

Study of Benefits of organic Food and Homoeopathic Medicines in Management of various Foods related Gastrointestinal Disorders

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Abstract—Gastrointestinal disorders such as constipation, diarrhoea, dyspepsia, acidity, malabsorption, worm infestation etc are due to faulty food habits. Organic food is beneficial for digestion and thus preventing the gastrointestinal disorders. Conventional medicine are habit forming and are mostly palliative whereas homoeopathy on the other hand has an holistic approach and can be taken for a period of time without any harmful effect. The selection of remedy in homoeopathy is based upon the theory of individualization and symptoms similarity by using a holistic approach. The aim of homoeopathy is not only to treat the disease but to address its underlying cause and individual susceptibility. Homeopathy has several well proved medicines which can be used in acute as well as in chronic cases. Homeopathy can stop the progress of the condition and hence can prevent complications.

Keywords—Organic Food; Gastrointestinal disorders; Homoeopathic medicines;

I. INTRODUCTION

Organic food is food produced by methods that comply with the standards of organic farming. Standards vary worldwide, but organic farming in general features practices that strive to cycle resources, promote ecological balance, and conserve biodiversity.

Organic food is the product of a farming system which avoids the use of man-made fertilizers, pesticides; growth regulators and livestock feed additives. Irradiation and the use of genetically modified organisms (GMOs) or products produced from or by GMOs are generally prohibited by organic legislation.

Eating organic helps to reduce your body's total toxic burden. Pesticides and herbicides are by their very nature toxic, and your diet chronically exposes you to these dangerous poisons and, eating organic foods can reduce pesticide buildup.

Organic produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms, or ionizing radiation. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones.

One of the best defenses for the body is whole organic foods.

Gastrointestinal disorders which are food related such as:-

- Constipation,
- Diarrhoea,
- Dyspepsia,

- Acidity,
- Malabsorption,
- Worm Infestation etc

are encountered in day to day life and most of these are food related. Proper diet and homoeopathic medicines can reduce the disorders and help the patients in day to day work.

In conventional medicine palliative approach is selected most of the time, as the cause of constipation cannot be determined in majority of cases.

The therapeutic measures used for gastrointestinal disorders are habit forming and makes the condition worse as it causes dependency. Eventually leading to employment of more violent measures to relieve the patient from gastrointestinal disorders as the condition advances

In Homeopathy we try to treat more than just the presenting symptoms. The focus is usually on what caused the disease condition? Why 'this patient' is sick 'this way'.

In Homeopathy apart from disease diagnosis, other factors like mental, emotional and physical stress that could predispose a person to illness are also looked for. Homeopathy has several well proved medicines which can be used in acute as well as in chronic cases. Homeopathy can stop the progress of the condition and hence can prevent complications.

II. REVIEW OF LITERATURE

A weak and suffering digestive prowess is a problem too common among millennials. It all goes to our diets as we are having less and less fibre and more and more junk and highly processed foods. Acidity, bloating, constipation and nausea are everyday problems. Though there are many supplements available in the market shelves that will relieve you of these discomforts, the ideal way to correct them is through diet by adding following foods to everyday diet in order to get the digestive system back in order.

a)Yogurt

Yogurt has bacteria that is essentially good for your gut. It has billions of such bacteria which can replenish the flora of your gastrointestinal tract. It is really healthy for your overall health also and must be included in your everyday diet. However, not all kinds of yogurt have these bacteria.

b)Whole-grains

These include brown rice, oats and whole grain or whole wheat bread. They are very rich in fiber and hence, are very effective in curing digestive problems, such as bloating, nausea and gas. However, if one have a celiac disease or gluten intolerance, then these subjects must not take these.

c)Banana

If one has a digestive problem, the thumb rule must be a banana a day to keep the problem at bay. Bananas are very effective in treating gastric problems as they are helpful in restoring bowel function and can help treat diarrhoea. They are rich in electrolytes and potassium which help in restoring good digestive health.

d)Ginger

This is a spice which has many benefits for digestive health. It can help cure motion sickness, nausea, vomiting, gas and loss of appetite. However, you must have it in moderate quantities. The ideal consumption would be 2 to 3 grams every day. If it is consumed more than that, it may cause heartburn.

e)Beetroot

Beetroots are a very good source of fiber, potassium and magnesium. These are very helpful in restoring a healthy digestive function. They are excellent to cure problems like constipation. Have them raw in salad or sandwiches to yield best results.

f)Apple

Like yogurt, apples are also rich in bacteria that is helpful for maintaining a good gut health. Apples are very good sources of vitamins A and C and nutrients and minerals such as folate, potassium and phosphorus. These all help in restoring a good digestive health and ensuring a proper functioning of your intestines.

g)Sweet-potato

A winter food in India, sweet potatoes are not only delectable but are super healthy. They are best had with their skins if you want to benefit your digestive system. With the peel on, their fiber content gets better. They are a good source of carbohydrates and manganese and can even help treat peptic and duodenal ulcers.

h)Avocado

Avocados are among the best sources of fiber in fruits. It is super rich in fiber along with healthy monosaturated fats. Besides, it can help convert beta-carotene into vitamin A. This helps in maintaining a mucosal lining in the gastrointestinal tract, which helps in digestive processes.

i)Cod-liver-oil

Another good source of the vitamins A and C, cod liver oil is helpful in maintaining a good digestive health. It can keep the gastrointestinal tract healthy and free from infections.

j)Blueberry

It is super healthy for your digestive processes. They are very good sources of fiber and vitamin C. However, not having them raw and instead going for its juiced form can rip it of its fiber content. Besides these benefits, it is also loaded with cancer-fighting properties.

k)

Kiwi

The tiny kiwi is loaded with minerals and nutrients which are very good for your gut health. It contains vitamins C and E, linolenic acid, magnesium, potassium, actinidin,

fatty acids and pepsin which are good for you digestive health. Pepsin is particularly very healthy for maintaining the proper health of your gastrointestinal processes.

l)Cantaloupe

This summer fruit is packed with vitamins A, C and myoinositol, besides many digestive enzymes which can aid your digestive processes. Besides helping you with less severe digestive health issues like bloating, it can also help you fight intestinal cancer.

m)Papaya

Rich in papain, this tropical fruit facilitates the breakdown of proteins in your stomach. This leads to easier digestion and a better absorption of nutrients from your food. Papaya also has anti-inflammatory properties which can help in soothing the stomach. It is very easy to digest and it dissolves fats instantly. It also relieves problems like food allergies and heartburn. It facilitates a proper functioning of bowels and hence, betters digestion.

n)Tomato

Loaded with magnesium and potassium, tomatoes are very healthy for not only your stomach but overall health. They contain many minerals and nutrients like lycopene which aid in the digestive process.

o)Carrot

We are usually told to have carrots if the power of our spectacles is a very big number. Though they are good for eyes, they are also good for digestion. They are a very good source of fiber and antioxidants and can help you maintain good digestive health.

p)Cucumber

Cucumbers are rich in fiber besides nutrients and minerals like calcium, folate, fat, C vitamins and erepsin, a protein which is very effective in ensuring proper digestion. They are good for providing relief from stomach problems such as gas, acidity, heartburn and even peptic ulcers.

q)Lemon-water

Lemon is a good source of vitamin C and water helps facilitate digestion. When you combine the two, they make into a very good concoction to relieve digestive problems. Mix lemon juice with lukewarm water and have it every morning.

r) Peach

Peaches are favorite of many as they have a very tasty flavor. If you love them, here's your bonus. They are very healthy too and also aid in digestive processes. They are rich in fiber, calcium, vitamin C and iron. These nutrients ensure proper digestion.

s)Beet-greens

We often throw the greens on the top of the beetroot away but they are really healthy and rich in fiber, beta-carotene, calcium and iron. These nutrients are very helpful in maintaining a good flow of your digestive processes as they smoothen the movement of the bowels and maintain a healthy digestive tract lining. But they are also rich in an acid which can affect your tooth enamel negatively, so, do not over consume them.

t)Hot-water

The best and easiest way to relieve digestive problems is by sipping hot water. Take one to two glasses of hot water first thing in the morning or sip it throughout the day. This will soothe many kinds of digestive discomforts.

In Homeopathy apart from disease diagnosis, other factors like mental, emotional and physical stress that could predispose a person to illness are also looked for.

Homeopathy has several well proved medicines which can be used in acute as well as in chronic cases. Homeopathy can stop the progress of the condition and hence can prevent complications.

III. AIMS AND OBJECTIVES

1. To study the clinical presentation of various gastrointestinal diseases resulting from food.
2. To study role of homoeopathic remedies in treating gastrointestinal diseases which are due to food.
3. To study the benefits of organic food in digestive processes.

IV. MATERIAL AND METHODOLOGY

Sources of Data:

- OPD
- Peripheral OPD
- Camps

A. Methods of collection of data

1. The present study was undertaken at O.P.D
2. 30 cases of food related obesity associated with diseases like heart disease, type 2 diabetes, obstructive sleep apnea and osteoarthritis are taken
3. Age group 20-65 were considered and both the sexes were taken for the study.
4. The cases were recorded, keeping the holistic concept in mind.
5. The characteristic symptoms of the patients were recorded, and the physical and mental generals and particular symptoms were given importance.
6. In female cases, apart from the above history, inquiry into obstetric and menopausal history and history of any hysterectomy was recorded.
7. Various expression of disease in the life time of the patients was identified.
8. The cases were analysed and evaluation was done.
9. Standard general instructions were given to all the patients with special modifications made as required depending on patient's lifestyle.
10. If patients were on any other local therapies were advised to stop the same gradually.
11. All the cases were called for follow-ups once a week, fortnight or monthly considering the pathology and condition of the patient.
12. All the cases were re-assessed as per the criteria once in thirty days as and when required and the progress was recorded.
13. During the course of treatment, of the patient suffered with acute remedies, then followed by constitutional drugs.
14. Drugs were selected as per the totality and potency and repetitions were followed as per the planning and programming based on susceptibility of the case.
15. Discussion is carried out in each case under the heading as Case Discussion.

16. The following parameters were fixed according to the type of response obtained during the course of the treatment:

CURED: Feeling of mental and physical wellbeing with disappearance of the symptoms, signs for more than four months with no recurrence.

IMPROVED: Feeling of mental and physical wellbeing with disappearance of all the symptoms sign for less than three months with occasional appearance of symptoms due to faulty life style.

NOT IMPROVED: - No Feeling of mental and physical wellbeing with disappearance of all the symptoms sign for even a month even after making changes in food and life style.

A case paper is evolved to record the following:

1. Recording the case.
2. Discussion of the data.
3. Repertorisation of the cases if required.
4. Treatment.
5. Follow-up.

V. OBSERVATION AND ANALYSIS

A. Clinical Presentation of Gastrointestinal disorders related to food

TABLE I CLINICAL PRESENTATION

Clinical Presentation	Occurrence
Constipation	28
Diarrhoea	19
Dyspepsia	28
Acidity	23
Malabsorption	28
Worm Infestation	04

The above TABLE I chart shows different Clinical presentation of various gastrointestinal disorders presented in 30 cases of study.

B. Causes of Gastrointestinal disorders

TABLE II GASTROINTESTINAL DISORDERS

Causes	Number of patients
Dietary	26
Mental stress	02
Unknown	02

The above TABLE II causes of gastrointestinal disorders in 30 cases of study, 26 patients showed history of faulty dietary habits, 2 patients had a mental stress as a cause and in 02 patients the cause was unknown.

C. Sex Distribution

TABLE III SEX DISTRIBUTIONS

Sex	Number
Females	11
Males	19

The above TABLE III represents sex distribution of 30 cases under study. Patients from both the sex were treated. The chart shows that 11 comprised of female cases and 19 comprised of male cases. Thus, it can be seen that gastrointestinal disorders are more common in males than in females.

D. Patients benefited with organic food diet on advice

TABLE IV ORGANIC FOOD DIET

Patients with Organic food intake	Number
Yoghurt	4
Ginger	1
Bananna, Apples, Kiwi	8
Codliver oil	8
Lemon juice	5
Others	4

The above TABLE VI shows Patients benefited with organic food diet on advice presented in 30 cases of study. 4 patients were benefited by yoghurt, 1 patient was benefited with ginger, 8 patients with fruits like Bananna, apple and kiwi, 8 patients with codliver oil, 5 with lemon juice and 4 with other organic foods.

E. Representation of remedies used

TABLE V REMEIDES

Remedies	Occurrence
Arsenic Alb	2
Lycopodium	2
Sulphur	3
Nux Vomica	2
Cina	1
Natrum Muriaticum	2
Bryonia	2
Belladonna	1
Mercurius solubilis	1
Lachesis	1
Calc Iod	1
Phosphorus	3
Pulsatilla	2
Silicea	2
Opium	1
Ars Iod	1
Benzoic Acid	1
Muriatic Acid	1
Medorrhinum	1

The above graph represents the usage of each remedy in the study of 30 cases of gastrointestinal disorders.

F. Susceptibility Occurrence

TABLE VI SUSCEPTIBILITY OCCURRENCE

Susceptibility	Number of Patients
High	26
Low	4

The above TABLE VI shows occurrence of susceptibility of patients which were taken into consideration for study. Majority of patients were having high susceptibility few had low susceptibility.

G. Miasmatic prevalence

TABLE VII MIASMATIC PREVALENCE

Miasm	Number of Patients
Psora	8
Sycosis	11
Syphilitic	3
Tubercular	8

In this study Psoric miasm found in 8 patients, Sycosis miasm found in 11 patients, Syphilitic miasm found in 3 patients & Tubercular miasm found in 8 patients. This is shown above TABLE VII

VI. SUMMARY AND CONCLUSION

There are many benefits of eating organic foods and the main reasoning for this is because of the way these foods are grown. They are all grown on smaller farms and are cared more for. The farmers use natural soils, get rid of the weeds naturally without using sprays, and they use beneficially insects and birds to get rid of pests and diseases. Using natural resources to grow foods prevents us from eating chemical and in some cases added hormones. Organic foods have more zinc, iron and other vitamins than non-organic foods. They can help reduce your risk for cancer because weed, insect, and mold killers have been linked to the cause of some cancers. The ways these foods are grown also help our environment by creating less pollution.

From a study of 30 cases it was studied that scope of homoeopathy and organic foods benefits digestion and avoids the gastrointestinal disorders. Some cases are well managed in acute and then followed by administration of constitutional drugs.

Thus, it can be inferred that there are many homoeopathic remedies for treatment of gastrointestinal disorders related with food, some can be used for acute cases and others for chronic cases depending upon the duration of illness and totality of the case and along with this organic food can be advised for the benefits of digestive process. As in homoeopathic management, we consider the holistic approach along with the underlying miasmatic background with the symptomatology of the patient, it makes the treatment successful and eradicate the

deep roots of disease thus rendering permanent cure to the patient.

Thus, we can see that homoeopathic management (of acute and chronic) along with preventive measures is very effective in treating the cases of gastrointestinal disorders related to faulty food habits.

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