OPD) of SKHMC during the year 2024. The primary objective of this analysis is to evaluate the prevalence and distribution patterns of various gastrointestinal conditions among patients receiving homoeopathic treatment. The commonly encountered gastrointestinal disorders in this study included gastritis, irritable bowel syndrome (IBS), gastric and duodenal ulcers, anal fistula, anal fissure, worm infestations, aphthous ulcers, paralytic ileus, and other related conditions. These disorders frequently manifested with symptoms such as abdominal pain, bloating, altered bowel habits, nausea, vomiting, and rectal discomfort, highlighting the need for prompt diagnosis and appropriate therapeutic intervention. In addition to documenting the clinical profile of these conditions, the study examines the role of homoeopathy as a holistic system of medicine in the management of gastrointestinal disorders. Homoeopathy is based on the principle of individualized treatment, focusing on the patient's unique constitution and symptomatology rather than the disease alone. This approach aims not only at symptomatic relief but also at addressing the underlying causes and restoring internal balance, thereby promoting sustained improvement and overall well-being. The findings of this study suggest that homoeopathic management may offer beneficial outcomes in both acute and chronic gastrointestinal disorders, with minimal adverse effects and potential for long-term symptom control.

Keywords: Gastrointestinal Tract Disorders; Irritable Bowel Syndrome; Individualization; Homoeopathy

Introduction

Gastrointestinal disorders represent a broad spectrum of acute and chronic conditions that affect the digestive system and contribute substantially to global morbidity. These disorders commonly interfere with nutrition, metabolism, and overall health, leading to a marked reduction in quality of life [1]. The increasing prevalence of gastrointestinal complaints such as dyspepsia, altered bowel habits, abdominal pain, and anorectal conditions has placed

a significant burden on healthcare systems. Effective management of these conditions requires not only accurate diagnosis but also a therapeutic approach that addresses both functional and structural aspects of disease. Homoeopathy offers a holistic framework for managing gastrointestinal disorders by emphasizing individualized treatment based on the patient's constitutional characteristics, symptom totality, and underlying susceptibility [2]. Rather than focusing solely on disease pathology, homoeopathic practice seeks

to stimulate the body’s inherent healing mechanisms and restore internal balance.

This system of medicine is increasingly utilized for both functional and organic gastrointestinal conditions due to its minimal side effects, patient centred approach, and potential for long-term symptom control, particularly in chronic and recurrent cases [3]. The present retrospective study aims to evaluate the clinical outcomes and statistically assess gastrointestinal disorders treated with homoeopathy among patients attending the 2B Outpatient Department (OPD) at SKHMC during the year 2024. By analysing patient records, this study seeks to determine the prevalence, pattern, and therapeutic response of various gastrointestinal conditions under homoeopathic management. The findings are intended to contribute to clinical evidence supporting the role of homoeopathy in gastrointestinal care and to provide insight into its effectiveness in routine clinical practice. Some of recent studies are following, Retrospective Case Series Study (2024) a study titled “Efficacy of Homoeopathic Medicine in Treating Gastritis [4] a retrospective Case Series Study” analysed 40 cases diagnosed with gastritis. The findings suggested that homeopathic treatments, including remedies like Lycopodium and Nux Vomica, were beneficial in managing gastritis symptoms. The study concluded that homeopathy might offer a viable treatment option for gastritis, especially considering the adverse effects associated with prolonged use of conventional medications.

Second case study, Homeopathic Approach in Gastritis Treatment (2020) had published in the International Journal of Homoeopathic Sciences, this article discussed the individualized nature of homeopathic treatment for gastritis. It emphasized that remedies are selected based on a person’s unique physical, emotional, and genetic makeup, aiming to address both acute and chronic manifestations of gastritis. The authors highlighted the potential of homeopathy in preventing relapses and promoting holistic healing. Third case study, Clinical Insights: Dr. Vikas Sharma, a homeopathic practitioner, has identified several remedies commonly used for gastritis, such as Arsenic Album, Argentum Nitricum, Phosphorus, Lycopodium, and Bismuth. These remedies are selected based on specific symptom profiles and are believed to help reduce stomach lining inflammation and associated symptoms [5].

Methodology

The present study was a retrospective observational analysis conducted at the II B Outpatient Department (OPD) of Sarada Krishna Homoeopathic Medical College (SKHMC) during the period from January to December 2024. Patient case records maintained in the OPD were reviewed to identify individuals diagnosed with gastrointestinal tract disorders and treated with homoeopathic medicines during the study period. Cases were selected based on documented clinical diagnosis of gastrointestinal disorders, irrespective of gender, and were grouped according to age, diagnosis, prescribed homoeopathic medicine, potency, and treatment outcome. Patients with incomplete records or inadequate follow-up details were excluded from the study. A total of ten gastrointestinal conditions were identified, including acute gastritis, gastric ulcer, duodenal ulcer, irritable bowel syndrome (IBS), worm infestation, anal fissure, anal fistula, aphthous ulcers, paralytic ileus, and other related disorders. Relevant data were systematically collected from OPD registers and individual case sheets (Table 1).

S No	Conditions	No of cases seen
1	Acute gastritis	83
2	Gastric ulcer	26
3	Worm infestation	12
4	Duodenal ulcer	9
5	Anal fissure	02
6	Anal fistula	02
7	IBS	01
8	Aphthous ulcer	18
9	Paralytic ileus	1

Table 1: Frequency of Gastrointestinal Tract Disorders Recorded During the Study Period (2024).

Each case was analysed for presenting complaints, clinical diagnosis, remedy selection, potency administered, and observed prognosis. The principles of individualized homoeopathic prescribing were followed in all cases, taking into account the totality of symptoms and constitutional characteristics of the patients. Statistical analysis was performed to assess the frequency and distribution of gastrointestinal disorders across different age groups and to evaluate trends in homoeopathic remedy selection and potencies used [6]. Clinical outcomes were categorized based on improvement, partial improvement, or no significant change [7]. The collected

data were compiled and analysed using descriptive statistical methods to evaluate the effectiveness of homoeopathic management in both acute and chronic gastrointestinal disorders.

Result and Discussion

The retrospective analysis included gastrointestinal tract disorder cases reported at the II B Outpatient Department (OPD) of Sarada Krishna Homoeopathic Medical College (SKHMC) during the year 2024. A total of 154 cases of gastrointestinal disorders were identified and analysed based on diagnosis, age group, prescribed homoeopathic medicines, potency, and clinical outcomes. Among the observed conditions, acute gastritis constituted the highest number of cases (83), indicating it as the most prevalent

gastrointestinal complaint among OPD attendees. This was followed by gastric ulcer (26 cases) and aphthous ulcers (18 cases). Other conditions included worm infestation (12 cases), duodenal ulcer (9 cases), anal fissure (2 cases), anal fistula (2 cases), irritable bowel syndrome (IBS) (1 case), and paralytic ileus (1 case) Table 2. The distribution reflects a higher occurrence of functional and inflammatory gastrointestinal disorders compared to structural and surgical conditions. Analysis of homoeopathic prescriptions revealed that remedies were selected on an individualized basis in accordance with the totality of symptoms. Nux vomica and Lycopodium were the most frequently prescribed remedies, particularly in cases of acute gastritis and dyspeptic complaints [8]. Various potencies were used depending on the patient’s susceptibility and disease presentation.

Table 2: Presenting Disease-wise Analysis of Age Group, Homoeopathic Medicine, Potency, and Prognosis.

Diagnosis	Age group	Potency	No of cases	Improved	Not improved
Acute Gastritis	15-70 Years	1M	1	52	31 (Due to consuming Alcohol)
		200	55		
		LM	27		
Gastric Ulcer	20-50 Years	1M	2	16	10
		200	15		
		LM	9		
Worm Infestation	2-10 Years	1M	1	12	0
		200	7		
		LM	4		
Duodenal Ulcer	30-50 Years	1M	2	5	4
		200	5		
		LM	2		
Anal Fissure	30-50 Years	1M	0	2	0
		200	2		
		LM	0		
Anal Fistula	30-50 Years	1M	0	0	2
		200	0		
		LM	2		
Irritable Bowel Syndrome	Above 60 Years	1M	0	1	0
		200	1		
		LM	0		
Paralytic Ileus	Above 60 years	1M	0	0	1
		200	0		
		LM	1		
Aphthous Ulcer	10-40 Years	1M	1	17	1
		200	10		
		LM	7		

Analysis of the above table clearly indicates that gastrointestinal tract disorders were most commonly observed in the adolescent age group. The data also reveal that the homoeopathic potencies most frequently prescribed were 1M and 200C. Out of the total cases, 105 patients showed clinical improvement, highlighting the potential effectiveness of homoeopathic treatment in managing these conditions. Clinical outcomes showed a considerable proportion of cases demonstrating improvement, especially in acute conditions, while chronic disorders required longer follow-up for sustained response [9]. The findings of this retrospective study highlight the significant burden of gastrointestinal disorders among patients attending the homoeopathic OPD, with acute gastritis emerging as the most common condition. This observation may be attributed

to lifestyle factors such as irregular dietary habits, stress, and increased consumption of irritant foods, which are known contributors to gastric disturbances [10]. Similar trends have been reported in other clinical studies, emphasizing the growing prevalence of gastrointestinal complaints in outpatient settings. Homoeopathic management in this study was based on individualized prescribing rather than disease-specific treatment [11]. The frequent use of remedies like Nux vomica and Lycopodium reflects their well-known therapeutic relevance in gastrointestinal disorders characterized by dyspepsia, abdominal discomfort, bloating, and altered bowel habits [12]. The favourable clinical outcomes observed in many cases support the role of homoeopathy in managing both acute and chronic gastrointestinal conditions with minimal adverse effects [13].

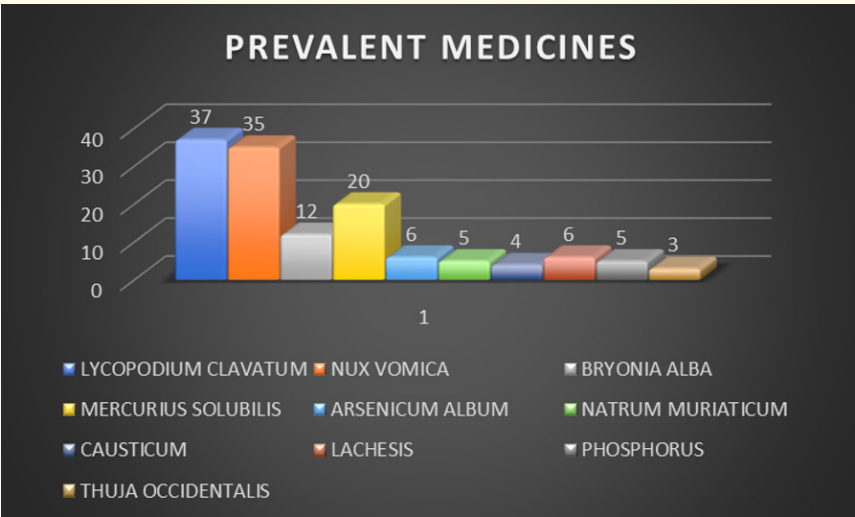


Figure 1: Prevalent Homoeopathic Medicines Among the Observed Gastrointestinal Disorders.

The figure (Figure 1) illustrates the distribution of homoeopathic prescriptions for gastrointestinal tract disorder cases, with Lycopodium being the most frequently prescribed remedy. Other commonly used medicines included Nux vomica, Mercurius Solubilis, Bryonia, Arsenicum Album, Natrum Muriaticum, Causticum, Lachesis, Thuja, Phosphorus, and several others. The holistic approach of homoeopathy, which considers physical symptoms along with constitutional and psychosomatic factors, may contribute to improved patient outcomes and long-term symptom control [14].

Although the study demonstrates encouraging results, limitations such as its retrospective nature and lack of a control group should be acknowledged [15]. Nevertheless, the findings provide valuable clinical insight and suggest that homoeopathy may serve as an effective and patient-friendly therapeutic option for gastrointestinal disorders. Further prospective and controlled studies are recommended to strengthen the evidence base and validate these outcomes [16].

Conclusion

This study demonstrates the effectiveness of homoeopathic medicines in the management of gastrointestinal tract disorders, indicating that these conditions can be successfully addressed through individualized homoeopathic treatment [17]. These findings are consistent with previous research that has also reported positive outcomes of homoeopathy in treating various gastrointestinal ailments. Homoeopathic interventions in this study led to a notable alleviation of symptoms and an improvement in patient's overall quality of life [18]. In line with Hahnemann's principle that the primary goal of a homoeopathic physician is to achieve a cure, the present study supports the efficacy of homoeopathic remedies in promoting recovery from both acute and chronic gastrointestinal conditions.

The results highlight the potential of homoeopathy as a complementary and alternative approach to conventional treatments [19]. By considering each patient's unique constitution and totality of symptoms, homoeopathy offers individualized remedies that aim not only to address the underlying causes of disorders but also to enhance overall well-being. Unlike some conventional therapies, homoeopathic treatment is associated with minimal adverse effects, making it particularly suitable for long-term management of chronic conditions. Overall, the study underscores the promising role of homoeopathy in gastrointestinal care. Through a combination of individualized remedies, lifestyle guidance, and holistic management, homoeopathy provides a comprehensive approach to treatment [20]. These findings encourage further research into homoeopathy's clinical efficacy and support its integration into mainstream healthcare as a safe and sustainable therapeutic option for both acute and chronic gastrointestinal disorders.

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