



Original Research Article

Volume 15 Issue 06

June 2026

SUCCESSFUL HOMOEOPATHIC MANAGEMENT OF CHRONIC LOSS OF APPETITE, FOOD AVERSION AND ANXIETY-ASSOCIATED GASTRITIS: A CASE REPORT FROM DR BATRA'S®

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Abstract

Loss of appetite associated with chronic gastritis and psychological stress can significantly impair nutritional status and quality of life. A 48-year-old female presented with persistent loss of appetite, aversion to food, fear of eating, burning in the mouth and tongue, and gastritis of more than one year's duration. The symptoms originated after intense fear and emotional stress during the COVID-19 pandemic and persisted despite multiple conventional treatments. Individualized homoeopathic treatment based on constitutional characteristics, emotional causation, and symptom totality resulted in gradual restoration of appetite, reduction in gastric complaints, improvement in emotional wellbeing, and sustained recovery. This case highlights the successful transformation achieved at **Dr Batra's® Homeopathy Clinic**.

Keywords: Loss of appetite, Gastritis, Anxiety, Food aversion, Homoeopathy, Psychosomatic disorders

Introduction

Appetite disturbances frequently arise from an interaction between gastrointestinal pathology and psychological factors. Chronic anxiety, prolonged fear, emotional trauma, and stress can alter gastrointestinal function through the gut-brain axis, resulting in anorexia, gastritis, dyspepsia, and food aversion. This case demonstrates the successful homoeopathic

management of chronic appetite loss and gastritis triggered by intense emotional stress during the COVID-19 pandemic.

Case Profile

Patient Information

- Age/Sex: 48 Years/Female
 - Occupation: Homemaker
 - Duration of illness: More than 1 year
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Chief Complaints

- Loss of appetite for more than one year
 - Marked aversion to food
 - Aversion aggravated by:
 - Smell of cooking food
 - Sight of cooked food
 - Fear of eating due to anticipated discomfort
 - Burning sensation of mouth and tongue
 - Gastric discomfort and abdominal bloating
 - Back pain associated with excessive gas accumulation
 - Emotional distress while narrating symptoms
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History of Present Illness

The patient was apparently healthy until the COVID-19 pandemic. During this period, she experienced extreme fear of infection, isolation, quarantine, and uncertainty regarding her health and family. Following this prolonged emotional stress, she gradually developed a marked aversion to food and significant loss of appetite.

Initially, she ignored the symptoms, expecting spontaneous recovery. However, the aversion progressively intensified to the extent that even the smell or appearance of cooked food became intolerable. Eating was accompanied by anxiety and fear due to burning sensations in the mouth and tongue.

Despite multiple consultations and prolonged allopathic treatment, the symptoms persisted. Gastrointestinal investigations later revealed duodenitis and duodenal polyps, though biopsy ruled out malignancy.

Mental and Emotional Evolution

The patient described herself as emotionally sensitive and deeply attached to her family. She constantly worried about her health and the future of her children. During the COVID-19 pandemic, she developed overwhelming fear regarding disease, hospitalization, and quarantine.

While discussing her illness during consultation, she became tearful and started weeping. She reported persistent health-related anxiety, fear of serious illness, and continuous anticipation of adverse outcomes. The prolonged stress gradually affected her appetite and digestive functions.

Over time she became emotionally exhausted, indifferent toward routine activities, and preoccupied with bodily sensations. Fear, anxiety, emotional suppression, disturbed sleep, and excessive concern for family welfare formed the central theme of her case.

Past History

- Cholecystectomy several years ago
 - Sinus surgery during treatment period
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Family History

- Non-contributory
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Investigations

Upper Gastrointestinal Endoscopy (UGIE)

- Duodenitis
- Duodenal Polyps

Biopsy

- No evidence of malignancy

Physical Generals

Parameter	Findings
Appetite	Markedly diminished
Thirst	Normal
Food Desire	Not significant
Aversion	Food, smell of food
Sleep	Disturbed
Thermals	Warm patient
Bowel Habits	Variable with gastritis
Perspiration	Normal

Totality of Symptoms

Mental Generals

- Fear of disease
- Anxiety regarding health
- Anxiety regarding children's future
- Weeping while narrating complaints
- Emotional sensitivity
- Indifference
- Sleep disturbance

Physical Generals

- Loss of appetite
- Aversion to food
- Burning mouth and tongue
- Gastric irritation

- Bloating
- Back pain due to gas accumulation

Particulars

- Aversion to smell of cooking food
- Aversion to sight of food
- Fear of eating

Repertorial Totality

Selected Rubrics

- Mind – Fear – disease
- Mind – Anxiety – health about
- Mind – Weeping – complaints while narrating
- Mind – Indifference
- Stomach – Appetite – wanting
- Stomach – Aversion to food
- Mouth – Burning
- Abdomen – Flatulence
- Sleep – Disturbed

Remedies	sulph.	puls.	calc.	phos.	sep.	nat-m.	ars.	lyc.	rhus-t.	cocc.	nux-v.	verat.	bell.	chin.	coff.	ign.	op.	cham.	spong.	kali-c.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Symptoms Covered	7	6	6	6	5	5	4	4	4	4	3	3	3	3	3	3	3	3	3	2
Intensity	11	16	11	11	10	7	8	7	5	4	7	7	6	6	6	6	6	5	3	5
Result	7/11	6/16	6/11	6/11	5/10	5/7	4/8	4/7	4/5	4/4	3/7	3/7	3/6	3/6	3/6	3/6	3/6	3/5	3/3	2/5
Clipboard 1																				
I - Indifference	1	3	3	3	3	2	1							2		2	2			
A - Appetite - lost, diminished, wanting	1	2	1	1	1	1	1	1	1	1	2			3				1		
A - Appetite - lost, diminished, wanting - food, at the sight of	1			1																
W - Weeps	2	3	1	1	2	2		2	1			3	2		2	1		2	1	
S - Sleeplessness	3	3	2	2	2		3		2	1	3		2	1	3		2	2		2
F - Fear, anxiety, fright	1	2	2	3		1	3	2	1	1	2	2	2		1	3	2		1	
M - Menses - before - agg	2	3	2		2	1		2		1		2							1	3

Remedy Selection

Constitutional Remedy

Sulphur 200C

Reasons for Selection

- Emotional sensitivity
 - Fear and anxiety
 - Weeping tendency
 - Appetite disturbance
 - Gastric dysfunction
 - Sleep disturbance
 - Overall constitutional picture
-

Acute Remedy

Robinia

Reasons for Selection

- Hyperacidity
 - Gastric irritation
 - Burning symptoms
 - Dyspeptic complaints
-

Intercurrent Remedy

Psorinum

Reasons for Selection

- Deep-seated chronic pathology
 - Long-standing functional disturbance
 - Miasmatic background
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Miasmatic Analysis

Psora	Sycosis	Syphilis
Anxiety	Chronic gastritis	Structural pathology
Fear	Recurrent gastric dysfunction	Duodenal changes
Appetite disturbance	Chronicity	Tissue involvement

Predominant Miasm

Psoro-Sycotic

Follow-Up Summary

Date	Clinical Progress
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Initial Visit	Severe appetite loss, food aversion, burning mouth, anxiety, tearfulness
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Dec 2025	Continued treatment despite sinus surgery
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Jan 2026	General improvement noted; relaxation exercises advised
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Feb 2026	Major complaints significantly better
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Mar 2026	Appetite improved; dryness of mouth with mild cough
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Apr 2026	Gastric symptoms further reduced
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May 2026	Stable improvement; requested continuation of treatment
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Jun 2026	Gastric complaints markedly improved; appetite restored; patient desired discontinuation due to sustained recovery
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Transformation Table

Parameter	Before Treatment	After Treatment
Appetite	Severely reduced	Normal
Food Aversion	Marked	Resolved
Fear of Eating	Present	Absent
Burning Mouth	Severe	Resolved
Gastritis	Persistent	Markedly improved
Bloating	Frequent	Minimal
Emotional State	Fearful and tearful	Calm and confident
Sleep	Disturbed	Improved
Quality of Life	Significantly affected	Restored

Discussion

This case demonstrates the close relationship between emotional stress and gastrointestinal dysfunction. The onset of symptoms coincided with intense fear experienced during the COVID-19 pandemic. Despite extensive investigations and prolonged conventional treatment, the patient continued to suffer from appetite loss, food aversion, and gastritis.

The mental state played a central role in understanding the case. Fear of disease, anxiety regarding family, emotional sensitivity, and weeping during consultation indicated a strong psychosomatic component. The individualized homoeopathic prescription was based on the totality of mental and physical symptoms rather than pathology alone.

Gradual improvement was observed not only in gastric complaints but also in appetite, emotional wellbeing, sleep, and overall functioning. The patient eventually regained confidence in eating, resumed normal dietary habits, and experienced significant improvement in quality of life.

This case highlights the importance of individualized constitutional prescribing in chronic psychosomatic gastrointestinal disorders and demonstrates the role of homeopathy in addressing both emotional and physical dimensions of disease.

Conclusion

This case illustrates successful homeopathic management of chronic loss of appetite, food aversion, anxiety-associated gastritis, and burning mouth symptoms persisting for more than one year. Individualized constitutional treatment resulted in restoration of appetite, improvement in digestive function, emotional stabilization, and enhanced quality of life. The case represents a noteworthy clinical transformation achieved at **Dr Batra's® Homeopathy Clinic**.

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