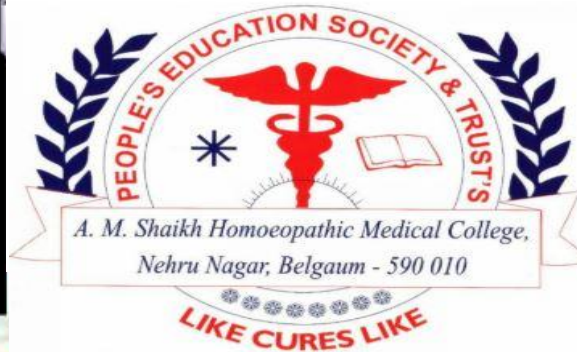




PES&T'S
A.M. SHAIKH HOMOEOPATHIC
MEDICAL COLLEGE, HOSPITAL & PG
RESEARCH CENTRE NEHRU NAGAR
BELAGAVI 590010
Website: www.pestbgm.org



INSPIRATION

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EXTERNAL HARDEOLUM (ACUTE STYE) TREATED SUCCESSFULLY WITH HOMOEOPATHY- A CASE BASED CHALLENGE TO STANDARD ANTIBIOTIC THERAPY

Abstract: Stye is a painful acute infectious condition, which is also named as Hardeolum. It's an inflamed oil gland either on upper or lower eyelid. A 49 year female patient presented with external Stye which had been treated with ApisMellifica 200C, based on totality of symptoms within 24 hours. Remarkable improvement was observed with significant reduction in swelling and pain. This is an evidence based study that homoeopathic remedies, specifically apismellifica as an effective alternative for managing acute Stye.

Key words: Homoeopathy, Apis Mellifica, Stye, Swelling, eyelid, Right eye/o: Thickened itchy patch on the right elbow region on and off since 6 months.

Introduction: Stye is the most common complaint. It is an acute suppurative inflammation of follicle over the eyelashes including the glands of Zies. This is also named as Hardeolum; the infection is caused by Staphylococcus bacteria. Constant rubbing of the eyes or fingering of the lids and nose, and the inadequate sleep, stress, etc are usually associated with the occurrence of the stye. Initially it starts with hard, swelling redness, painful burning, and stinging sensation. It gives an odematous appearance in whole edge of the lid, which is resulting in abcess formation, which may gradually progress into cilia.

The incidence is common in all children and adults & patients between 30 and 50 have somewhat higher frequency.

Objectives: To evaluate the effectiveness of homoeopathic treatment in the management of acute sty.

Methods: Case report

Preliminary data:

Name: XYZ, Age/sex: 49yrs, Female patient, Religion: Islam, Education: homemaker,
Marital status: married, Address: teachers colony, 2nd cross, Jamkhandi Dist: Bagalkot,
Date of case taking: 21/10/2024

Presenting complaints:

C/o: Painful, Swelling and redness of lower eyelid since yesterday

Details of chief complaints:

Onset: Rapid, sudden, Duration: since yesterday, Location: right lower eyelid, Sensation: stinging

Character: Initially it started with small, tender nodule in right lower eyelid and gradually increased in size followed by localized pain and swelling and tenderness on touch and getting discomfort during blinking.

Localized swelling & tenderness: present at lower Right eyelid margin, Redness (erythema) – present Conjunctival congestion – absent, discharge – no discharge. No associated fever is seen

Modality : < touching, during blinking. >warm application

Ailments from: inadequate sleep, constant rubbing of eye while doing household work

Personal history : Diet : mixed Appetite : good, Thirst: normal, drinks 2-3litres per day
Craving: not specific, Desire : rice , dal, vegetables Aversions: not specific, Bladder and bowel habits :regular Sleep with position/sides : snoring , inadequate sleep, Dreams : not specific , Thermals : hot patient

General physical examination:

Built and nourishment, appearance: moderately built and nourished, earthy complexion,
Skin : dry, Scalp : clear, Hair : black, ,Eyes :Bag like swelling & tenderness of lower right

eyelid margin, Sclera : clear Conjunctiva : pink, no congestion, Nose : no polyp, Septum : no deviation ,Oral cavity MM : pink, Tongue: no coating

Vital signs:

BP: 120/70mmHg, **PR:** 85 b/min, **RR:** 17C/min

Systemic examination:

Respiratory system: Normal vesicular breath sounds heard, **Cardiovascular system:** S1, S2 Heard, No Murmur, and **CNS:** patient is well oriented with time and space and all the reflexes are normal

Local examination:

Examination of eye & Right lower eyelid:

Location/side of eye & Eyelid margin: right lower eyelid, size: 2--3mm, localized swelling

Inspection:

Burning & stinging: was noted, color: red swelling, eyelid appearance: swollen, hard, edematous, Discharge: not noted

Palpation: Tenderness: localized tenderness over swelling, warmth: warm to touch

Differential Diagnosis:

Blepharitis, Bed bug bite/ insect bite, chalazion

Diagnosis:

Acute stye (Hardeolum)

Totality of symptoms:

Restlessness while doing household works

Red, hard, swelling of right lower eyelid margin, with sensation of stinging Pain and tenderness over right lower eyelid on touch. While rubbing and blinking, amel by warm application

Reportorial result:

[illegible]

Results:

Prescription:

RX: APIS MELLIFICA 200C, (BD /4 PILLS FOR ONE DAY, 2 DOSES including loading dose)

First followup: next day of case taking:

Pain, redness, swelling of right lower eyelid is reduced completely, No other complaints was noted. Patient is feeling better



Fig 1- Before treatment (21 /10 /2024)



Fig 2-After treatment (22/10/2024)

Discussion:

According to the Aphorism no 5, Dr. Hahnemann discussed about understanding the exciting cause of an acute condition like styel help the physician to direct treatment accurately. This is a case report of styel, based on totality of symptoms, Individualization and Repertorisation ApisMellifica 200C, and were prescribed. This case demonstrates the rapid efficacy of ApisMellifica in treating an acute styel, with symptom resolution observed within 24 hours, comparable to conventional antibiotics. The remedy's anti-inflammatory and anti-edematous properties likely contributed to the reduction in swelling and pain. This highlights the importance of individualized treatment in homeopathy. This case suggests that homeopathic remedies can serve as effective alternatives for managing acute conditions, warranting further exploration of their role in ophthalmic care.

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Take way message:

Homoeopathy can provide fast, nature and gentle relief in acute Styel (Hardeolum), often resolving symptoms quicker as antibiotics when the remedy is well matched.



**DR. SABHA R MESTRI
PART-2, PG,
DEPT OF PRACTICE OF MEDICINE**

LITERATURE REVIEW ON CHRONIC GASTRITIS AND **HOMEOPATHIC THERAPEUTICS**

ABSTRACT: Chronic gastritis one of the most prevalent, dangerous, and sneaky chronic illnesses that affect people. According to one estimate, over half of the world's population suffers from this condition to varying degrees, suggesting that hundreds of millions of people globally may have some form of chronic gastritis. The significance of chronic gastritis as a serious disease is largely underrated in clinical practice, even though the role of gastritis in the pathogenesis of ordinary peptic ulcers and gastric cancers is obvious.

Keywords: Chronic gastritis, Homoeopathy, H. Pylori

INTRODUCTION: The term "gastritis," which refers to inflammation of the stomach mucosa, is frequently used to characterize the aberrant appearance of the stomach mucosa on radiography or endoscopy. Infectious or immunological inflammation of the stomach mucosa and the host response are both included in gastritis¹. Gastritis can be categorized according to its genesis, histological signs of inflammation, or sharpness (acute versus chronic)¹.

Definition: The term "chronic gastritis" refers to a collection of significant gastrointestinal (GIT) disorders that induce persistent inflammation of the stomach's mucosal lining².

Epidemiology

In western countries there is evidence of declining incidence of infectious gastritis caused by H. Pylori with an increasing prevalence of autoimmune gastritis. Chronic gastritis relatively common in developing countries³.

Prevalence

Prevalence of H Pylori infection in children in the western population is approximately 10% but about 50% in developing countries, Prevalence of H. pylori varies depending on geographical region and socioeconomic condition³. A growing prevalence of autoimmune gastritis is assumed to be the cause of a decreased incidence of infectious gastritis in Western countries. Estimates of autoimmune gastritis range from 2% to 5%, with women and older people being more likely to have it¹.

Types of gastritis

Acute gastritis.

Chronic gastritis.

CHRONIC GASTRITIS

Etiological factors

1. Reflux of duodenal contents into the stomach.
2. E.g.-surgical intervention in region of pylorus.
3. Infection with H. Pylori.
4. Associated disease of stomach and duodenum
5. E.g.-Gastric and duodenal ulcer, gastric carcinoma.
6. Hypochromic anaemia.
7. Immunological factors
8. E.g.-auto antibodies against intrinsic factor Age-older adults³.

CLASSIFICATION OF CHRONIC GASTRITIS BASED ON TYPE OF MUCOSA AFFECTED.

1. Type A gastritis.
2. Type B gastritis.
3. Type AB gastritis.

BASED ON MORPHOLOGY

1. Superficial gastritis.
2. Atrophic gastritis.
3. Gastric Hypertrophic gastritis [Menetrier's disease]
4. Uncommon forms of chronic Gastritis³.

CLINICAL FEATURES OF GASTRITIS.

1. Anorexia
2. Nausea and vomiting
3. Abdominal discomfort
4. Epigastric tenderness
5. Heartburn after eating
6. Belching
7. Frequent hiccough
8. Dehydration
9. Acidic test in the mouth³

DIAGNOSIS IS MADE

1. Clinical feature.
2. CBC for check the anaemia.
3. Upper G.I. endoscopy
4. A blood test to check H-pylori Gastric biopsy

DIFFERENTIAL DIAGNOSIS

1. Peptic ulcer disease
2. Gastric carcinoma
3. Cholecystitis
4. Zollinger-Ellison syndrome
5. Pancreatitis etc.

HOMOEOPATHIC THERAPEUTICS

Homoeopathy is a comprehensive medical approach. The choice of medication is determined by the individuality and comprehensiveness of symptoms using a comprehensive method. In addition to treating gastritis. In addition to treating gastritis, homeopathic treatment seeks to address underlying root cause and personal vulnerability.

1. Abeiscanadensis
2. Arsenic album
3. Argentum Nitricum
4. Bismuthum

5. BryoniaAlb
6. Chamomilla
7. Carbo Veg
8. Ipecac
9. Nux vomica
10. Phosphorus
11. Lycopodium Clav^{3,4}

DISCUSSION

“Individualization is a term that considers the organism's overall reaction to the unfavorable environment. Three levels of this overall reaction are represented by signs and symptoms: physical, where the life force is expressed, intellectual (spiritual), and emotional”. A study done by Kushwaha et al., Journal of Medical and Pharmaceutical Innovation; 8(41) 2021; 18-20. The study found that homoeopathic medicines were effective in 1,500 cases out of 2,015 followed up regularly. Some of the medicines used included⁶.

CONCLUSION

A holistic approach is used in homeopathy's treatment. Homoeopathy is very good in treating gastritis because it is a stress-related illness. Additionally, it will minimize the symptoms of the illness, including burning, belching, and nausea. Homoeopathy is a system of medicine where it treats a person as a whole and it considers all the dimensions of life.

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Dr. Sunil Rathod MD part-2
Department of Practice of Medicine
A M Shaikh homoeopathic medical college
And hospital Belagavi.

AN OBSERVATIONAL STUDY: GASTRITIS IN YOUNG ADULTS AND ITS HOMOEOPATHIC APPROACH

INTRODUCTION:

Inflammation of the gastric mucosa is known as gastritis. Gastritis can be primarily classified as acute and chronic.

According to various studies, there is an increasing trend of gastritis among young adults. The review chiefly focuses on the various risk factors associated with it, its diagnosis, and the different treatment protocols available.

Factors responsible for this are H. pylori, stress and anxiety, food habits, self-medication, and lack of awareness among young adults eventually leading to local Ischemia of the gastric mucosa, elevation of gastric pH, hypergastrinemia and hyperplasia of gastrin producing G-cells which bring about mucosal injury causing gastritis.

Diagnosis predominantly comprises upper GI endoscopy, radiological modalities like USG and X-ray abdomen, tissue culture, histology, etc.

The treatment essentially focuses on decreasing the gastric pH by means of medications such as PPI, H2 blockers, sucralfate, and anti-H. Pylori regimen ⁽²⁾ In view of this, we have planned to conduct a survey study to assess the levels of Gastritis in young adults of 20 to 30 years of age groups at belagavi with the aid of Standard Questionnaire – Google Forms.

TYPES OF GASTRITIS:

- Acute gastritis - is sudden and temporary. The conditions that cause it are also acute.
- Chronic gastritis - is a long-term condition, though you may not notice it all the time (or at all). It tends to develop gradually, as a result of another chronic condition. ⁽⁴⁾
- Gastritis can also be erosive or non erosive.
- Erosive gastritis - means the thing that's causing your gastritis is actually eating away at your stomach lining, leaving wounds (ulcers). It's often a chemical, like acid, bile, alcohol or drugs.
- Non erosive gastritis - doesn't leave erosive changes but may cause irritation, such as reddening of the stomach lining. A specific form of non erosive gastritis, atrophic gastritis, can cause your stomach lining to react by thinning or wasting away (atrophy). This can cause digestive issues.⁽⁴⁾

Gastritis may go by a more specific name, based on the cause. Some examples are:

- Infectious gastritis.
- Drug-induced gastritis.
- Alcohol-induced gastritis.
- Stress-induced gastritis.
- Autoimmune gastritis.
- Eosinophilic gastritis⁽⁴⁾

SIGNS AND SYMPTOMS -

- Gastritis may not cause any noticeable symptoms.
- If it does, it may mean that it's more severe or it's been going on for a long time.
- Symptoms may happen when your stomach lining is worn down enough that it can't defend itself against its own acids and enzymes anymore.
- The acids may cause symptoms of indigestion, or they may cause stomach ulcers, which can hurt and bleed⁽⁴⁾

SYMPTOMS MAY ALSO INCLUDE –

- Loss of appetite, or feeling full soon after eating
- Stomach pain and bloating
- Nausea and/or vomiting
- If there's bleeding ulcer a) Black blood in your stools b) Black blood in your vomit (coffee ground emesis)⁽⁴⁾
- Gastritis pain is in your stomach, which is located in your upper middle abdomen (epigastric region) General pain from inflammation will feel like it's somewhere in this area (upper abdominal pain), but you might not be able to pinpoint the exact spot⁽⁴⁾

CAUSES -

- Infections-
- Chemicals-
- Autoimmune disease-
- Reduced blood supply-

Homoeopathic Approach -

Homeopathy places a greater emphasis on the whole person than just the ailment, seeing the mind, body, and spirit as interconnected parts of the person. Individuals frequently experience side effects or unpleasant responses when taking drugs in adequate doses.

The disease primarily is a disturbance in the vital force which governs and regulates all the organs and parts of the body. In health this vital force maintains normal growth and co-ordination of all organic functions. The aim of homoeopathic medicine for gastritis is not only to treat gastritis but to address its underlying cause and individual susceptibility. ⁽⁹⁾

Methodology -

- Research type - Observational
- Study design - Observational
- Study duration - all the respondents have registered within 6 months from the start of study with basic criteria set for the study.
- Study subjects - 112 responses received out of which we selected randomly depending upon inclusion and exclusion criteria.
- Sample design - Simple random sampling
- Sample size - 112

Inclusion criteria -

- Adults below 30 years of age.
- Both Males and Females

Exclusion criteria -

- Patients who are already on the medication.
- Psychological disorders with gastritis.
- Patients who are suffering from multiple diseases.

TOOLS USED -

Diagnostic Criteria.

- A pre validated questionnaire was used in this survey as a standard to assess the levels of Gastritis in Young Adults in Belagavi- Gandhi Nagar
- This questionnaire consists of 16 questions. Add up the score for each of the sixteen questions by counting the number to the right of each question you marked.

Methods of obtaining data -

- The data was obtained from the respondents by circulating the link of google forms via whatsapp.
- The respondents answered the questions asked in the questionnaire and the scores were assessed, through which the levels of depression were further assessed.

Assessment of results –

- The results were assessed based on the result criteria mentioned above.
- The scores of each respondent were calculated depending on the answers given by the respondents.

Result:

This survey was done from 1st July 2024 to 30th December 2024 on the topic of – Gastritis in Young Adults and Its Homoeopathic Approach - An Observational Study conducted in Belagavi – GANDHI NAGAR

The research was conducted through online mode in the form of google questionnaire.

It was observed that out of 112 samples,

1. 58.5% less than 1 week
2. 55.5% burning
3. 36.6% before meals
4. 51.8% spicy or fried food
5. 37.3% nausea and vomiting
6. 42.7% occasionally
7. 80.9% never
8. 61.8% moderate
9. 50% 6-8 hours
10. 61.8% none
11. 60.9% normal
12. 56.4% no
13. 33.6% eating small meals
14. 40% no changes
15. 34.5% yes, my symptoms worsen during stressful times
16. 37.3% sometimes but not always

Conclusion -

To summarize, the levels of Gastritis in Young Adults are as follows;

- (58.9%)respondents - severe
- (51.8%)respondents - moderate
- (33.6%)respondents - mild

Gastritis due to various factors -

- 51.4% respondents - symptoms worsens after having spicy or fried food
- 33.9% respondents - complains worsen due to stress
- 15.6% respondents - take painkillers (NSAIDs) like ibuprofen
- 11% respondents - sleep less than 4 hours
- 33.3% respondents - get relieved their symptoms by having small meals
- 5.5% respondents - consume alcohol or smoke

Hence this study is to be carried out for understanding the state of health of Gastritis in young adults in the present era.

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Interns Nishat Kalmani, Rijvana Roodagi
Under the guidance of Dr. Kirti Chawda. M.D. (hom) PhD