

Pakhala- The Gut Wonder Food & Bowel Nosodes in Homoeopathy of AYUSH

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DOI: <https://doi.org/10.36348/sijtc.2026.v09i03.001>

| Received: 25.12.2025 | Accepted: 27.02.2026 | Published: 03.03.2026

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Abstract

Since ancient times Odisha or Kalinga as known in that era, the state in eastern part of the nation is a rice eating state. Rice is the staple food as it is cultivated as the main cereal. Further, the healthy technique of boiling the rice partially is also age old. In common parlance, it is called as the brown rice as it looks brown in color. The brown color is because of the coating of the rice bran that comes out from the paddy when it is boiled. The process involves boiling the rice twice. First the paddy is boiled and dried in the sun after spreading out in the open. After drying once, the paddy is boiled again and dried again. Thereafter, the twice boiled & dried paddy is de-husked & the final product is obtained in the form of brown rice or par boiled rice. The article focuses on celebration of this rice in the state of Odisha of India. The literature review cites studies related to the Fermented Rice Water (FRW) that links its benefits to gut health & its related issues. The study emphasizes on fermenting in earthen pots overnight for optimal benefits. The article links the gut bacteria related to the article to the Bowel Nosodes of Homoeopathy that are a group of medicines prepared from the gut bacteria. There after it further links 'Butyrate' a product of soaking the Fermented Rice Water to Homoeopathy. In the last section, it reinforces the integration of homoeopathy on a large scale to deal with gut related issues that affect both mental and physical levels.

Keywords: FRW, Gut, Microbiome, Homoeopathy, Bowel Nosodes, IBS, Crohn's Disease.

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INTRODUCTION

Odisha State & Fermented Rice

Pakhala Dibasa (World Pakhala Day) is celebrated annually on March 20th to promote and honor the traditional Odia delicacy, Pakhala, the fermented rice. Established in 2011 to showcase this nutritious, cooling summer dish, it encourages Odias globally to enjoy it with sides like *badi chura* and fried fish [1].

Key details about 'Pakhala Dibasa' are given in this section. Its significance is that it celebrates the cultural, nutritional, and cooling significance of Pakhala,

a staple food in Odisha, especially during hot summers. It is celebrated on March 20th every year by sharing Pakhala meals at home and in restaurants to highlight its role in Odia identity. Pakhala is cooked rice fermented in water. It is known to boost gut health and is rich in probiotics. It is often paired with *sag bhaja* (leafy greens), *aloo bharta* (mashed potato), fish fry, *badi chura*, and lemon. Various types include *Saja Pakhala* (fresh), *Basi Pakhala* (leftover/fermented), and *Dahi Pakhala* (with curd).

The celebration aims to promote this traditional, healthy meal to younger generations and beyond Odisha [1].

Citation: Tridibesh Tripathy, Byomakesh Tripathy, Sahu, Sanskriti Tripathy, Anjali Tripathy, Sovesh Chandra Tripathy (2026). Pakhala- The Gut Wonder Food & Bowel Nosodes in Homoeopathy of AYUSH. *Sch Int J Tradit Complement Med*, 9(3): 38-42.

Related Literatures

A 2024 study concludes that post-biotic of naturally fermented rice water positively modulates colonocyte health. Fermentation of the rice, a staple food enriches pro-biotic bacteria & their bio-molecules. Edible rice serves as a simple pre-biotic for the fermenting pro-biotic organisms. It generates billions of Colony Forming Units (CFUs) per milliliters in just a short duration like overnight. Fermentation derived post-biotic bio-molecules elicit nutrient absorptive, barrier strengthening, energy expensive molecular signatures

indicative of improved colonocyte health in vitro. The overall results suggested that Fermented Rice Water (FRW) acts as a multifunctional synbiotic promote growth of a mixture of pro-biotic and enrich bioactive which upon chronic consumption can restore gut homeostasis [2-5].

The study found the commensals & opportunistic pathogens among the FRWs of the rice varieties the details of which are given in the following table.

Table 1: Commensals & Opportunistic pathogens identified [2]

Serial Number	Rice variety	Location	Other Bacteria
1	Raw rice	Hospital environment	Streptococcus Equinus, Acinetobacter Baumannii, Franconibacter Pulveris,
2	White Ponni	Hospital environment	Franconibacter Pulveris, Enterobacter Cloacae, Acinetobacter Baumannii, Cronobacter Sp
3	Mapillai Samba	Hospital environment	Klebsiella Pneumoniae ssp Pneumoniae, Franconibacter Pulveris, Bacillus Cereus, Enterococcus Gallinarum, Streptococcus Infantarius ssp infantarius, Enterobacter Cloacae complex
4	Control	Hospital environment	Enterococcus Faecium
5	White Ponni	Domicile environment	Acinetobacter Baumannii, Streptococcus Infantarius, Streptococcus Lutetiensis, Kocuria Kristinae

Further the study also mentions that Fermented Rice Water (FRW) is a gut healer & iron booster particularly for pregnant women with anemia. Natural fermentation of rice overnight enriches the presence of lactic acid bacteria that breaks down anti nutrients in rice & release minerals such as iron for better absorption [2-5].

Pro-biotics like lactobacillus foster gut health easing Ulcerative Colitis, Crohn's disease & Irritable Bowel Disease (IBD). A study on 55 patients who took this Kanji or FRW for 6 months on an empty stomach showed that severe cases became symptom free & 30% of IBD patients were completely cured. The study also mentions that fermentation of rice also raises calcium, potassium, fibre, resistant starch while offering anti inflammatory & anti oxidant properties [2-5].

Fermentation enhances nutrients through microbial activity & enzymatic breakdown. Lactobacillus produce enzymes called as phytases that degrade phytic acid, a nutrient that binds iron, calcium, zinc, potassium & releases nutrients for better absorption. Fermentation converts carbohydrates in rice to pre-biotics & enriches for pro-biotics as well as post-biotics of well over 200 metabolites. These metabolites are bio active compounds from microbial breakdown with anti inflammatory, antioxidant, neuro-protective & cardio protective effects [2-5].

Resistant starch also known as indigestible starch or the indigestible carbohydrate factor increases during soaking as microbes restructure to Short Chain

Fatty Acids (SCA) such as Butyrate. This butyrate fuels colon cells, lowers Potential Hydrogen (PH), boost good microbes, stabilizes blood sugar & reduces risk of colon cancer [2-5].

The study also emphasizes that fermentation needs to be done in clay vessels for overnight. These clay vessels enhance rice fermentation as they create an optimal microbial environment. Porous clay allows slight air exchange while retaining moisture, promoting Lacto Bacillus with- out excess oxygen that could spoil the batch. Mineral leaching helps to increase calcium, magnesium, trace elements, balancing PH that drops to (-4). This level of PH increases bio availability of nutrients [2-5].

Another study concludes that fermentation produces pro-biotics that help restore the balance of friendly bacteria in stomach and reduce some gut problems. Pro-biotics have been shown to help with the symptoms of Irritable Bowel Syndrome (IBS), a common digestive illness. Fermented foods have been linked to a lower risk of cardiovascular disease. Pro-biotics may also help lower the cholesterol and blood pressure. The fermented food beverages, with their high pro-biotic content, can boost the immune system and lower the risk of infections. Consumption of fermented beverages resulting improvement in the gut microbiome, may have a modulatory influence on the brain and central nervous system [3-5].

A 2024 study concludes that consumption of brown rice fermented with *Aspergillus Oryzae* and

fermented brown rice beverages have a protective effect on the digestive system and accessory digestive organs by changing the gut microbial environment [4, 5].

Homoeopathic Angle

Homoeopathy has a wide range of medicines that are prepared from the gut bacteria. Further, it has a range of medicines called ‘Bowel Nosodes’ that are prepared from the bacteria of the gut. Here ‘Bowel’ means the gut and ‘Nosodes’ means medicines prepared from disease products or organisms. As the set of medicines are prepared from the bacteria of the gut, these are called ‘Bowel Nosodes’ [6-10].

As mentioned above, nosodes are the group of medicines that are prepared from the disease causing organisms or substances like toxins. The bowel nosodes are a series of remedies made from non-lactose forming bacteria of the human intestinal flora. These medicines were first developed by Dr. Edward Bach (1886-1936) and continued by John Paterson and later by his wife Elizabeth from 1920 to 1964. Dr. Paterson died in 1955 and his wife Elizabeth continued to work till 1964. The basic premise that Dr. Paterson theorized was that ‘the bacterium is a concomitant of the pathology and not the cause’ [6-10].

Besides the paper presentation at Lyon in 1949, Dr. Paterson wrote a paper on the medicine ‘Sycotic Compound’ in 1933 and in 1950, he published a ‘Book on Summary of His Experiences’ [6-10].

Further, it is essential to mention the process of naming the bowel nosodes. Morgan (Bach) is so named because it was isolated by Dr. E. Bach from Enterobacteriaceae *Morganella Morganii*. Morgan Pure (Paterson) is so named because it was renamed ‘Pure’ by Paterson to differentiate from Gartner. It was developed

as a sub group of Bach’s original Morgan Compound. Proteus (Bach) is named after the shape shifting of sea god of Greek mythology whose stench was said to be rank. Shape shifting is related to ‘Hysteria’. ‘Sycotic Compound’ is so named because Dr. Paterson used this drug to treat a case of Gonorrhoea of US Ground Infantry’s (GI) stationed in Britain during World War II (WW). As per the concept of Homoeopathy, since ‘Sycotic’ miasm infests in the Urinary Tract Infections (UTI) & in 1943 during WW II, Gonorrhoea bacteria’s infection was known as ‘Specific Urethritis’, Dr. Paterson named this nosodes as ‘Sycotic Compound’. The isolated bacterium was morphologically similar to the Gonococcus bacteria also [6-10].

In this paragraph, the broad therapeutic uses of the bowel nosodes are mentioned as per the Homoeopathic system of medicine. Morgan (Bach) is associated with the Psoric miasm that causes only disturbances in the physiology & do not cause pathological disturbances. ‘Mogan Pure’ is associated with ‘Congestion’ & Morgan Gartner is associated with ‘Irritability’. ‘Proteus Bach’ is associated with ‘Brain Storm’ & is commonly known as the ‘Angry Adrenalin’. Bacillus number 7 (seven) is associated with ‘Fatigue’. ‘Gartner Compound (Bach)’ is associated with ‘Nutrition’. ‘Dysentery Compund’ is associated with ‘Apprehension’ & is commonly known as the ‘Heart Nosode’. ‘Sycotic Compound’ is associated with ‘Irritability’ [6-10].

Details of Bowel Nosodes

As mentioned above, Dr. Paterson presented the detailed list of the following non lactose fermenting organisms that are prescribed as homoeopathic medicine only in ultra dilutions or potencies. The following table gives the details [6-11].

Table 1: Detailed list of the Bowel Nosodes [6-11]

Serial Number	Name of the non-lactose fermenting organism	Name of the homoeopathic medicine prepared from the organism	Biochemistry of the homoeopathic medicine	Name of the constitutional Homoeopathic Medicine that is in relation with the Bowel Nosode
1.	Proteus Morganii and Enterobacteriaceae <i>Morganella Morganni</i>	Morgan (Bach) & Morgan Pure (Paterson) from P. Morganii & Morgan Gartner (Paterson) from <i>Morganella Morgagnii</i>	Sulphur and Carbon are the two outstanding elements	Sulphur
2.	Proteus Vulgaris and Proteus Mirabilis	Proteus (Bach)	Chlorine is the outstanding element	Natrium Mur
3.	Bacillus Asiaticus, Bacillus Cloacae and Bacillus Freundii	Bacillus Number 7 – it is named as such since it was the 7 th non lactose fermenting type of bacillus as observed in the laboratory	Outstanding elements are Bromine and Iodine in combination with Potassium	Iodium, Kalium Carb

Serial Number	Name of the non-lactose fermenting organism	Name of the homoeopathic medicine prepared from the organism	Biochemistry of the homoeopathic medicine	Name of the constitutional Homoeopathic Medicine that is in relation with the Bowel Nosode
4.	Salmonella Enteritidis	Bacillus Gartner (Bach)	Outstanding elements are Silicea, Phosphorus and Fluorine	Phosphorus, Silicea
5.	Shigella Dysenteriae	Dysentery Compound (Bach)	NA	Arsenic Album
6.	B.Coli- intermediary form	Mutabile (Bach)	NA	Pulsatilla
7.	Streptococcus Faecalis	Sycotic Compound (Paterson)	NA	Thuja
8.	Enterococcus Faecalis	Faecalis (Bach)	NA	Sepia
9.	Bacillus Asiaticus, Bacillus Cloacae and Bacillus Freundii	Bacillus Number 10 (Paterson) – it is named as such since it was the 10 th non lactose fermenting type of bacillus as observed in the laboratory	NA	Calc Carb- as it is prescribed for patients who can not digest eggs, fat, Lipoma, warts on hands & Leucorrhoea that smells like fish. As bacillus Number 7 is related to thyroid gland, fat metabolism comes in the domain of the nosode.
10.	Pyogenic Bacteria or Bacteria causing Septic State	CocalCo (Paterson)	NA	Pyrogen- Since this is prepared from infected & putrid meat
11.	Escherichia Coli/Bacillus Coli	Colibacillinum	NA	Medorrhinum- since this is a antisycotic that prevents Urinary Tract Infections (UTI) & E.Coli is a leading cause of UTI

In the above section, the article discusses about resistant starch also known as indigestible starch or the indigestible carbohydrate factor. This factor increases during soaking as microbes restructure to Short Chain Fatty Acids (SCA) such as Butyrate. Butyrate fuels colon cells, lowers Potential Hydrogen (PH), boost good microbes, stabilizes blood sugar & reduces risk of colon cancer [2-5].

Homoeopathy has ‘Acid Butyricum’ as a medicine for therapeutic purposes. It acts on the gut brain axis thus removing the ‘disposition to worries’ while improving gut health. However, this is only one aspect of the drug as it is directly related to the article. It is a broad spectrum drug that has action on other spheres of the body [8, 9].

CONCLUSION

With new gut related cases being an obstacle with no effective or cost effective cure, it is time to look into the homoeopathy system of Ministry of AYUSH that addresses the reached & unreached areas of the current intervention. It can address all economic strata of the society. A long term cost effective, therapeutically effective with no side effects approach can be in place on integration of homoeopathy into the domain of high Non

Communicable Disease (NCD) related interventions [12-18].

The integration of homoeopathy into the high burden gut related interventions will not only help India but also it will be a successful pilot to deal with high NCD levels at the global level through adoption of the pilot especially in the high NCD endemic countries. India can set an example in this regard. The intervention related to homoeopathy of AYUSH can also be initiated with the leading stake holders or development partners in India who work on Non Communicable Diseases (NCD) [12-18].

As homoeopathy has become a part of the culture in India, the intervention will help to deal with the related life style issues of NCDs like poor gut related issues. Active surveillance could be the best effort for our nation apart from international cooperation & to develop & use indigenous capacity for low cost & no side effects medicine manufacturing before other nations. One example is the use of homoeopathic therapeutics in this process. All of us know that all these processes take time & hence it is wise to use our strength in the form of integration of Homoeopathy into the poor gut related interventions. These interventions can be rolled out both

at centre & state level thus addressing mental and physical issues [12-18].

Acknowledgement: The lead author thanks all the coauthors for their contribution in the non Homoeopathic section.

Declaration: The lead author declares that the Homoeopathic protocol given here is only suggestive in nature

Funding: There was no funding received for the article

Conflict of Interest: There is no conflict of interest regarding the article.

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