



Original Research Article

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**CONSTITUTIONAL HOMEOPATHIC MANAGEMENT OF CHRONIC
GASTROESOPHAGEAL REFLUX DISEASE: A CASE REPORT FROM DR BATRA'S**

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Abstract

Gastroesophageal Reflux Disease (GERD) is a chronic digestive disorder characterized by retrosternal burning, acid reflux, regurgitation, abdominal discomfort, bloating, and impaired quality of life. Long-standing GERD is frequently associated with functional bowel disturbances that further complicate management. This case report presents a 56-year-old female suffering from GERD for 10 years along with chronic watery stools, bloating, flatulence, nausea, sour eructations, fatigue, and generalized weakness. Despite prolonged conventional treatment including proton pump inhibitors, antiemetics, and antacids, symptoms persisted. Individualized constitutional homeopathic treatment resulted in significant reduction in reflux symptoms, normalization of bowel habits, improvement in abdominal discomfort, and restoration of quality of life. Sustained remission was maintained for approximately 11 months. This case highlights a significant clinical transformation achieved at Dr Batra's Homeopathy Clinic.

Keywords: GERD, Acid Reflux, Functional Dyspepsia, Chronic Diarrhea, Homeopathy, Constitutional Treatment

Introduction

Gastroesophageal Reflux Disease (GERD) is one of the most common chronic gastrointestinal disorders worldwide. It is characterized by reflux of gastric contents into the esophagus causing heartburn, sour regurgitation, nausea, epigastric burning, abdominal discomfort, and sleep disturbances.

Patients frequently require prolonged use of proton pump inhibitors and symptomatic medications. Many continue to suffer despite treatment, particularly when GERD is associated with functional bowel disturbances such as bloating, altered bowel habits, abdominal pain, and flatulence.

Homeopathy offers an individualized therapeutic approach by considering mental characteristics, physical generals, constitutional susceptibility, and characteristic symptom expressions.

This report describes successful constitutional homeopathic management of chronic GERD associated with chronic functional bowel disorder.

Case Profile

Age: 56 Years

Gender: Female

Occupation: Administrative Officer, LIC

Marital Status: Married

Diet: Vegetarian

Chief Complaints

Gastroesophageal Reflux Disease Since 10 Years

- Burning in sternum
- Sour eructations
- Acid reflux
- Nausea

- Occasional vomiting
- Epigastric burning
- Abdominal heaviness

Functional Bowel Disorder

- Watery stools
- Foul smelling stools
- 4–5 bowel movements/day
- Unsatisfactory stools
- Flatulence
- Abdominal bloating
- Lower abdominal pain

Associated Symptoms

- Extreme weakness
- Fatigue
- Disturbed sleep
- Hair fall
- Urinary incontinence during follow-up

History of Present Illness

The patient had been suffering from GERD for approximately 10 years. Initially the complaints were intermittent but gradually became chronic and frequent.

She experienced severe retrosternal burning, sour eructations, bloating, nausea, abdominal pain, flatulence, and occasional vomiting of undigested food particles.

Watery stools occurred 4–5 times daily and were associated with foul smell and incomplete evacuation.

Symptoms were markedly aggravated by:

- Fried food

- Junk food
- Paneer
- Rich and spicy food

Relief was obtained by:

- Rest
- Dietary restriction

The condition progressively affected daily activities, sleep, energy levels, and overall quality of life.

Previous Treatment History

The patient had received repeated conventional treatment over the last decade.

Medications Used

- Emeset Injection
- Nexpro Injection
- Emeset Tablets
- Sucragel Suspension
- Multivitamins
- Repeated antacid therapy

Despite prolonged treatment, complete and sustained relief was never achieved.

Family History

Father: Hypertension (Expired 6 years ago)

Mother: Hypertension (Expired 4 years ago)

No significant hereditary gastrointestinal disorder reported.

Past History

No major medical illness.

No surgical history.

No allergies.

Detailed Mental Generals

The patient described herself as extremely family-oriented and emotionally attached to family members.

She maintained a large social circle, enjoyed interacting with people, and mixed easily with others. Solitude was uncomfortable for her and she strongly preferred companionship.

A characteristic feature was emotional sensitivity. She became hurt easily and often continued thinking about unpleasant incidents for prolonged periods.

She admitted becoming angry quickly. However, she expressed her anger openly and preferred immediate confrontation rather than silent brooding.

She had a marked fear of:

- Being alone
- Darkness

Open air produced a sense of comfort and well-being. Closed environments created a feeling of suffocation.

Characteristic Mental Symptoms

- Fear of loneliness
- Fear of darkness
- Desire for company
- Family oriented
- Sensitive emotionally
- Easily offended
- Anger expressed openly

- Better in open air

Personal History

Parameter	Findings
Diet	Vegetarian
Appetite	Initially decreased
Desire	Spicy food +++
Aversion	Sweets +++
Thirst	2 litres/day
Stool	Watery, foul smelling
Sleep	Disturbed
Perspiration	Profuse generalized
Thermals	Hot patient
Menopause	At 44 years

Investigations

Lipid Profile

Total Cholesterol – 260 mg/dL ↑

Triglycerides – 168 mg/dL ↑

LDL – 173 mg/dL ↑

HDL – 52.60 mg/dL

Thyroid Profile

TSH – 5.4 ↑

T4 – 0.88 ↓

Vitamin D3

26.32 ng/ml ↓

Immunoglobulin E

IgE – 247 ↑

Clinical Diagnosis

Primary Diagnosis

Gastroesophageal Reflux Disease (GERD)

Associated Diagnosis

Functional Bowel Disorder

Differential Diagnosis

- Chronic Gastritis
 - Functional Dyspepsia
 - Irritable Bowel Syndrome
 - Non-Ulcer Dyspepsia
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Homeopathic Analysis

Mental Generals

- Fear of being alone
- Fear of darkness
- Desire for company
- Emotional sensitivity

- Family oriented
- Better in open air

Physical Generals

- Hot patient
- Desire spicy food
- Aversion sweets
- Profuse perspiration

Particular Symptoms

- Acid reflux
- Heartburn
- Sour eructations
- Nausea
- Watery stools
- Bloating
- Flatulence

Totality of Symptoms

1. Mind – Fear of being alone
2. Mind – Fear of darkness
3. Mind – Desire for company
4. Mind – Sensitive
5. Generalities – Hot patient
6. Generalities – Desire spicy food
7. Generalities – Aversion sweets
8. Stomach – Heartburn
9. Stomach – Sour eructations

- 10. Abdomen – Bloating
- 11. Rectum – Watery stools
- 12. Generalities – Weakness

Remedy Evolution

Constitutional Remedy

Pulsatilla Nigricans

Selected because of:

- Family orientation
- Emotional sensitivity
- Fear of loneliness
- Fear of darkness
- Desire for company
- Open air amelioration
- Digestive disturbances from rich food

Remedies	phos.	puls.	arg-m.	ars.	acon.	sep.	caust.	ant-c.	lyc.	sulph.	calc.	kali-c.	lac-c.	nat-m.	nat-v.	stram.	carb-v.	hyoa.	bell.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Symptoms Covered	10	10	10	10	10	10	10	10	9	9	9	9	9	9	9	9	9	9	9
Intensity	26	26	23	22	18	18	17	16	24	21	19	19	18	18	18	18	17	16	15
Result	10/26	10/26	10/23	10/22	10/18	10/18	10/17	10/16	9/24	9/21	9/19	9/19	9/18	9/18	9/18	9/18	9/17	9/16	9/15
Clipboard 5																			
MIND - SENSITIVE	3	3	3	2	2	2	3	1	0	3	2	2	3	3	3	1	2	2	3
MIND - WEEPING	2	3	2	3	3	3	3	2	3	3	3	3	3	3	2	2	2	1	2
MIND - MOOD - changeable	2	3	2	2	2	2	1	1	3	1	2	2	1	1	1	2	1	1	2
MIND - IRRITABILITY	3	3	2	3	3	3	3	3	3	3	3	3	2	3	3	2	3	2	3
MIND - COMPANY - desire for	4	2	3	3	1	2	1	1	3	1	2	3	3	1	2	2	1	3	1
MIND - FEAR - alone, of being	3	2	3	3	1	2	1	1	3		1	3	2		1	2	1	3	1
MIND - FEAR - dark, of	2	2	1	1	2	1	2	1	2	1	2	1	1	1	1	4	2	1	1
GENERALS - FOOD and DRINKS - spices - desire	3	2	1	1	3	1	1	1	1	3			2	1	2				
STOOL - WATERY	3	3	3	2	2	1	1	3		3	3	1	2	3	3	1	2	2	1
GENERALS - AIR - OPEN - desire for open air	1	3	3	2	1	1	1	2	3	3	1	1		2		2	3	1	1

Acute and Supportive Prescriptions

Asafoetida

- Gastric distension
- Reverse peristaltic tendency
- Chronic dyspeptic complaints

Natrum Phosphoricum

- Hyperacidity
- Sour eructations
- Acid reflux

Robinia

- Retrosternal burning
- Severe acidity
- GERD

Nux Vomica

- Persistent digestive irritability
- Gastric dysfunction
- Hyperacidity

Natrum Sulphuricum

- Bloating
- Digestive disturbances

Equisetum

- Urinary complaints during follow-up

Intercurrent Remedy

Thuja Occidentalis

Prescribed as anti-sycotic support during chronic management.

Miasmatic Analysis

Symptom	Psora Sycosis	
Hyperacidity	✓	
Functional bowel disorder	✓	
Chronic GERD	✓	✓
Recurrent digestive disturbance		✓
Long-standing disease		✓

Predominant Miasm

Psoro-Sycotic

Follow-Up Summary

Date	Clinical Progress
June 2025	Stool frequency reduced to 1–2/day. Acidity improved. Bloating reduced.
August 2025	Heartburn improved. Hair fall became associated concern.
October 2025	Burning significantly reduced. Belching less frequent.
December 2025	Epigastric burning reduced. Stools semi-formed. Weakness improved.
February 2026	Acidity minimal. Bloating persisted mildly.
March 2026	Hair fall reduced. Digestive symptoms stable.
April 2026	Motions once daily. Acidity markedly improved.
May 2026	Sustained improvement in gastrointestinal symptoms. No major relapse.

Transformation Table

Parameter	Before Treatment	After Treatment
GERD Duration	10 Years	Controlled
Heartburn	Severe Daily	Occasional Mild
Sour Eructations	Frequent	Rare
Nausea	Frequent	Absent
Vomiting	Present	Absent
Stool Frequency	4-5/day	1/day
Bloating	Severe	Mild
Flatulence	Significant	Minimal
Weakness	Severe	Improved
Sleep	Disturbed	Sound
Quality of Life	Poor	Significantly Improved

Discussion

This case demonstrates successful constitutional management of chronic GERD associated with functional bowel disorder. The patient had suffered from persistent reflux symptoms and chronic bowel disturbances for more than a decade despite repeated conventional treatment.

The characteristic constitutional picture included emotional sensitivity, strong family attachment, fear of loneliness, fear of darkness, desire for company, open-air amelioration, desire for spicy food, and aversion to sweets.

A phased prescription strategy was adopted. Acute remedies addressed active reflux and bowel pathology while constitutional treatment targeted the deeper susceptibility. The addition of anti-miasmatic support further strengthened long-term improvement.

Improvement followed a systematic pattern. Stool frequency reduced first, followed by improvement in bloating, flatulence, acidity, nausea, and weakness. During follow-up, bowel habits normalized from 4–5 watery stools daily to once daily. Heartburn reduced from severe daily episodes to occasional mild discomfort. The patient gradually regained normal sleep, appetite, and energy levels.

The outcome demonstrates the value of individualized constitutional homeopathy in chronic gastrointestinal disorders resistant to conventional symptomatic treatment.

Conclusion

This case demonstrates successful constitutional homeopathic management of chronic Gastroesophageal Reflux Disease associated with functional bowel disorder in a 56-year-old female. Significant reduction in heartburn, acid reflux, sour eructations, bloating, watery stools, and weakness was achieved over a 12-month treatment period. Sustained remission was maintained for approximately 11 months with substantial improvement in quality of life. The case documents a noteworthy clinical transformation achieved at Dr Batra's Homeopathy Clinic.

Learning from the Case

- Chronic GERD often has a constitutional component beyond local gastric pathology.
- Mental and emotional characteristics may play an important role in remedy selection.
- Simultaneous management of reflux and bowel dysfunction can improve overall outcomes.
- Long-standing dependence on symptomatic medication does not preclude constitutional improvement.
- Individualized homeopathic treatment may provide sustained remission in chronic gastrointestinal disorders.

HRQL (Health Related Quality of Life)

The patient reported marked satisfaction with treatment. Daily activities improved significantly. Fear of eating reduced, bowel habits normalized, sleep improved, and dependence on repeated symptomatic treatment decreased substantially.