Efficacy of Homeopathic Medicines in Management of Irritable Bowel Syndrome

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Dr. Ravikumar Jadhav[1], Dr. Rupali A. Patil[2]
[1]GCEH, PG HOM [London]
Professor, Department of Homoeopathic Materia Medica
[2.]MD (HOM.)
Asst. Prof., Department of Pediatrics
S.J.P.E.S. Homoeopathic Medical College and Hospital, Kolhapur, Maharashtra, India
Corresponding Author:
Dr. Ravikumar Jadhav
Cell no. 9881644885
Email – ravikumargjadhav@gmail.com

Abstract

This 21st century act as a double –edged sword on the modern civilization. In this era, a group of people are in rat race competition. This brings mental stress and strain which causes developmental of gastrointestinal disease.

Irritable bowel syndrome is multifactorial disorder of GIT tract causing disturbances in gastric motility, resulting in abdominal pain and altered bowel habits. A changing lifestyle and modernization imply a change in eating habits, decreased sleep and increase in stressful competitive atmosphere. These factors contribute to large number of psychosomatic disorders. IBS is a common cause of referral and accounts for frequent absenteeism from work and impaired quality of life.

Current treatment regimen includes dietary changes and symptomatic relief using allopathic medication, which comes with risk of side effects and may lead to dependency.

Proper management requires an accurate diagnosis, recognition of the modifiable causes of disease, assessment of symptoms and complications and treatment of these symptoms and complications. Homeopathy is system of medicine that treats the entire pattern of physical, emotional, and mental characteristic of individual. It brings about cure in gentle yet highly effective way.

In Homeopathy patient is treated on basis of holistic system of medicine, selection of remedy is based upon the theory of individualization and totality of the symptoms as well as constitution of the patient & brief procedure based on total symptomatology and sign, analysis, evaluation of symptoms, repertorisation and follow ups.

Aim of this research was to determine the efficacy of Homeopathic treatment in IBS.

Selection of 30 cases done from age group 20 -50 years and both sexes. Research on IBS is to increase the awareness in society and to decrease functional disabilities and their impact on life.

Key Words: Irritable bowel syndrome, Management, Homoeopathy.