



Clinical Study of Spastic Colon Syndrome with Effectiveness of Mercurius Solubilis by Managing Diet and Regimen

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Abstract

Spastic colon syndrome cause, recurrent pain in your abdomen and changes in your bowel movements, like diarrhoea, constipation, or both. With Spastic colon syndrome, you have these symptoms with no visible signs of disease or damage in your digestive tract. The most common symptoms of Spastic colon syndrome are pain in your abdomen, related to bowel movements, and changes in movements. These changes may be diarrhoea, constipation, or both, depending on what type of Spastic colon syndrome as patient have. This is to portray and delineate the Homoeopathic medicines spectacles with marked action upon the Spastic colon syndrome with the assortment of similimum and beside by fetching the hilarity of symptoms to underneath resistor and has been substantiated to provoke the deranged vitality in patients and bring them ease. After Repertorisation, Mercurius Solubilis has possessed highest grade and highest matching of the symptoms. Thus, I select Mercurius Solubilis on the basis of mental and physical symptoms of the patient. The patient is workaholic in nature. The medicine is prescribed based on reportorial result and further evaluation with Materia Medica.

Keywords: Digestive Tract; Bowel Movements; Homoeopathy; Spastic Colon Syndrome; Mercurius Solubilis; Similimum

Introduction

Spastic colon syndrome is the most common reason for referral to Gastroenterology clinics [1]. The disease is characterized by constipation, abdominal pain, diarrhoea, or a combination of both constipation and diarrhoea, mucus discharge along with stools and changes in the appearance of stools. The main cause of disease is not unknown as various factors play key roles in its aetiology. Spastic colon syndrome is a disorder which can't be confirmed by a specific test. Instead, diagnosis is based on the Rome criteria. Ruling out this conditions that cause similar signs and symptoms is essential for an accurate diagnosis [2]. Several studies have reported the prevalence of Spastic colon syndrome in Asia to vary between 4.2 and 25% with the lowest prevalence being reported by Massarrat, et al. [3].

One of the most common problem in the worldwide is functional gastrointestinal disorder [4]. Spastic colon syndrome is a func-

tional disorder in which or change of bowel habit with features of disorders defecation is associated with defecation, distension of abdomen and abdominal pain. Around 20% of the general population in the world wide suffers from this problem. It is said to be believed that spastic colon syndrome is due to psychosocial factors in most patient who develop symptoms. A range of disturbances are including depression, stress, neurosis, somatization is the major cause of the disease [5]. This may be this cause like altered gastrointestinal motility, abnormal visceral perception which triggers to develop Spastic colon syndrome [3]. A study conducted by Ghanaei, et al. among medical students at Guilan University noted an overall prevalence of Spastic colon syndrome of 12.6% and it was shown to be more prevalent in females when compared to males (15% vs. 8.1%) [6].

Limited epidemiological studies based on some defined social groups present in different regions with regards to Spastic colon

syndrome have been performed in Iran, but a classical survey based on the normal population is still to be conducted [7]. A study done by Mahmudi., *et al.* has shown the prevalence of Spastic colon syndrome in medical students at Tehran Medical University to be 5.2% with more prevalence among females (5.6%) with a mean age of 20 years [8]. A meta-analysis of the studies assessing clinical homeopathy, (171 participants with Spastic colon syndrome -C) was conducted [9]. At short-term follow-up of two weeks, global improvement in symptoms was experienced by 45% (35/66) of placebo participants (RR 1.61, 95% CI 1.18 to 2.18; 2 studies, very low certainty evidence) compared to 73% (46/63) of asafoetida participants. In other clinical homeopathy study at two weeks, 75% (13/19) of those in the asafoetida plus Nux vomica arm and 60% (12/23) of those in the placebo arm experienced a global improvement in symptoms (RR 1.31, 95% CI 0.80 to 2.15; very low certainty evidence). In the study comparing individualized homeopathic treatment to usual care (N = 20), the mean global improvement score (feeling unwell) at 12 weeks was 1.44 + 4.55 (n = 9) in the individualized homeopathic treatment arm compared to 1.41 + 1.97 (n=11) in the usual care arm (MD 0.03; 95% CI -3.16 to 3.22; very low certainty evidence) [10].

Methodology

One cases with Spastic colon syndrome with 54 years male complaining with distension of abdomen since 30 years. He also had bloating sensation and has a tendency to pass stool soon after

eating food. Complaint < after eating spicy food, bananas, dhal. > after passing stool. He also has haemorrhoids. The complaint continued for 30 years with altered bowel habit and He took allopathic medication but had no relief for this complaint. He also took siddha medication and got a temporary relief. After discontinuing medicine, he has distension of abdomen with bloating sensation. Every time he had food he wants to pass stool.

Now he has symptoms such as altered bowel habit, colicky abdominal pain, abdominal distension, rectal mucous, feeling of incomplete defecation. The case diagnosis was based on ROME IV Criteria. ROME IV Criteria for Spastic colon syndrome are recurrent abdominal pain on average at least for 1 day/week in last 3 months that is associated at two of the following are changes in form of appearance, associated with change in frequency of stool or any other problem associated with defecation. The patient’s mental general and physical general are as follows. The patient love to do office work. he was settled in Sharjah for 20 years, after corona he was forced to return to Malappuram a place in Kerala but his wife continued her job there, he felt lonely since his children were studying in different universities. He always wants someone to be with him. His sleep was disturbed. He has loose stool soon after eating food all the time. He also had painful micturition and burning. The thermal of the patient is cold.

Reportorial totality

Remedy	Merc	Calc	Puls	Sep	Sulph	Lyc	Nux-v	Ph-ac	Carb-v	Lach	Sil	Plb	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][Generalities] sensitivity, from:	3	3	2	3	3	2	2	3	2	0	1	1	0	2	2
[Kent] [Mind]Irritability:	3	0	0	0	0	0	1	0	0	0	0	0	0	0	0
[Kent][Abdomen]:colicky pain	0	2	1	2	2	1	0	0	1	0	1	3	1	1	1
[Kent] [Abdomen]:Distension	2	1	2	1	0	1	0	0	0	1	0	0	0	0	0
[Complete][Rectum]Stool Mucous :	4	0	0	0	0	0	0	0	0	1	0	0	0	0	0
[Complete][Rectum] Defecation : Incomplete :	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
[Kent][Abdomen] Diarrhoea :alternating with constipation	0	2	2	1	2	2	2	2	1	2	2	0	2	0	0

Figure 1: Distribution of symptoms.

Result and Discussion

The outcome of the study crops up enquiringly least period of 3 months and the results are mentioned below. Statistical analysis was done in order to test the significance of the Pretest and Post-test scores. The results were scrutinized in relation with before treatment and after treatment have been made into chart and re-

corded in the study. The effectiveness of Homoeopathic remedies selection is based on chronic totality and constitutionally adopted [11]. Hahnemann says in his lesser writing “but we moderns on the contrary are of course and this I would almost concede to you for the sake of peace, if this verdict only applied to some of us” [12].

Nature of symptoms	Before	After
Tetchiness	19	2
Colicky belly pain	20	1
Distention of Stomach	18	4
Rectal pain with passage of mucosa	20	0
Sensation of unfinished evacuation	15	1
In elevation of warmth to incitements	18	3
Reformed bowel routine	19	5

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

He also explains about the importance of the diet and regimen in the aphorisms 259 to 264, emphasizes on the importance which a patient should maintain on his or his diet and regimen in order to let the medicine have a complete action on the being [13]. As to food, all modules of human being who request to be preserved of a lingering illness, can hurt few limitations [14]. Dr. Samuel Hahnemann explains in foot note of aphorism 81 about the life style dis-

orders i.e. some of these causes that exercise a modifying influence on the transformation of Psora into chronic diseases. Manifestly depends on the climate and the peculiar physical; character of the abode place in the physical and mental training of youth, both of which may have been neglected [13]. On the matter of diet and regimen, passions, manners, habits and customs of various kinds are should be considered.

Date	Response	Medicine
01/12/22	Ccolicky pain persist in abdomen, Distension of abdomen with irregular bowel habit persist, mucous stool persists, feeling in complete deification, irritability unchanged, high sensitivity to stimuli	Rx 1. SAC LAC /1D 2. 2. B. PILLS 3x TDS 3. 3.B. DISC 1x BD
08/12/22	Irritability unchanged, colicky pain in abdomen slight better, ddistension of abdomen with irregular bowel habit persist, mucous in stool better, feeling in complete defecation persist, high sensitivity to stimuli reduced.	Rx 1. MERC. SOL 200/1D (OM) 2. B. PILLS 3x TDS 3. B. DISC 1x BD
15/12/22	Distension of abdomen with irregular bowel habit better, colicky painin abdomen better, mucous in stool relieved, feeling in complete deification better, irritability reduced, high sensitivity to stimuli better.	Rx 1. MERC. SOL 200/1D (OM) 2. B. PILLS 3x TDS 3. B. DISC 1x BD
22/12/22	Distension of abdomen with irregular bowel habit very much better, colicky pain in abdomen much better, mucous stool relieved, feeling in complete deification relieved, irritability reduced, high sensitivity to stimuli better.	Rx 1. MERC. SOL 200/1D (OM) 2. B. PILLS 3x TDS 3. B. DISC 1x BD
29/12/22	Distension of abdomen with irregular bowel habit very much better, colicky pain in abdomen much better, mucous stool relieved, feeling in complete deification relieved, irritability reduced, high sensitivity to stimuli better.	Rx 1. SAC LAC /1D 2. B. PILLS 3x TDS 3. B. DISC 1x BD
05/01/23	Distension of abdomen with irregular bowel habit relieved, colicky pain in abdomen relieved, mucous stool relieved, feeling in complete defecation relieved, irritability reduced, high sensitivity to stimuli better.	Rx 1. SAC LAC /1D 2. B. PILLS 3x TDS 3. B. DISC 1x BD

Table 2

Progress of the patient

These crises may be in the form of sudden stress, anxiety, indiscretions of diet or hygiene, some apparently simple thing out of all proportions to the serious consequences [14]. All those countless assumptions regarding the nature of symptoms, as well as the homoeopathic scheme of medication known by means of modest

maxims, explicit medicines simply and rapidly, without metaphysical explanation [15]. This study interpreted, when a marked reduction was realized in post-test values in comparison with pre-test values. Thus, we can conclude that administration of homoeopathy remedies in treatment could give good relief in the managing reducing the intensity of symptoms as well as the disease, spastic colon syndrome.

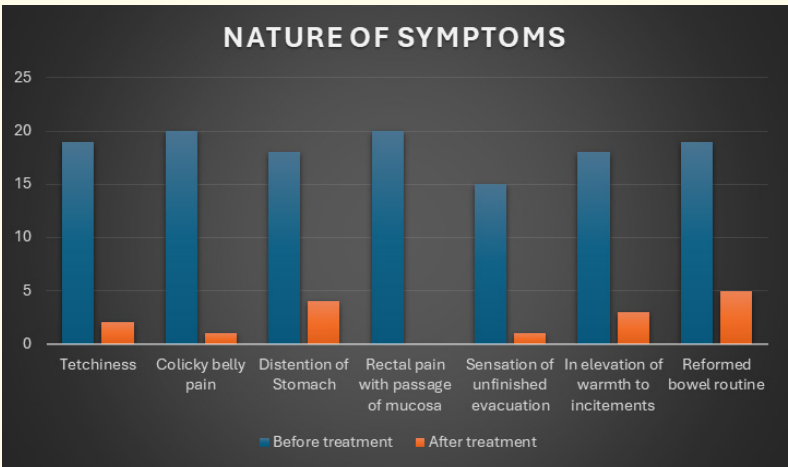


Figure 2: Nature of symptoms before and after treatment.

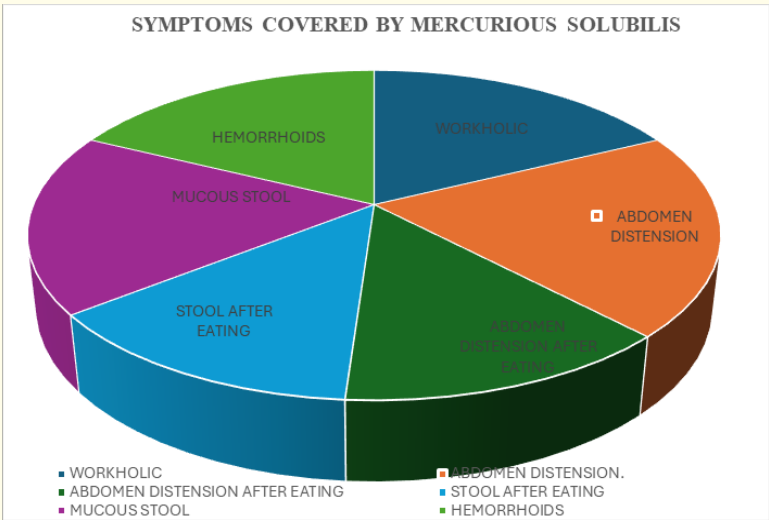


Figure 3: Symptoms covered by Mercurius Solubilis.

Conclusion

Commencing this study, we initiate the Homoeopathic medicines were effective in the management of Spastic colon syndrome. The medicine MERC SOL is prescribed and the commonest potency used 1M and the symptoms covered Altered bowel habit, Colicky abdominal, Abdominal, Rectal mucous, Feeling of incomplete defecation. Thus, the Homoeopathic ultra-dilutions act best in Spastic colon syndrome and render benefits to mankind [15]. Further progress is considered for three to six months of period to analyse and evaluate. The cases were enquired with the quality-of-life questionnaire to know the improvement in the quality of life [16]. Grading of symptoms was one of the key point which should be noted. The cases were prescribed after careful analysis based on totality of symptoms which were then correlated with drug symptoms [17].

Based on most study, large factor is diet and regimen to control the digestive tract disease as a result, the patient was advised to take calcium-rich food at each meal, at least three times a day, limit your intake of animal protein, salt, added sugar, and products containing high fructose corn syrup, avoid foods and drinks high in oxalates and phosphates [18]. Ensure routine check-up, do not neglect even the minor associated and complicated symptoms which are more prone to infection. This study interpreted, that a marked reduction was realized in post-test values in comparison with pre-test values. Therefore, we determine, admin of homoeopathic remedies in managing the spastic colon syndrome may perhaps virtuous respite in dropping the intensity of symptoms as well as the disease, and considering Spastic colon syndrome.

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