



Clinical Study on Efficiency of Nux Vomica 200 in Treating Acute Gastritis with Analysis Of Diet: An Retrospective Study

S Sheeba^{1*}, K. Gokul Krishna² Reshma Reghu³, S Sanju⁴, SS Ramya⁵ and JP Shimmal Chenthik⁵

¹Department of Obstetrics and Gynaecology, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Tamilnadu, India

²Department of Materia Medica, Sarada Krishna Homoeopathic Medical College (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Tamilnadu, India

³Department of Community Medicine, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Tamilnadu, India

⁴Department of Forensic Medicine and Toxicology, Sarada Krishna Homoeopathic Medical College, India (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Tamilnadu, India

⁵Department of Homoeopathic Pharmacy, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Tamilnadu, India

***Corresponding Author:** S Sheeba, Department of Obstetrics and Gynaecology, Sarada Krishna Homoeopathic Medical College, (Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai), Kulasekharam, Tamilnadu, India.

Received: August 21, 2025

Published: August 29, 2025

© All rights are reserved by S Sheeba, et al.

Abstract

The inflammation of the stomach mucosa is a frequent gastrointestinal ailment known as acute gastritis. This page offers a thorough analysis of acute gastritis, emphasizing its causes, signs, and treatment options. Acute gastritis can occur as a result of a number of circumstances, such as stress, medication usage, alcohol intake, and infection. Early detection is essential since the clinical presentation might vary from little pain to serious consequences. Accurate diagnosis is aided by diagnostic techniques including endoscopy and laboratory testing. Management strategies include changing one's diet, treating symptoms, and addressing the root reasons. The purpose of this article is to improve knowledge of acute gastritis so that people and medical professionals may avoid and treat this frequently disregarded gastrointestinal condition. Five acute gastritis patients are being examined here. In order to objectively examine the case holistically, we do a thorough case study, documenting all of the patient's physical and mental symptoms. Following a thorough examination, medications are chosen and administered to the patient in the right doses and potencies to guarantee a safe and quick recovery. Patients' stated symptoms were used to follow up on the instances. Following a thorough case study, 200 potencies of the homoeopathic medication Nux Vomica were administered in accordance with homoeopathic principles, and the patient's condition steadily improved.

Keywords: Gastritis; Homoeopathy; Nux Vomica, Similimum

Introduction

A wide range of clinical symptoms pertaining to the upper abdomen, and the epigastrium in particular, are commonly referred to as “gastritis.” Dyspepsia is the proper medical term for this group of symptoms. More precisely, the different combinations of upper digestive symptoms (such as early satiation, troublesome postprandial fullness, epigastric discomfort, and epigastric burning) should be classified as functional dyspepsia when organic problems are absent. The Rome IV meeting provides an update on the (sub)types of functional dyspepsia [1,2]. Any reddening or oedema of the stomach mucosa during endoscopy is considered gastritis; however, none of these endoscopic characteristics is unique to or restricted to mucosal inflammation. The stomach mucosa is harmed by the reduction in prostaglandin production. Prostaglandin-promoted pathways protected it against the harmful effects of stomach acid.

The first acute episode of gastritis is usually asymptomatic and lasts just 7 to 10 days in most people. Most of the time, Pylori is not eradicated, and over the course of the following three or four weeks, chronic inflammatory cells will gradually accumulate. Particularly in children, the organisms are eliminated on their own. After being transmitted, H. pylori enters the stomach and grows near the surface epithelial cells. The bacteria emit chemotactic mediators and lipopolysaccharides (endotoxin) after adhering to epithelial cells, which pierce the epithelial cells’ surface [3].

If left untreated, acute gastritis will develop into chronic. Around the world, *Helicobacter pylori*, or H. pylori, is the most frequent cause of gastritis. Nonetheless, gastritis was discovered in 60-70% of H. pylori-negative individuals who also had non-erosive gastroesophageal reflux or functional dyspepsia [4]. Anorexia, nausea, vomiting, and discomfort and pain in the abdomen, tenderness in the epigastrium, Belching, frequent hiccups, heartburn after eating, Dehydration, oral acid, and iron deficiency anaemia (in extreme situations) [3]. Patients with gastritis have showed improvement when treated with homeopathic medications. We are all aware of homeopathy’s benefits for both acute and long-term illnesses. Numerous medications whose range of action includes gastritis problems are included in our *Materia Medica*. When recommended based on symptoms, Nux vomica is one of the most effective of them. Among these, Nux vomica works wonders when

administered based on symptom similarities. This instance demonstrates how Nux Vomica manages gastritis patients [5].

Methodology

I conducted the investigation as a retrospective cohort study because five patients with complaints of recurring attacks of epigastric region pain were chosen from the II B OP at Sarada Krishna Homoeopathic Medical College for the study of the aforementioned research. A simple random sample is a subset of people (a sample) selected from a larger group (a population) using the simple random sampling approach. Every person is selected at random, therefore every discrete person has an equal chance of being selected at any point throughout the sampling procedure, and every subset of entities has an equal chance of being selected for the sample as every other subset of personages. Five patients were chosen for my study based on their primary complaint. Pregnant women with additional cardiac conditions are excluded. For my study five patient selected with their major complaint. Patients with other heart disease and pregnant women are avoided.

Cases were taken and administration of relevant Homoeopathic similimum with proper dose and potency based upon the Homoeopathic principles. Homeopathic treatment is highly individualized. Homeopaths consider not only the specific symptoms but also the patient’s mental, emotional, and physical characteristics. The objective is to identify the treatment that best fits each person’s particular constitution. Patients may have a transient worsening of symptoms after taking the similimum; this is referred to as a “healing reaction” or “homeopathic aggravation.” This is regarded as encouraging evidence that the treatment is promoting the body’s natural healing processes.

As a result, in accordance with the aphorism about case taking, Nux Vomica medication was administered in gastritis instances after an appropriate symptomatic evaluation. The typical symptoms that Nux vomica has addressed in each of the five cases are nausea and a sour taste in the morning after meals, spasmodic vomiting accompanied by pain extending from the epigastrium in different directions. Constant constipation with ineffective prodding. Five patients received one dosage of Nux Vomica 200 every three weeks, and the improvement was evaluated based on the cases’ symptomatic evaluation.

Results and Discussion

Here are the results of the study that was done on five different situations. These cases occur for at least three months, and the outcomes are listed below. Based on homoeopathic principles, cases were taken and pertinent homoeopathic similimum was administered with the right dosage and potency. Five patients received one dosage of Nux Vomica 200 every three weeks. Before and after therapy, the outcomes were compared closely, and they were charted and documented in the research. Constitutional adoption and chronic totality serve as the foundation for the efficacy of homoeopathic remedy selection [6].

Here, Nux Vomica is prescribed depending on the overall severity of the symptoms, and it has been noted to produce relief. Chronic diseases are generally treated with high potencies at low dose frequencies because they are thought to be more deeply rooted, perhaps hereditary, and have long-lasting symptoms that are difficult to pinpoint at the moment of commencement. Consequently, 200 is chosen as the potency in this case. For a period of three to six months, additional development is taken into consideration for analysis and evaluation.

A comprehensive, safe, and non-surgical therapy for gastritis may be provided by homeopathy. Many illnesses, including gastritis, can be effectively treated using homeopathic medications. This medical system includes a variety of medications that treat gastritis based on the whole range of symptoms, a patient’s medical history, and their attitude. In this sense, a vast record of treating gastritis with various homeopathic medications may be found in the literature on homeopathy, which includes material media, therapies, and repertories. But scientific research with reliable procedures and methods is what our era depends on. The lack of empirical evidence supporting the efficacy of homeopathic remedies in treating gastritis is somewhat shocking [7].

SL NO	Symptoms	Before	After
1.	Burning pain in upper abdomen	10	3
2.	Nausea	8	2
3	Vomiting	8	4
4	Bloating of abdomen	10	5
5	Rectum - Constipation	7	2
6	Sour eructation	9	4
7	Heartburn	6	3

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

A study by Dr. Jyoti Patel on the subject of homeopathic treatment for gastritis explains the homeopathic method of treating the condition. Using a constitutional approach, it stresses the use of homeopathic medications that are suited to a person’s physical, emotional, and hereditary characteristics. It is claimed that homeopathy may effectively treat both acute and chronic gastritis, avoid relapses, and have no negative side effects. A review of gastritis, including its etiology, risk factors, and acute and chronic forms, is also included in the paper. According to the research, homeopathy may be a safe and comprehensive treatment for gastritis that takes into account the illness’s mental and physical components. [8,9] This study’s strength is that it depicts a realistic homoeopathic practice environment that mirrors daily clinical practice. to confirm homeopathy’s effectiveness in treating gastritis. It is necessary to conduct randomized control trials. Endoscopy is used to evaluate the condition and gauge how much the instances have improved.

Repertorial totality

Name of remedy	Nux-v	Sulph	Ars	Carb-v	Nat-m	Phos	Calc	Con	Iris	Sep	Sil	Zinc	Bry
Symp. covered	5	5	5	5	5	5	5	5	5	5	5	5	5
Totality	14	14	13	13	13	13	12	12	12	12	12	12	11
1. RECTUM, CONSTIPATION, ...	III	III	III	II	III	III	III	III	II	III	III	III	III
2. STOMACH, ERUCTATIONS, so..	III	III	II	III	III	III	III	II	III	II	II	II	II
3. STOMACH, HEARTBURN, ...	III	II	II	III	II	II	III	III	II	II	II	II	II
4. STOMACH, NAUSEA, ...	III	III	III	II	III	II	II	II	III	III	III	III	II
5. STOMACH, PAIN, burning, ...	II	III	III	III	II	III	I	II	II	II	II	II	II

Figure 1: Repertorial totality of symptoms covered by Nux Vomica.

Conclusion

Commencing this investigation, we initiate the Homoeopathic drugs were beneficial in the care of Gastritis. When it comes to gastritis, homoeopathic ultra-dilutions work best and assist people. For a period of three to six months, more advancement is taken into consideration for analysis and evaluation. [10] One of the important things to keep in mind was the grading of symptoms. Following a thorough study of the cases' overall symptoms, which were then connected to the symptoms of the drugs, the cases were prescribed. [11] Following the role of food and regimen, therapy with homeopathic medicines was determined to be successful, and the size of the gastritis decreased, according to the improvement criteria and ratings before and after treatment [10]. Individual symptoms that differ from person to person are taken into consideration while choosing homeopathic remedies for stomach ulcers [11,12].

Following the role of food and regimen, therapy with homeopathic medicines was determined to be successful, and the symptoms intensity are decreased, according to the improvement criteria and ratings before and after treatment [13]. The effectiveness of homeopathic medications in treating gastritis, a prevalent ailment in daily life, is the subject of this case study. The number of gastritis cases is rising daily. Stomach ulcers can be effectively and safely treated with homeopathy. [14] The main benefit of homeopathic remedies for stomach ulcers is that they lessen the frequency and intensity of the acute phase symptoms [15].

According to the study, nutrition and routine have a significant role; this is clarified in aphorisms 259 to 265 The illness known as gastritis, in which the lining of your stomach becomes irritated, can be treated with some foods and others. Indigestion, bloating, nausea, and searing stomach pain are some of the symptoms of gastric inflammation that can be lessened with a gastritis diet. [16,17] Vegetables and other foods that are low in acidity and alkaline in nature should be eaten. Citrus fruits like lemons and oranges, as well as meals high in acid, like tomatoes, should be avoided since they are bad for the stomach, especially for people with gastritis. Foods strong in flavonoids, such as bell peppers, leafy greens, artichokes, garlic, ginger, and berries, and anti-oxidants, such as those high in vitamins A and C, are known to lower inflammation. Therefore, we may draw the conclusion that using homeopathic medicines to treat gastritis may help manage the

condition and lessen the severity of its symptoms. [18] The retrospective analysis of five patients suffering from acute gastritis demonstrated significant improvement following the administration of *Nux vomica 200C*, individualized based on symptom similarity and dietary habits. Symptomatic relief included reduction in epigastric pain, nausea, and acidity within 24-72 hours of treatment. Dietary analysis revealed aggravation from irregular eating habits, spicy food, and stimulants, which were addressed through counselling. No adverse effects were observed during the course of treatment. These findings suggest that *Nux vomica 200C*, [19] along with dietary modifications, can be an effective therapeutic approach for managing acute gastritis.

Bibliography

1. Talley NJ. "Editorial: moving away from focussing on gastric pathophysiology in functional dyspepsia: new insights and therapeutic implications". *American Journal of Gastroenterology* 112.1 (2017): 141-144.
2. Miwa H., *et al.* "Recent understanding of the pathophysiology of functional dyspepsia: role of the duodenum as the pathogenic center". *Journal of Gastroenterology* 54.4 (2023): 305-311.
3. Gastritis: Symptoms, causes, diagnosis, treatment with homeopathy. The most complicated features of gastritis (2024).
4. "The pathological indication of gastritis complaints with the prognostic features and analysis and evaluation of the symptomatology according to the usage of repertory".
5. William Boericke MD. "Pocket manual of Homoeopathic materia medica and repertory comprising of the characteristic and guiding symptoms of remedies (clinical and pathogenic) including Indian drugs". Published by Kuldeep Jain for B. Jain publishes.
6. Samuel Hahnemann S. "The chronic diseases, their peculiar nature and their homoeopathic cure". New Delhi: B.
7. Roberts HA. "The Principles and Art of Cure by Homoeopathy: A Modern Textbook. B. Jain Publishers (1997).
8. S Sheeba., *et al.* "Clinical Study of Spastic Colon Syndrome with Effectiveness of Mercurius Solubilis by Managing Diet and Regimen". *Acta Scientific Gastrointestinal Disorders* 7.12 (2024): 42-46.

9. Sciences-info@homoeopathicjournal.com Indian Journal of Homoeopathy (2023).
10. Choudhuri NM. "A study on Materia Medica with key points of Homoeopathy". Kuldeep Jain, B. Jain Publishers. New Delhi (1978).
11. Sheeba S., *et al.* "Applications and challenges of Nano medicine for COVID-19 outbreak: The potential relevance of therapeutic and diagnostic approaches for treatment". *Nano Medicine and Nanotechnology* 10.1 (2025): 000343.
12. Indigestion and gas (homeopathy).
13. Homeopathic medicines for stomach ulcers - homeopathy [Internet]. 2019 The basic selection of homoeopathic remedies with key words and complementary medicines (2019).
14. Samuel Hahnemann. "Organon of Medicine. Fifth and Sixth Edition. New Delhi: Kuldeep Jain, B. Jain Publishers (2004): 71.
15. Norman A. "Foods to eat and avoid if you have gastritis. Very well Health". A perfect diet and regimen with Homoeopathic angle of prescription (2023).
16. Diet chart for gastritis patient with regulation Gastritis Diet Chart | Liberated.
17. Sheeba S., *et al.* "Effectiveness of homeopathic treatments in the management of Irritable bowel syndrome: A diet and regimen-based approach". *Indian Journal of Psychology* 10.5 (2023): 136-140.
18. Kent JT. "Repertory of the Hom. M.M. - Mdi (2023).
19. Clarke JH. "A dictionary of practical materia medica. Sittingbourne: Homæopathic Book Service (2019).