

Inflammatory Bowel Conditions & Homoeopathy

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Abstract

Gut feeling is what is equivalent to intuition & that is why having a healthy gut is very critical. The gut goes through a myriad of issues like Irritable Bowel Disease (IBD), Irritable Bowel Syndrome (IBS) & Celiac Disease (CD). The high calorie, low fibre or the fast foods contribute to gut issues. The uses of pre-biotic & pro-biotic foods have escalated as the gut related issues have cropped up as the mental issues have catalyzed the gut related issue. The relevance of the article has increased in current circumstances as the new COVID variant of 2025 is attacking the gut. Crohn's disease is also touched upon in the article while also establishing a link between the gut & the Parkinson's Disease (PD). As the issue of individualized approach gets a focus among the therapeutics, the article discusses the role of Homoeopathy which is an individualized system of treatment. Further, it delves into other modalities of homoeopathy as a therapeutic approach at mass level.

Keywords- ORMDL3, IBD, IBS, Celiac Disease, Crohn's Disease.

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INTRODUCTION

Central Drug Research Institute, Lucknow of Council of Scientific & Industrial Research (CSIR) has identified a gene named Orso Mucoic Like protein 3(ORMDL3) or ORMDL sphingolipid biosynthesis regulator 3(ORMDL3) in the human body that has a role in the causation of Inflammatory Bowel Disease (IBD). The stake holders of the study were CDRI, transfusion medicine department of King George Medical University of Lucknow, gastroenterology department of Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS) of Lucknow.

The newly discovered gene ORMDL3 can serve as an indicator of the severity of IBD thus fostering treatment. Medical science can see whether it is highly

activated or if there are any changes in it or to diagnose the stage or severity of colitis. The study also cites that ORMDL3 gene is also a contributor to childhood asthma. The gene affects the innermost lining of the large intestine which has the colon & the rectum. The symptoms of ulcerative colitis develop gradually & not abruptly. The study elicited a correlation between ORMDL3 gene levels & the stages of colitis. It was seen that severe colitis is accompanied by increased gene levels. Similarly, a healthy gut is accompanied by lower gene levels.

Research was conducted on tissue samples collected from colitis patients during their colonoscopy. Further, the experiments in mice model colitis demonstrated that reducing ORMDL3 gene levels reduces inflammation and disease severity. The study

was an example of mechanistic understanding of the genetic association of ORMDL3 gene & colitis.

Understanding the process through which this gene regulates inflammatory responses will help the medical fraternity as a therapeutic target for managing inflammatory diseases. Novel treatments targeting this gene are to be designed to reduce IBD. Hence, the medication can be more specific & prompt.

About IBD & IBS

Irritable Bowel Disease (IBD) includes Crohn's disease, ulcerative colitis & autoimmune disease. Irritable Bowel Syndrome (IBS) is a functional disorder. Celiac disease is a type of IBD. It is triggered by glutens & damages the small intestine.[2]

The largest epidemiological study on IBS involved 73,076 numbers of participants from 33 countries was published in 2021. The study mentioned the prevalence of IBS in India is 4-6%. The study known as Nature reviews on gastroenterology & hepatology found that 60% of IBS patients have signs of psychological distress. Since last publication of British Society of Gastroenterology (BSG) in 2007, efforts have been made to understand its complex patho-physiology & classification as a gut brain interaction rather than a functional Gastro Intestinal (GI) order.[2]

The study cites the management of these disorders through use of low Fermentable Oligosaccharides, Disaccharides, Monosaccharides & Polyols (FODMAP) diets. The diet involves avoiding wheat, legumes, some nuts, certain sweeteners, most dairy products, many fruits & vegetables.[2]

One of the most important IBD is Crohn's disease in which the immune system attacks healthy tissues of the intestine. The disease presents with symptoms such as fever, fatigue, stomach pain, vomiting, weight loss, diarrhoea and blood in stool. It is treated with biologics or medicines made from living cells. There is a IBD India, a non profit offering financial resources, patient education programs, community meet ups, mental health helpline for people living with IBD. This is a heavily stigmatised disease with scant awareness especially in rural areas. A combination of genetics, bacterial imbalance and environmental triggers leads to IBD. Research shows that IBD patients are more susceptible to stress, anxiety & depression that greatly affects treatment response. Studies also show that childhood trauma triggers IBD. That is why mental health awareness for IBD patients are crucial while society needs to be more compassionate & inclusive. [3,4,5]

The article related to Crohn's Disease (CD) suggests tailoring treatment to target specific patient phenotypes, disease severity and patient wishes is becoming more feasible with the growing array of

therapeutic options in CD. This where homoeopathy chips in as it is an individualized system of treatment addressing phenotypes.[5]

Investigations

The conditions like IBD, IBS, Celiac & Crohn's are all attributed to chronic inflammations in the body. Hence, the investigations should also centre around tracking the inflammatory markers [4,5].

Tests like Cumulative Reactive Protein (CRP) & High Sensitivity Cumulative Reactive Protein (HS-CRP), Lipoprotein(a) or Lpa & Homocysteine which is an amino acid in blood that helps builds proteins. These are inflammatory markers that help to indicate underlying inflammation in the body. [4,5]

Advanced tests like Myeloperoxidase (MPO) & Trimethylamine N Oxide (TMAO) indicate oxidative stress & inflammation. TMAO is linked to gut health & diet & high levels often indicate increased heart risk. [4,5] As these are all inflammatory markers, these indicators are associated with IBD, IBS, Celiac & Crohn's disease as well. [4,5]

Relation to Parkinson's Disease

This section deals with a much complex issue as it relates gut to the Central Nervous System (CNS). In a 2024 cohort study done among 9350 patients with no prior history of Parkinson's Disease (PD), a history of upper gastrointestinal Mucosal Damage (MD) was found to be associated with elevated risk of developing a clinical PD diagnosis. The study in its relevance suggests increased vigilance among patients with MD for future PD risk. The study found that the risk was 76% greater towards progression of PD. The main outcome of the study mentions that the relative risk of PD given a history of MD was estimated using Incident Rate Ratio (IRR) & multivariate Cox proportional Hazard Ratios (HRs).[6]

Homoeopathic Approach

When IBS is completely a functional disturbance in the gut, it is 'Psora' which is the 'miasm' in the background. As it progresses to form any bulging or growth in the gut, the 'miasm' is 'Sycotic'. When it progresses towards destruction of the gut, the 'miasm' is 'Syphilitic'. Similarly, when the symptoms of IBD or IBS aggravates in the morning & evening, it is 'Psoric' 'miasm' in the background. When the symptoms aggravate during the day light besides morning till 12noon & evening from 4pm to 9pm, it is 'Sycotic' 'miasm' in the background. Similarly, when the symptoms aggravate in night i.e. after 9pm till 4am, the 'miasm' in the background is 'Syphilitic'. No other therapeutic system addresses this kind of individuality. The homoeopath has to choose the appropriate anti-miasmatic medicine to the IBS & IBD patient. 'Miasms' in homoeopathy are defined as 'disease causing dynamic agents that are infectious in nature'. [7,8]

Besides the 'miasmatic' approach, the therapeutic system also offers large number of remedies through its range of 'Bowel Nosodes', 'Bach Flower Remedies', 'Indian Drugs', Biochemic remedies' & 'Drugs that are leading, well proved, gone through phases of clinical trials & are universally used across the globe as homoeopathic remedies'. [9-16]

Homoeopathic Therapeutics

Murphy in his repertory & materia medica, writes 'Carcinosin', 'China', 'Lycopodium' as drugs under Celiac Disease. Under Crohn's disease he mentions 'Aloes' & 'Nitric Acid'. Similarly, under Entero-colitis, drugs mentioned are 'Nuphar Luteum', 'Terebinth'. Under Colitis, he mentions 'Ars', 'Chin Ars', 'Nitric Acid', 'Nuphar L' & 'Terebinth'. Under chronic Dysentery, the drug is 'China'. Similarly, under inflamed jejunum & ileum, the drug mentioned is 'Podophyllum'. For neuralgia of intestines, the drugs are 'Colocynth' & 'Cuprum Ars' [9,10].

The repertory of Phatak mentions 'Asarum', 'Colchicum', 'Copaiva', 'Kali Phos', 'Rhus Tox' & 'Zincum Valerianum' under the rubric 'Colitis Mucous'. There are a number of remedies under the rubric 'Food & Drinks- aggravation & amelioration'. The homoeopath can prescribe from these large number of remedies individually for each case depending on the aggravation & amelioration of the case to a particular food or drink. Similarly, under the rubric 'Dysentery with tenesmus', the drug is 'Calcarea Carb'. As mentioned above, cases also get affected through 'emotion & mental excitement'. Hence the homoeopath can select remedies from these groups for each individual case depending on the quality of aggravation. [11]

The following drugs are under the category of Bowel Nosodes (BN). Under Bowel Nosodes, the drugs are 'Morgan Compound' for congestion. 'Dysentery Compound' for nervous tension. 'Enterococcinum' for colitis & proctitis. 'Toxoplasma Gondii' for Crohn's disease & 'Bacillus Gartner' for Celiac disease [12-16].

Bach Flower remedies are those that can address the mental issues related to these gut issues. As Bach Flower remedies, the drugs are "Gorse" for despair or hopelessness, 'Olive' for complete exhaustion, 'Sweet Chestnut' for extreme anguish, 'Vervain' for hyperanxiety, 'Rescue Remedy' for mental issues related to IBD & IBS. [17]

Similarly, from the groups of 'Indian Drugs', there are also a number of remedies. Primarily, these drugs are prescribed as 'Mother Tinctures'. These are given alphabetically. 'Acalypha Indica' for diarrhea & flatulence, 'Achyranthes Aspera' for diarrhea, dysentery & as an astringent, 'Aegle Folia' for diarrhea & dysentery primarily involving the intestines, 'Aegle Marmelos' for diarrhea & dysentery primarily involving the stomach, 'Atista Indica' for diarrhea & flatulence,

'Atista Radix' for dysentery, 'Calotropis G' for diarrhea & dysentery, 'Carica Papaya' for dyspepsia, 'Clerodendron I' for Gastrointestinal issues, 'Cyanodon D' for dysentery, 'Embelia R' for diarrhea & dyspepsia, 'Ficus R' for dysentery, 'Gentiana Chirata' for dyspepsia & hyperacidity, 'Wrightia Tinctoria' for acute & chronic dysentery, 'Hydrocotyle A' for dysentery, 'Leucas Aspera' for dysentery, 'Luffa Amara' for loose stools, 'Ocimum Caryophyllum' for dysentery, 'Oldenlandia H' for gastric problems, 'Syzygium Jam' for diarrhea & dysentery, 'Terminalia Chebula' for diarrhea & chronic dysentery, 'Trichosanthes Dioca' for dysentery. [9-15]

Besides these, drugs like 'Emetine', 'Zinc Sulph', 'Ferrum Sulph', 'Croton T', 'Colostrum', 'Trombidium', 'Gratiola', 'Aristolochia S', 'Bacillus Welchi', 'Agaricus Campestris', 'Jatropha Curcas', 'Picrotoxinum' can be prescribed for diarrhea, dysentery or loss of fluids through rectum [9-15].

Similarly for nausea, vomiting or loss of fluid through mouth, the drugs are 'Cascarilla', 'Cerium Oxalicum', 'Ostrya V', 'Apomorphinum Mur', 'Amygdalus P F', 'Symphori C R', 'Digitoxinum', 'Scammonium', 'Amygdalus P C' [9-15].

Phatak's repertory of Bio-chemic medicines mentions 'Natrum Mur', 'Natrum Phos', 'Natrum Sulph' & 'Silicea' under the rubric diarrhea. Similarly, under dysentery rubric, the drugs are 'Ferrum Phos', 'Kali Mur', 'Kali Phos', 'Mag Phos'. Similarly, under the rubric mucous colitis, the drug is 'Kali Phos'. Other than this, Bio Combination number 8 can be prescribed for diarrhea & Bio combination 9 can be prescribed for dysentery.

Lastly, as these bowel issues are associated with inflammatory markers, medicines that control inflammation are also an essential part of the therapeutics. These drugs are 'Prednisolone', 'Hydrocortisone', 'Cortisone', 'Curcuma Longa', 'Aconitinum', 'Argentum Phos',

Similarly, as these are chronic cases involving the bowels, each case has peculiar sensations. Homoeopathy has an entire repertory on sensations. 'Sensation as If' repertory by H.A. Roberts published in 1937 has medicines for 'n' number of sensations that can be only described by human beings. [19]

New Strain of COVID 19

The new strain of COVID 19 that has surfaced in 2025 is a sub-variant of Omicron & is known as NB.1.8.1 strain. Besides the cold symptoms, one of the less common symptom is nausea, vomiting & diarrhea. As homoeopathy has already proved its effectiveness during the pandemics, the therapeutics mentioned above also hold good for the Gastro Intestinal symptoms of the new strain [20,16].

Homoeopathy in Public Domain

Besides the therapeutics mentioned above, there is a national list of Essential Medicines known as NLEM & Essential AYUSH medicines known as NLEAM. The list mentions the property trio such as 'cost effective, clinically effective & no side effects. The list of medicines can also be used by the masses easily [21,22].

CONCLUSION

As mentioned above, IBD, IBS, Celiac, Crohn's & Upper GI's MD related PD cases need to be addressed individually & it is here that Homoeopathy fits the bill perfectly. As the therapeutic system is cost effective, clinically effective & has no side effects, masses can be addressed easily. India needs these kinds of interventions that can cover masses economically.

With the upcoming issues of viruses & the resurgence of COVID virus, it is only appropriate that homoeopathy is integrated in to the systems like public, private, corporate, Non-Government Organizations & civil society organizations.

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