

Editorial for the month of January 2010

HOMOEOPATHIC MANAGEMENT OF IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome is multi facet diseased, it does not have any known cure in modern medicine but yet there are many options available for the person to recover, homoeopathy is the best option to treat those patients.

In my experience stress is the most important factor that can lead to production of irritable bowel syndrome. Feeling mentally or emotionally tensed, troubled, angry or overwhelmed can stimulate colon spasm in people with irritable bowel syndrome. The colon has many nerves connected to the brain like the heart and the lungs, the colon is partly controlled by autonomic nervous system and it is because of this that colon always respond to stress. These nerves control the normal contraction of colon and causes abdominal discomfort at stressful times. People always experience cramps or butterflies when they are nervous or when they are upset.

I have seen patients in my practice that with slightest conflict can produce severe irritation in the colon. Stress makes mind much more aware of the sensation that arise in the colon making the person perceive these sensations are unpleasant.

Hence the most important thing that I would recommend with patients who suffer from irritable bowel syndrome is relaxation, meditation, regular exercise such as walking, yoga, and change in the stressful situation in the life and most important is the proper sleep.

I have also seen dairy as a known cause to aggravate the irritable bowel syndrome patients because many symptoms get flared up and hence dairy, milk products, sugar and lactose need to be

quite restricted in such patients. Sometimes I have seen increasing intake of dietary fibers can reduce the symptoms of irritable bowel syndrome. So eating whole wheat bread, cereals, fruits, and vegetables can help to reduce the symptoms of irritable bowel syndrome. If one can increase the fiber intake by 2-3 grams a day this will help a lot, drinking 6-8 glasses of plain water is very important during the course of homoeopathic treatment. Avoid drinking carbonated beverages like soda, Thums up, Pepsi, Coca cola and avoid chewing chewing-gum and eating food too quickly. Large meal can also cause cramps and diarrhoea so eat smaller meals more often or eating smaller portion may help the person suffering from irritable bowel syndrome.

Now let me share some cases with you:

CASE 1:

This was a case of a young boy 16 years old who was diagnosed by gastroenterologist as irritable bowel syndrome, he was accompanied by his parents for the homoeopathic case taking, within few minutes I could understand that the parents are quite controlling and quite dictatorial towards the child, at every question that I asked the child the child will always look at the parents before answering.

When he was 8 years old he suffered from migraine at that time reading for more than half an hour would invite severe attack of migraine.

His headaches made him necessary to lie down on the bed, any exertion like reading the books or writing will always aggravate his headache. He had a learning problem in the school especially concentration during studying.

He was the only son and so there were lot of expectations out of him and hence parents unconsciously pushed the child to stand

first by asking him to read even on holidays and vacations, giving him very little time to relax and play. He was extremely sensitive to slightest noise.

He complained of distension and gurgling in abdomen after eating or drinking, this was worse especially in the morning and before passing stool. He also had frequent bouts of diarrhoea that alternated with constipation, and when he sits to pass the stool he can never pass in one shot, it was always as if something more going to come, the stools were brown in color.

He had aversion to meat and desire for fish and tomatoes. On further enquiry I was informed that he enjoy fried and salty fish much more than any other fish.

I studied the symptoms and repertorized the case and found out that Natrum-muriaticum, Lycopodium and Ferrum come very high for discussion. But his strong desire for salty fish and desire for tomatoes, his gurgling sensation in the morning and before the stool along with the strong history of domination helped me to prescribe Ferrum-iodide.

I prescribed Ferrum-iodide 30C, 3 doses every week in 5 cup method and subsequently in a span of 4 months I could relieve all his symptoms.

Ferrum iodide is one remedy which can mimic Calcarea carb, Sulphur and Lycopodium from a distance. It has a marked action on the spleen, the lymphatic glands, and the thyroid gland.

In a case of colitis where Ferrum is indicated you should always try to ask question or key symptoms to the patient of Ferrum iodide.

Ferrum iodide patients are hard working, sincere people, but at the same time they don't like to be dominated, they want their freedom, they want their freedom of moment, they want their

freedom of thinking, they want their freedom of what they want to do in their life, they are usually emaciated, mentally and physically they are quite restless, and in general they are hot patients, better in open air.

CASE 2:

This was a case of an elderly man of 65, who suffered from chronic irritable bowel syndrome, he took many allopathic medicines and homoeopathic medicines without any relief; his main problem was diarrhoea and discomfort, the discomfort was nausea if he wears the tight clothes or if there is a pressure on the stomach or abdomen he immediately gets nausea accompanied by painless diarrhoea, eating sweets or excess of sugar will aggravate the diarrhoea.

The stools were thin and it come all in one shot, he was extremely thirsty person, with diarrhoea his appetite was ravenous i.e. he can eat a large meal very frequently without getting any diarrhoea.

He was unmarried and always wanted to enjoy sex to fulfill his passion he would read lot of magazines on sex, he also collected photographs of naked women, he was addicted to see fashion television whenever he had a free time.

He had strong aggravation from sweets; if he eats sweets he would get rheumatic pain and headache. He was obese; he was sad and depressed that his diseases cannot be cured for last so many years.

I felt he had characteristic symptoms of the remedy. Gambogia and I was surprised that why this man was not given this remedy.

His previous homoeopathic physician had given him remedies like Indium, Argentum and Zincum metallicum. But I felt his symptoms were nowhere near those remedies. I prescribed him Gambogia 30C which gave him long lasting relief of his chronic problem within few months.

Gambogia comes from Guttiferae family. It is basically a gum resin which was obtained from Cambodia, this country Cambodia was once upon a time ruled by the French people who called Cambodia as Gambogia.



It was proved by Dr. Nenning from Germany; Gamboge is a yellow pigment in water color painting but it has got marked effect on the colon and the rectum. I use Gambogia in people with diarrhoea of old people or any rectal trouble associated with lot of rumbling and gurgling in the bowels, purging and fainting. The peculiar symptom is that the stool comes out all at once and is followed by great relief as though a foreign body has passed from the anus. After he passes the stool there is severe burning in the anus. Mentally the person is extremely irritable in the morning which I have repeatedly confirmed.

Strong sexual drive in case of colitis is the signature symptom of the remedy Gambogia.