

Centre for Integrative Medical Training  
In Association with London Integrated Medical Health Education



# Intermediate Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

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## Unit 22

Materia Medica Studies and Therapeutic Pointers for Week 2

## *Therapeutics of the Oesophagus, Stomach and Duodenum*

Not surprisingly, the upper gastro-intestinal tract is heavily represented in the homeopathic materia medica. This may be partly due to the many toxic proving experiments undertaken in the 19th century. Material quantities of various test substances were ingested by the early provers, inevitably causing some primary GI reactions.

There are many materials which are therefore associated with direct mucosal irritation, or which naturally provoke nausea and vomiting on contact with the stomach due to direct chemical irritation. Try to distinguish these primary toxic effects from genuine homeopathic effects wherever possible.

You will be introduced to the bowel nosodes a little later on. For the moment remember that *Proteus* (Bach) is commonly indicated in 'hyper-acidity' and reflux, often in patient's with deep unspoken fears.

### *Heartburn and Waterbrash (GORD symptoms)*

Many 'classical' remedies are listed for these common symptoms.

These include a number of remedies that have marked upper GI affinities:

- *Alumina*
- *Arsenicum album*
- *Bismuth*
- *Calcarea carbonica*
- *Capsicum*
- *Carbo-vegetabilis*
- *Chelidonium*
- *Conium maculatum*
- *Fluoric acid*
- *Lycopodium*
- *Magnesia carbonica*
- *Natrum phosphoricum*
- *Nux vomica*
- *Phosphorus*
- *Ptelea*
- *Pulsatilla*
- *Robinia*

It is well established that many functional and inflammatory upper GI symptoms are associated with:

1. hyperacidity
2. tobacco and drug abuse
3. poor diet
4. alcohol abuse
5. food intolerances
6. the effect of lifestyle and medication on gut microflora
7. pregnancy
8. emotional stress.

These factors are well represented in the repertory.

In the clinic, remember to look for triggers and causes in the case history and then use the repertory to prompt for the main associated remedies, before finally homing in on treatment that best fits the wider picture.

### *Indigestion*

Indigestion is a rather non-specific term associated with food-induced GI symptomatology.

Food intolerances can be occasionally be highly specific. Usually symptoms relate to broad categories of food, however.

Foods which cause symptoms which are limited to the abdomen are listed under *Indigestion* in Kent's Repertory.

Foods which cause other kinds of disturbance (eructations, nausea or hiccoughs for example) are said to 'disorder' and are listed according to foodstuff in the *Stomach* section of Kent's Repertory. (Food section of Murphy's Repertory).

Foods which cause wider systemic upset are listed under food and drink in the *Generalities* section of the repertory.

Some IBS sufferers have deranged microflora in their gut. If their healthy galactose fermenting bacilli are repressed, then other groups can overgrow in the gut and ferment mono-sacharides to gas, acids and alcohols causing toxicity and systemic upset as well as giving rise to abdominal bloating and discomfort.

The use of bowel nosodes for these patients will be discussed later. For now, consider low FODMAP advice with appropriate exclusions and the use of regular probiotics in these patients to augment the effectiveness of homeopathic treatment.

See 'Supplemental Materials' for a low FODMAP advice sheet.

Let's now move on to look at some remedies for gastric, stomach and duodenal ulcer.

### *Remedies for Gastric, Stomach and Duodenal Ulcer*

The following is a composite of several rubrics for GI ulceration from different sources:

Acet-a., Aesc., Alum., Anac., Arg-n., Ars., Atro  
Bell., Bism  
Calc., Calc-ar., Calc-p., Carb-v., Carc., Caust., Chin., Cic.,  
Crot-h., Cund., Cur  
Dys-co  
Euph  
Ger., Graph., Grin  
Ham., Hep., Hydr.  
Inul., Ip  
Kali-bi., Kali-c., Kali-p., Kreos.  
Lach., Lyc.  
Merc-c., Mez., Morg-g., Morg-p  
Nat-c., Nat-m., Nat-p., Nit-ac., Nux-v  
Ornith  
Petr., Phos., Plb., Prot., Psor  
Sin-a., Sil., Sul-ac., Syph  
Uran-n.

Even this augmented listing is unlikely to be comprehensive, so in tackling cases of indigestion, gastric or duodenal ulceration we will require some means of differentiating between the remedies.

There are two main ways of deriving this information:

#### From the patient:

- Exact symptomatology
- Information on lifestyle
- Assessment of the contribution of mental/emotional factors
- Causation

#### From the repertory or materia medica:

- Main site of remedy action
- Constitutional character of GI remedies
- Principle modalities
- Causative factors associated with each material

### *Causation for indigestion in the repertory*

#### *Mental and emotional factors*

Mental and emotional factors are well recognised contributors to the development of stomach complaints. These factors are represented in the homeopathic literature. The following instances come from *Kent's Repertory* and *Boericke's Therapeutic Index and Repertory*.

#### *Mental and emotional factors*

Kent: Stomach: Indigestion-vexation, after:

CHAM., IP., Tarent

Kent: Stomach: Pain-vexation, after:

Acon., Ars., Cham., Ign., Phos., STAPH

Boericke: Stomach: Indigestion-cause, nervous:

Cham., Nux-m., Nux-v.

#### *Lifestyle factors*

Boericke gives us some neat little rubrics relating to the main causative factors:

#### **Alcohol abuse:**

Boericke: Stomach: Inflammation - acute, from alcoholic abuse  
Arg-n., ARS., Bism., Crot-c., CUPR., Lach., NUX-V., Phos., GAUL

#### **Excesses:**

Boericke: stomach: Indigestion - cause, debauchery  
Ant-t., CARB-V., CHINA., Nat-s., NUX-V

Boericke: stomach: Indigestion - cause, excesses

Carb-v., CHIN., Kali-c., NUX-V.

#### **Eating habits:**

Boericke: stomach: Indigestion - cause, hastily eating  
Anac., Coll., OLND

#### **Junk food:**

Boericke: stomach: Indigestion - cause, dietetic indiscretion  
All-s., ANT-C., BRY., CARB-V., Chin., Coff., IP., Lyc., Nat-c., NUX-V., PULS., Xanthor

**Spoiled food:**

Boericke: Stomach: Indigestion - cause, decayed meat, fish  
*Ars., Carb-v.*

**Smoking:**

Boericke: stomach: Indigestion - cause, tobacco  
*Abies-n., NUX-V., Sep*

### *Further Relevant Reading*

Try to read as many of the following articles which deal with therapeutics of the oesophagus, stomach and duodenum as are of interest to you.

#### *Dyspepsia*

Candegabe EF  
Case histories  
dyspepsia  
Homeotherapy 1974;5 1(9): 24-28

Anon  
Littlecases  
dyspepsia, arsenicum album  
Homoeopathy 1936 Mar;5(3): 85-87

Borland DM  
Digestive drugs XVI  
pulsatilla, dyspepsia  
Homoeopathy 1041 Nov;10(11): 314-316,329-331

Schmidt HC  
Dyspepsie  
Ger J Homeopath 1989;1(2):99

Aluminium dyspepsia (CN)  
Br Homoeopath J 1932 22 408

#### *Hiatus hernia and Achalasia*

Johnson CD  
Hiatus hernia  
Homoeopathy 1980 30: 92-94

Achalasia of the cardia  
Br Homoeopath J 1926 16: 255, 258

#### *Indigestion*

Candegabe EF  
Case histories natrum muriaticum, indigestion, silica  
GASTROINTESTINAL DIS, HEADACHE  
J Am Inst Homeopath 1979 Mar;72(1): 47-52

Barker JE  
Indigestion-my most difficult case  
Hahnemann Glean 1984 Apr;51(4):169-70

Anon  
Remedies for first aid and common ailments indigestion  
Homoeopathy 1984 34: 5-7

Stow TD  
Senile indigestion  
DIGESTIVE SYMPTOMS, HOMEOPATHIC DRUGS  
Ger J Homeopath 1989;1(2):106