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HOMOEOPATHY MANAGEMENT IN IRRITABLE BOWEL SYNDROME – A CASE SERIES

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ABSTRACT

BACKGROUND

Irritable bowel syndrome (IBS) is a chronic and debilitating gastrointestinal disorder, affects 9%-23% of the global population. IBS causes recurring abdominal pain and abnormal defecation without a structural abnormality in the gut. Diagnosis of IBS is made by ROME III Criteria.

METHODS

This is a case series of eight patients suffered from IBS who visited the OPD of NHRIMH Kottayam between 2023 and 2024. All the cases received Individualized Homeopathic Medicine internally based on homeopathic principles. Outcome analysis is done through IBS Severity Scoring System every month for a period of six months.

OBJECTIVES

To find out the effectiveness of homoeopathic medicine in treatment of IBS.

RESULT

IBS Severity Scoring System is done with eight patients, follow up details (6 months) had been analysed and graphed . Frequently indicated medicines in this study were Sulphur, Argentum nitricum, Nux Vomica and Natrum Muriaticum. Study had showed marked improvement in symptom scoring in all the eight patients by individualised homoeopathic medicines.

CONCLUSION: This case series suggests individualized homoeopathic prescription based on laws and principles of homoeopathy can help treat IBS without any side effects and easy cure.

KEYWORDS: Irritable bowel syndrome, IBS Severity Scoring System, Homoeopathy.

INTRODUCTION

Irritable bowel syndrome (IBS) causes recurring abdominal pain and abnormal defecation without a structural abnormality in the gut. It is a chronic and debilitating gastrointestinal (GI) disorder, affects 9%-23% of the global population.[1] Based on geographic region, the estimated worldwide prevalence varies from 11.2% to 21%, with South America having the highest prevalence (21%), and South Asia having the lowest prevalence (7%). All age groups are affected by this functional GI disorder, including children and the elderly, though people between the ages of 30 and 50 are the most common to experience it. Both men and women are impacted, but women make up between 60% and 75% of those affected, and it is more common in lower socioeconomic groups.[2] The following symptoms of IBS, can be experienced by a person like bloating with constipation, diarrhea, or both. Because each people experience different symptoms, it is challenging to treat. Some individuals have constipation as their primary symptom (IBS-C), while others have diarrhea as their primary symptom (IBS-D), some with IBS have both diarrhea and constipation (IBS-M). [3]

Rome III Criteria for IBS: [4]

- Recurrent abdominal pain or discomfort that has been linked to two or more of the following has occurred for at least three of the previous six months.

- A change in the frequency of stools since the beginning of the discomfort or pain that gets better as the stool passes

Nowadays, it is widely accepted that when an IBS diagnosis is made, the Rome III Criteria must be taken into account. Owing to its heterogeneous nature, the diagnosis of IBS is established by ruling out other illnesses that have symptoms that are similar to those of IBS as well as using symptom-based criteria (the Rome and Manning criteria). [4]

The IBS Severity Scoring System is a validated measure for assessing IBS symptoms and monitoring response to treatment.[6] The Irritable Bowel Syndrome Severity Score (IBSSS), which rates symptoms like pain, abdominal distension, bowel dissatisfaction, and interference with life on a 0–500 scale, and it is used to determine the IBS severity measures. Remission is confirmed when score between 0-75 on the scale, mild disease as 76–175; moderate disease as 176–300; and severe disease as >300. [2]

In Homoeopathy, the concept of a "whole" or "the holistic concept" is taken into account for treatment. It is enhanced with several safe medications that aid patients in recovering from this condition. Treatment is based on the entirety of the symptoms, which is determined after the case is customized and the patient's characteristics and cause are ascertained. According to homoeopathy, each patient is unique, necessitating a customized course of care when they are ill. Using homoeopathic medicine, we can treat a patient's illness by removing its underlying causes and assisting in their recovery with the right treatments and management. [5,6]

The goal of this study is to comprehend the role that the concept of causation plays in the homoeopathic treatment of irritable bowel syndrome.

MATERIALS AND METHODS:

OBJECTIVES

To find out the effectiveness of homoeopathic medicine in treatment of IBS.

METHODOLOGY:

Eight patients suffering from IBS who visited the OPD of NHRIMH Kottayam between 2003 and 2004 had been taken for this retrospective study. Patients were treated with

homoeopathic medicines selected on the basis of individualisation, considering location, sensation, modalities (i.e., aggravating and ameliorating factors) and concomitants of the symptoms. All the patients were analysed each month for a period of six months which is assessed by using IBS Severity Scoring System. The data had been taken for analysis to find out the significance.

CASE REPORTS

Case 1

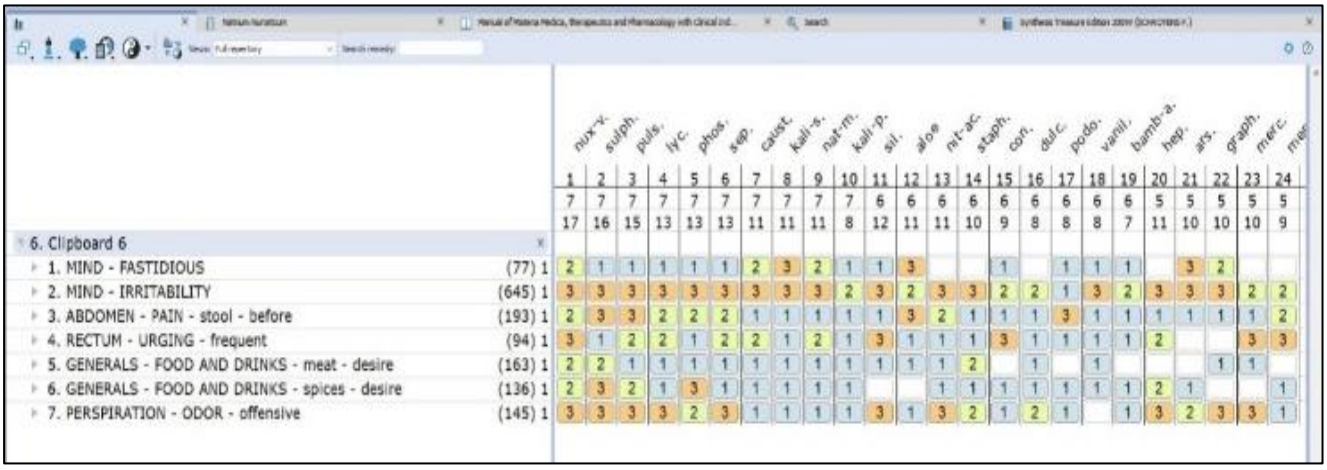
A fifty six year old male patient presented with altered bowel habit (constipation & diarrhea) > five times a day, associated with gastric distension and pain in abdomen before stool since three years. All these complaints got aggravated after mental stress and eating spicy foods. He was under conventional medicine for it since two years.

Past history - Hepatitis B at the age of 12, took conventional medicine and relieved. Renal calculi at the age of 47, and it was cleared with homoeopathic treatment

Family history-Father died due to cardiac arrest and mother is having hypertension.

Mental and physical generals - Over reactive to least trifles & fastidious. Desires spicy food and have intolerance to chicken which causes abdominal pain. Sleep is reduced. Thermally chilly.

Prescription- After repertorisation and comparing with Materia Medica, Nux Vomica 200/ 1 dose was given.



6. Clipboard 6		nux-v.	sulph.	puls.	lyc.	phos.	sep.	caust.	kali-s.	nat-m.	kali-p.	sil.	aloe	nit-ac.	staph.	con.	dulc.	podo.	vanil.	bamb-a.	hep.	afs.	graph.	merc.	mer
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
		7 17	7 16	7 15	7 13	7 13	7 13	7 11	7 11	7 11	7 8	6 12	6 11	6 11	6 10	6 9	6 8	6 8	6 8	6 7	5 11	5 10	5 10	5 10	5 9
1. MIND - FASTIDIOUS	(77) 1	2	1	1	1	1	1	2	3	2	1	1	3			1		1	1	1		3	2		
2. MIND - IRRITABILITY	(645) 1	3	3	3	3	3	3	3	3	3	2	3	2	3	3	2	2	1	3	2	3	3	3	2	2
3. ABDOMEN - PAIN - stool - before	(193) 1	2	3	3	2	2	2	1	1	1	1	1	3	2	1	1	1	3	1	1	1	1	1	1	2
4. RECTUM - URGING - frequent	(94) 1	3	1	2	2	1	2	2	1	2	1	3	1	1	1	3	1	1	1	1	2			3	3
5. GENERALS - FOOD AND DRINKS - meat - desire	(163) 1	2	2	1	1	1	1	1	1	1	1	1	1	1	2		1		1				1	1	
6. GENERALS - FOOD AND DRINKS - spices - desire	(136) 1	2	3	2	1	3	1	1	1	1	1			1	1	1	1	1	1	1	2	1			1
7. PERSPIRATION - ODOR - offensive	(145) 1	3	3	3	3	2	3	1	1	1	1	3	1	3	2	1	2	1		1	3	2	3	3	1

Figure 1:Repertorisation chart (Case 1)

Follow Up

Date	Symptoms	Prescription
15/03/2023	Ineffectual urging for stool, pain in abdomen before stool. Altered bowel habit persists. Belching. Sleep reduced.	Nux Vomica 200/ 4doses (1-0-0) weekly once
12/04/2023	Ineffectual urging for stool and pain in abdomen before stool reduced. Belching and gastric distension persist. Altered bowel habit persists. Sleep reduced.	Nux Vomica 200/ 4doses (1-0-0) weekly once
17/05/2023	Ineffectual urging for stool reduced, pain in abdomen before stool reduced. Belching reduced. Stool passes 3 to 4 times per day, scanty. Sleep improved.	Nux Vomica 200/ 4doses (1-0-0) weekly once
14/06/2023	Ineffectual urging for stool–reduced. Pain in abdomen before stool-reduced, belching-reduced. Stool passes 2 to 3 times per day, regular. Normal in consistency. Sleep improved.	Sac Lac / 4doses (1-0-0) weekly once
12/07/2023	Ineffectual urging for stool reduced, pain in abdomen before stool relieved. Belching reduced. Stool passes 2 to 3 times per day. Sleep improved.	Sac Lac / 4doses (1-0-0) weekly once
09/08/2023	Ineffectual urging for stool much reduced, pain in abdomen before stool relieved. Belching relieved. Stool passes 2 times per day. Normal in consistency. Sleep- normal.	Sac Lac / 4doses (1-0-0) weekly once

Case 2

A fifty one year female patient presented with gastric discomfort, belching, pain in abdomen and frequent loose stools 4-5 times per day since ten years associated with headache. She was under conventional medication for years. Complaints return after stopping of medicine.

Past history- Measles and mumps at childhood. Hysterectomy done for fibroid uterus at age of forty eight.

Family history -Father and two brothers having hypertension.

Mental and physical generals-Tensed easily, anxiety about health. Desires sweets and ice creams , profuse perspiration, disturbed sleep and thermally hot.

Prescription -After repertorisation and comparing with Materia Medica, Argentum Nitricum 200 1 dose was given.

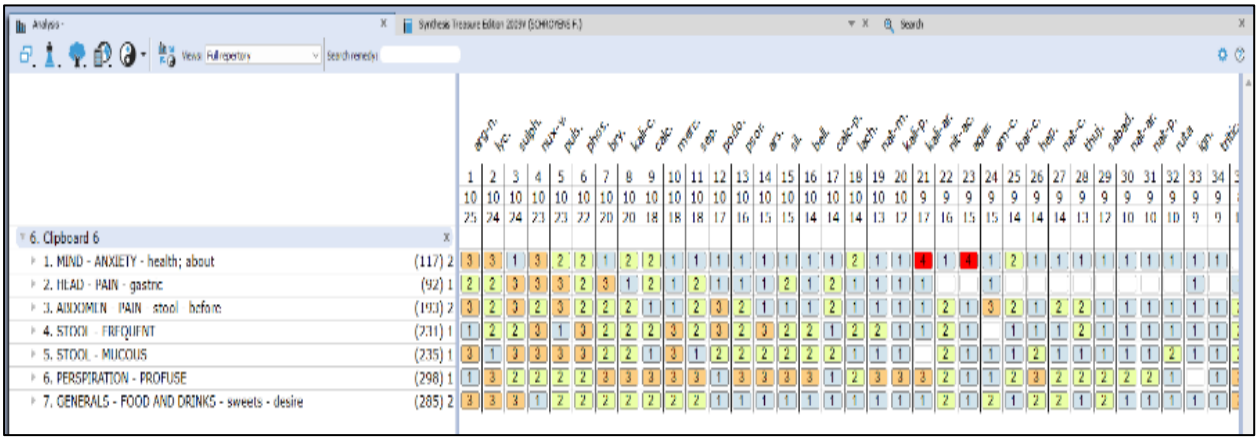


Figure :2 - Repertorization chart (case 2)

Follow Up:

Date	Symptoms	Prescription
11/01/2023	Pain in abdomen present, gastric discomfort and belching persist, frequency of stool persist.	Argentum Nitricum 200/4 doses (1-0-0) weekly once
08/02/2023	Frequency of stool starts decreasing (3 to 4 times per day). Pain in abdomen persists. Gastric discomfort and belching reduced. Sleep improved.	Argentum Nitricum 200/4 doses (1-0-0) weekly once
15/03/2023	Frequency of stool reducing, pain in abdomen present but reduced in intensity, gastric discomfort reduced. Headache persist	Argentum Nitricum 200/4 doses (1-0-0) weekly once
12/04/2023	Frequency of stools 2 to 3 times per day, pain in abdomen reduced, gastric discomfort and belching relieved.	Sac Lac / 4 doses (1-0-0) weekly once
17/05/2023	Frequency of stools reduced. Abdominal pain – nil Gastric discomfort and belching - nil	Sac Lac / 4 doses (1-0-0) weekly once
14/06/2023	Frequency of stools reduced. Abdominal pain – nil Gastric discomfort and belching - nil	Sac Lac / 4 doses (1-0-0) weekly once

Case 3

A fifty three years female patient complaints of frequent passage of mucus stools (more than six times per day) with belching and gastric distension since one year. She had the same complaint from childhood onwards mainly before going school and during mental tension. Now it got increased.

Past history-Had fibroid uterus and hysterectomy done at 48 years. For perianal fistula surgery was done at 51 years.

Family history-Father died due to cardiac arrest and sister is having carcinoma breast.

Mental and physical generals-Mentally weeps easily and tensed easily, mental tension causes frequent passage of stool. She likes chicken, and sweets, thirstless and thermally hot.

Prescription- After repertorisation and comparing with Materia Medica, Argentum Nitricum 200 I dose was given.

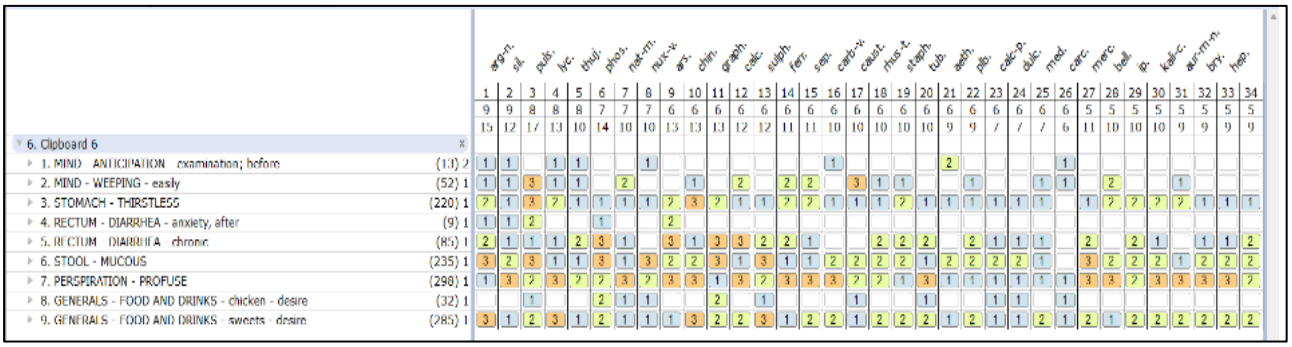


Figure :3- Repertorization chart (case 3)

Follow Up :

Date	Symptoms	Prescription
06/03/2023	Frequent mucus stools persist, gastric distension and belching starts reducing.	Argentum Nitricum 200 / 4doses (1-0-0) weekly once
12/04/2023	Frequency of stool present. Mucus in stool reduced, not every time. Belching relieved. Gastric distension after eating persist.	Argentum Nitricum 200 / 4doses (1-0-0) weekly once
10/05/2023	Mucus in stool reduced, frequency of stool reduced. Flatulence reduced.	Sac Lac / 4doses (1-0-0) weekly once
25/05/2023	Mucus in stool relieved, frequency of stool reduced (more than 60 percent). Flatulence and gastric distension reduced.	Sac Lac / 4doses (1-0-0) weekly once
05/06/2023	Frequency of stool – 2 to 3 times per day. Mucus stools – Nil. Belching and gastric distension – Nil	Argentum Nitricum 200 / 4doses (1-0-0) weekly once
09/07/2023	Frequency of stool – 2 to 3 times per day. Mucus stools – Nil. Belching and gastric distension – Nil	Sac Lac / 4doses (1-0-0) weekly once

CASE 4

62 year old female patient presented with pain in the abdomen and abdominal distension with altered bowel habits since 2 years. Complaints mostly aggravate after spicy foods and better after stool.

Family history: Mother suffered from stroke

Mental and physical generals: Very short tempered and anger easily from contradiction. Desire chicken and spicy rich foods, frequent ineffectual and unsatisfied urging for stool with disturbed sleep.

Prescription- After repertorisation and comparing with Materia Medica Nux Vomica 200 1 dose was given.

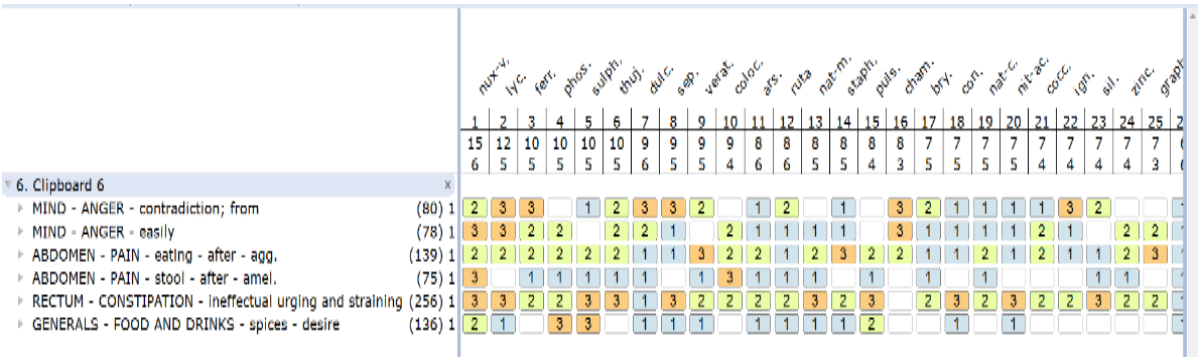


Figure 4- Repertorization chart (case 4)

Follow Up :

Date	Symptoms	Prescription
02/12/2024	Abdominal pain with severe distension. Bowels - irregular especially after spices. Generals are good	Nux vomica 200 /4 doses (1-0-0) weekly once
01/01/2024	Abdominal pain better than before. Distension of abdomen reduced than before. Bowel irregularity persists. Generals were good	Sac lac /4 doses (1-0-0) weekly once
05/02/2024	Abdominal pain nil, Distension of abdomen slightly persist. Bowel irregularity better .Generals were good	Nux vomica 200 /4 doses (1-0-0) weekly once
04/03/2024	Abdominal pain nil .Distension of abdomen reduced Bowel irregularity reduced than before.	Nux vomica 200 /4 doses (1-0-0) weekly once
08/04/2024	Abdominal pain nil. Distension of abdomen only after spices. Bowel irregularity slightly persists.	Nux vomica 200 /4 doses (1-0-0) weekly once
06/05/24	Abdominal pain nil. Distension of abdomen occasionally. Bowel regular	Sac lac /4 doses (1-0-0) weekly once

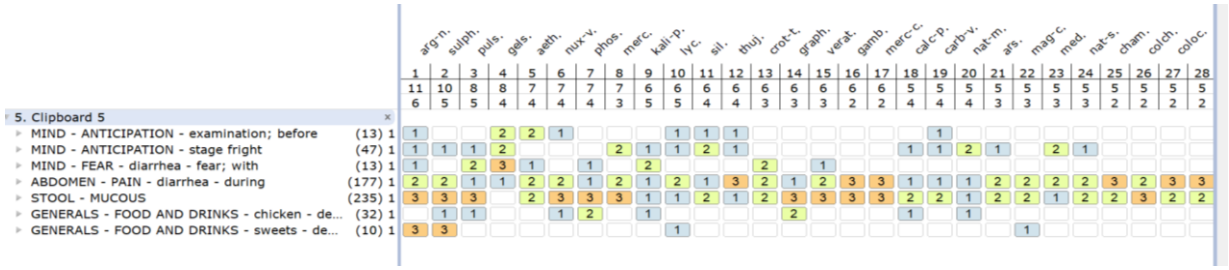
CASE 5

25 year old male patient presented with pain in the abdomen with increased frequency of stool since 4 years especially during anxiety and appearing exams. Sensation in the abdomen as if grasped especially during loose stool, stool is mixed with mucus. He had alternate diarrhea and constipation. He had few attacks in childhood during exam times but now the frequency of attack increased causing absence in his work.

Family history -Father suffered from hypertension and haemorroids.

Mental and physical generals - Very obstinate in nature, anxious especially while approaching the public and had fear of exams. Thirst increased, tongue is moist and craving for sweets and chicken but causes abdominal pain.

Prescription- After repertorisation and comparing with Materia Medica Argentum Nitricum 200 1 Dose was given.



5. Clipboard 5		arg-n.	sulph.	puls.	gels.	aeth.	nux-v.	phos.	merc.	kali-p.	lyc.	sil.	thuj.	crot-t.	graph.	verat.	gamb.	merc-c.	calc-p.	carb-v.	nat-m.	afs.	mag-c.	med.	nat-s.	cham.	colch.	coloc.
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
		11 6	10 5	8 5	8 4	7 4	7 4	7 4	7 3	6 5	6 5	6 4	6 4	6 3	6 3	6 3	6 2	6 2	5 4	5 4	5 4	5 3	5 3	5 3	5 3	5 2	5 2	5 2	5 2
MIND - ANTICIPATION - examination; before	(13) 1	1			2	2	1				1	1	1							1									
MIND - ANTICIPATION - stage fright	(47) 1	1	1	1	2				2	1	1	2	1						1	1	2	1		2	1				
MIND - FEAR - diarrhea - fear; with	(13) 1	1		2	3	1		1		2				2		1													
ABDOMEN - PAIN - diarrhea - during	(177) 1	2	2	1	1	2	2	1	2	1	2	1	3	2	1	2	3	3	1	1	1	2	2	2	2	3	2	3	3
STOOL - MUCOUS	(235) 1	3	3	3		2	3	3	3	1	1	2	1	2	3	3	3	3	2	2	1	2	2	1	2	2	3	2	2
GENERALS - FOOD AND DRINKS - chicken - de...	(32) 1		1	1			1	2		1					2				1		1								
GENERALS - FOOD AND DRINKS - sweets - de...	(10) 1	3	3								1												1						

Figure 5 - Repertorization chart (case 5)

Follow Up:

Date	Symptoms	Prescription
04/12/2023	Abdominal pain during stool. Distension of abdomen severe. Increased frequency of stool with mucus Diarrhea and constipation alternately occurred Generals are good	Argentum Nitricum 200/4 doses (1-0-0) weekly once
03/01/2024	Abdominal pain as like previously. Distension of abdomen reduced than before. Increased frequency of stool with mucus reduced than before. Diarrhea and constipation alternately occurred.	Argentum Nitricum 200/4 doses (1-0-0) weekly once

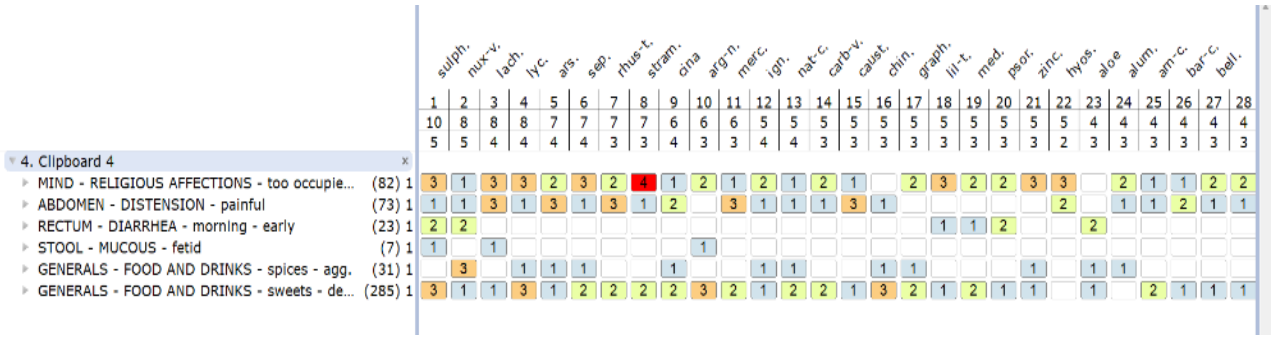
05/02/2024	Abdominal pain reduced. Distension of abdomen increased. Increased frequency of stool with mucus reduced than before. Diarrhea and constipation alternately occurred.	Argentum Nitricum 200/4 doses (1-0-0) weekly once
04/03/2024	Abdominal pain slightly persists. Distension of abdomen better than before. Increased frequency of stool with mucus reduced than before.	Sac Lac /4 doses (1-0-0) weekly once
01/04/2024	Abdominal pain nil. Distension of abdomen better than before. Increased frequency of stool with mucus reduced than before.	Argentum Nitricum 200/4 doses (1-0-0) weekly once
01/05/2024	Abdominal pain nil. Distension of abdomen better than before. Increased frequency of stool with mucus reduced than before. Generals are good	Sac Lac /4 Doses (1-0-0) weekly once

CASE 6

49 year old female patient presented with increased frequency of offensive stool mixed with mucus along with abdominal distension and pain mostly during morning hours since 1 year. She has heartburn after spicy food.

Mental and physical generals- Patient is religious and active .appetite increased, desire for sweets, she rarely perspire.

Prescription- After repertorisation and comparing with Materia Medica, Sulphur 200 1 dose was given.



4. Clipboard 4		sulph.	nux-v.	lach.	lyc.	ars.	sep.	rhus-t.	stram.	cina	arg-n.	merc.	ign.	nat-c.	carb-v.	caust.	chin.	graph.	lil-t.	med.	psor.	zinc.	hyos.	aloe	alum.	am-c.	bar-c.	bell.
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
		10	8	8	8	7	7	7	7	6	6	6	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4
		5	5	4	4	4	4	3	3	4	3	3	4	4	3	3	3	3	3	3	3	3	2	3	3	3	3	3	3
MIND - RELIGIOUS AFFECTIONS - too occupie...	(82) 1	3	1	3	3	2	3	2	4	1	2	1	2	1	2	1		2	3	2	2	3	3		2	1	1	2	2
ABDOMEN - DISTENSION - painful	(73) 1	1	1	3	1	3	1	3	1	2		3	1	1	1	3	1						2		1	1	2	1	1
RECTUM - DIARRHEA - morning - early	(23) 1	2	2																1	1	2			2					
STOOL - MUCOUS - fetid	(7) 1	1		1							1																		
GENERALS - FOOD AND DRINKS - spices - agg.	(31) 1		3		1	1	1			1			1	1			1	1				1		1	1				
GENERALS - FOOD AND DRINKS - sweets - de...	(285) 1	3	1	1	3	1	2	2	2	2	3	2	1	2	2	1	3	2	1	2	1	1		1		2	1	1	1

Figure 6 : Repertorization chart (case 6)

Follow Up

Date	Symptoms	Prescription
06/11/2023	Abdominal pain moderately .Loose offensive stool mixed with mucus. Abdominal distension severe Generals are good	Sulphur 200/4 Doses weekly once (1-0-0)
04/12/2023	Abdominal pain reduced than before. Loose offensive stool mixed with mucus on alternate days. Abdominal distension -moderately. Generals were good	Sulphur 200/4 Doses weekly once (1-0-0)
01/01/2024	Abdominal pain mildly persist. Loose stool occasionally only. Abdominal distension -mildly	Sulphur 200/4 Doses weekly once (1-0-0)
05/02/2024	Abdominal pain mildly persists. Loose stool -nil Bowels regular. Abdominal distension mildly	Sulphur 200/4 Doses weekly once (1-0-0)
04/03/2024	Abdominal pain nil. Loose stool nil. Bowels - regular Abdominal distension nil. Generals were good	Sac lac /4 Doses Weekly once (1-0-0)
01/04/2024	Abdominal pain nil. Loose stool nil. Bowels regular Abdominal distension nil. Generals were good	Sac lac /4 Doses Weekly once (1-0-0)

Case 7

A twenty five year male patient presented with recurrent abdominal pain and frequent unsuccessful urging to pass stool since 5 years. Complaints got aggravated at morning, after eating spicy foods and tea.

Past history- No relevant past history

Family history- Mother had the same complaint before.

Mental and physical generals- Angered easily, industrious. He likes spicy foods and coffee. Reduced sleep

Prescription- After repertorisation and comparing with Materia Medica, Nux Vomica 200 1 dose was given.

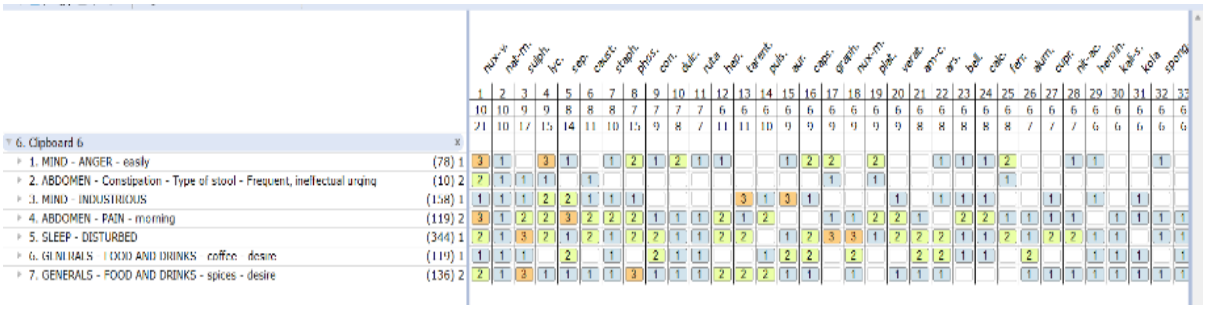


Figure 7- Repertorization chart (case 7)

Follow Up

Date	Symptoms	Prescription
31/07/2023	Recurrent attack of abdominal pain and frequent unsuccessful urging to pass stool persist. Bloating and abdominal discomfort present.	Nux Vomica 200/ 4 Doses (1-0-0) weekly once
28/08/2023	Recurrency of abdominal pain reduced. Frequent unsuccessful urging to pass stool persist. Bloating and abdominal discomfort starts reducing.	Nux Vomica 200/ 4 Doses (1-0-0) weekly once
25/09/23	Abdominal pain reduced but persist, ineffectual urging to pass stool much reduced. Abdominal bloating and discomfort much reduced.	Nux Vomica 200/ 4 Doses (1-0-0) weekly once
23/10/23	Ineffectual urging to pass stool reduced. Abdominal bloating and discomfort much reduced. Abdominal pain reduced.	Sac Lac /4 Doses (1-0-0) weekly once
20/11/23	Abdominal pain reduced, ineffectual urging to pass stool reduced. Abdominal bloating and discomfort reduced.	Sac Lac /4 Doses (1-0-0) weekly once
18/12/23	Abdominal pain reduced. Ineffectual urging to pass stool reduced. Abdominal bloating and discomfort reduced	Sac Lac /4 Doses (1-0-0) weekly once

Case 8

A forty eight year old lady presented with gastric distension and recurrent abdominal pain with constipation since 5 years. < After eating, spicy foods , mental stress. She is a known case of diabetes mellitus .

Past history- Migraine at the age of 16 years, took homoeopathic treatment and relieved.

Family history- Mother is suffering from diabetes mellitus & hypertension, Sister - hypertension

Mental and physical generals -Angered easily, consolation aggravation, prefer loneliness. She likes salty taste and chicken. Perspiration was profuse and offensive. She has involuntary urination on coughing.

Prescription -After thorough case taking and repertorisation, Natrum Muriaticum 200 was given .

7. Clipboard 7		nat-m.	phos.	nux-v.	sep.	thuj.	lyc.	verat.	staph.	caust.	graph.	puls.	sulph.	calc.	ign.	zinc.	carb-v.	con.	ars.	nit-ac.	cham.	fer.	spong.	bry
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
		44	38	34	32	30	29	29	26	25	25	25	24	22	22	22	22	21	21	21	21	21	20	20
		17	17	15	15	15	13	12	15	14	13	11	15	14	14	13	10	15	13	13	11	11	16	12
MIND - ANGER - easily	(78) 2	1	2	3	1	2	3		1		2			1	1	2		1	1	1	3	2	1	1
MIND - COMPANY - aversion to	(297) 2	4	1	3	3	2	2	1	3	1	1	2	2	1	3		2	2	1		3	2	1	2
MIND - CONSOLATION - agg.	(57) 1	4	2	1	4	1	1		1		1		1	1	3	2		1	2	2	1			
ABDOMEN - PAIN - eating - after - agg.	(139) 2	2	2	2	1	2	2	3	3	1	3	2	2	1	1	2	2	1	2	1	2	2	1	1
RECTUM - CONSTIPATION	(528) 1	3	3	3	3	3	3	3	3	3	3	2	3	3	2	3	2	3	3	3	1	2	2	3
BLADDER - URINATION - involuntary - cough agg.; during	(73) 2	4	3	3	3	2	2	2	1	4		4	1	2	1	2		1	1	1		1	2	2
PERSPIRATION - ODOR - offensive	(145) 1	1	2	3	3	3	3	2	2	1	3	3	3		1	1	2	1	2	3	1	2	1	1
PERSPIRATION - PROFUSE	(298) 1	3	2	2	3	2	3	3	1	2	1	2	2	3		1	3	1	3	2	1	3	2	3
GENERALS - DIABETES MELLITUS	(195) 1	1	1	1	1	1	1	1	1	1	1		1	1	2	1	1	1	1	1	1		1	1
GENERALS - FOOD AND DRINKS - chicken - desire	(32) 2	1	2	1						1	2	1	1										1	
GENERALS - FOOD AND DRINKS - salt - desire	(161) 2	4	4		1	2		4	1	2			1	2	1	1	3	2		2			1	

Figure 8 - Repertorization chart (case 8)

Follow Up

Date	Symptoms	Prescription
15/05/2023	Recurrent abdominal pain, gastric distension and constipation	Natrum Muriaticum 200 / 4doses (1-0-0) weekly once
19/06/2023	Abdominal pain starts reducing, gastric distension persist, constipation improved	Natrum Muriaticum 200 / 4doses (1-0-0) weekly once
24/07/2023	Abdominal pain reduced, gastric distension persist, constipation improved	Natrum Muriaticum 200 / 4doses (1-0-0) weekly once
21/08/2023	Abdominal pain slightly present, gastric distension persist, constipation improved.	Sac Lac / 4doses (1-0-0) weekly once
25/09/2023	Abdominal pain reduced, gastric distension persist, constipation improved.	Sac Lac /4doses (1-0-0) weekly once
30/10/2023	Pain in abdomen only occasionally present, constipation relieved, gastric distension slightly present.	Sac Lac / 4doses (1-0-0) weekly once

RESULT

IBS Severity Scoring System is done with eight patients follow up details (6 months), had been analysed and graphed. Study had showed marked improvement in symptom scoring in all the eight patients by individualised homoeopathic medicines.

Score	IBS Severity	Before Treatment	After Treatment
0-75	Remission	0	7
76-175	Mild	0	1
176-300	Moderate	4	0
>300	Severe	4	0

Table 1 - Frequency and IBS Severity Before and After Treatment

	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6
Mean	301.25	240.63	178.75	136.25	88.75	54.38
SD	57.80	75.80	54.10	38.89	38.06	28.34

Table 2 -Mean and Standard deviation assessed in each month

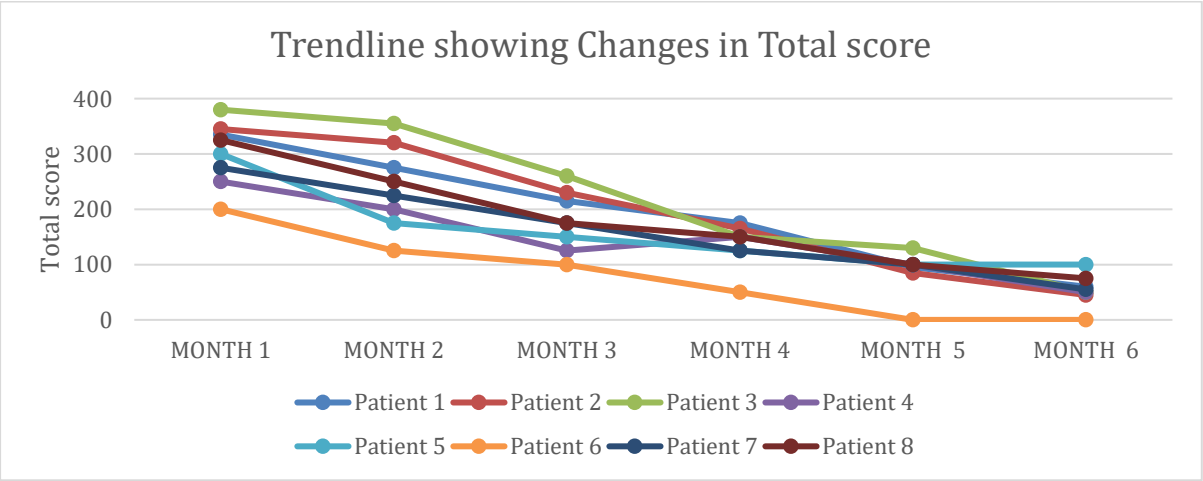


Figure 9 : IBSS Score monthly wise analysis in each patient

DISCUSSION

There are various case studies have demonstrated the potential effectiveness of homoeopathy in managing IBS. [7-9] The effectiveness of homoeopathic treatment in patients with IBS was assessed and it had been found that IBS was more prevalent among women in our study population, consistent with prior research indicating that IBS disproportionately affects women due to hormonal, psychological, and social factors.[10,11]

This study demonstrated significant improvements in symptom severity, as reflected in the IBS Severity Scoring System (IBS-SSS). At baseline, four patients were categorized as having severe IBS, all of whom improved to remission by the end of six months (Table 9). Similarly, four patients with moderate IBS showed marked progress, with three reaching remission and one achieving mild severity (Table 9).

Frequently indicated medicines in this study were Sulphur, Argentum nitricum, Nux Vomica and Natrum Muriaticum. Similar remedies have also been indicated in other studies conducted by Thakur T el., Aphale P, et al and Venugopal KG el al. [12-14]

The progressive reduction in IBS-SSS scores over six months highlights the cumulative benefits of homoeopathy in treating IBS. While these findings are promising that the small sample size of this study limits the generalizability of the results. Larger studies with control groups and randomized designs are necessary to further validate these outcomes and provide stronger evidence for the role of homoeopathic treatment in IBS. Nevertheless, this study highlights the potential of individualized homoeopathy as a safe and effective therapeutic option for IBS, emphasizing the importance of addressing causative factors to achieve meaningful and lasting symptom relief.

CONCLUSION: This case series suggests individualized homoeopathic prescription based on laws and principles of homoeopathy can help treat IBS without any side effects and easy cure.

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