

A Homeopathic Approach to Inflammatory Bowel Disease (Crohn's and Colitis)

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ABSTRACT

Homeopathy for Crohn's disease and colitis. "In clinical practice I have come across countless cases, in various stages of IBD and have had extremely positive results. The most useful tool in treatment is accurate case taking and history. Many patients typically ignore or neglect key symptoms that help accurately determine the most beneficial remedy or remedies for treatment. Proper administration of the treatment plan, nutritional, and lifestyle advice and patient compliance pay dividends in healing. "The first signs and symptoms of both Crohn's disease and UC are very similar. These symptoms include diarrhea, abdominal pain and cramping, rectal bleeding, fever, and fatigue. Both UC and Crohn's disease occur more commonly in people ages 15 to 35 and people with a family history of either type of IBD.

Key words: Crohn, clinical

Introduction

Along with ulcerative colitis, Crohn's disease is part of a group of diseases known as inflammatory bowel disease (IBD). There are five different types of Crohn's disease, each with its own set of symptoms. Here is information about Crohn's disease and the five types that you can use to help you discuss symptoms and treatment options with your doctor.

It is a chronic illness in which the intestine or bowel become inflamed and ulcerated, or marked with sores. It is most commonly affects the lower part of the small intestine (ileum) and the colon. It can, however, occur in any part of the large intestine, small intestine, or stomach. It can affect people at any age but is most common in people who are between the ages of 15 and 30. It can disrupt the normal function of the bowel in a number of days.

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The bowel tissue may:

- Swell, thicken, or form scar tissue, leading to blockage of the passageway inside the bowel

- Develop ulcers that can involve the deep layers of the bowel wall

- Lose its ability to absorb nutrients from digested foods, a condition called malabsorption

- Develop abnormal passageways known as fistulas from one part of the bowel to another part of the bowel, or from the bowel to nearby tissues such as the bladder or vagina.

The five types of Crohn's disease

- The five types of Crohn's disease and their symptoms are:

- Ileocolitis: Ileocolitis is the most common type of Crohn's disease. It affects the small intestine, known as the ileum, and the colon. People who have ileocolitis experience considerable weight loss, diarrhea, and cramping or pain in the middle or lower right part of the abdomen.

- Ileitis: This type of Crohn's disease affects the ileum. Symptoms are the same as those for ileocolitis. In addition, fistulas, or inflammatory abscesses, may form in the lower right section of the abdomen.

- Gastro duodenal Crohn's disease: This form of Crohn's disease involves the stomach and duodenum, which is the first part of the small

intestine. People with this type of Crohn's disease Suffer nausea, weight loss, and loss of appetite. In addition, if the narrow segments of bowel are obstructed, they Experience vomiting.

- Jejunioileitis: This form of the disease affects the jejunum, which is the upper half of the small intestine. It causes areas of inflammation. Symptoms include cramps after meals, the formation of fistulas, diarrhea, and abdominal pain that can become intense.
- Crohn's (granulomatous) colitis: This form of Crohn's disease involves only the colon. Symptoms include skin lesions, joint pains, diarrhea, rectal bleeding, and the formation of ulcers, fistulas, and abscesses around the anus. There can be overlap between these types of Crohn's disease. Some people have more than one area of the digestive tract that is affected.

The cause of Crohn's disease is unknown. It is likely that Crohn's is at least partially an inherited disease that causes an abnormal response of the immune system in the gastrointestinal tract.

The first gene associated with Crohn's disease was the NOD2 gene (also known as the CARD15 gene). Abnormalities in this gene are found in up to one out of every five patients with Crohn's disease. Since then, at least 104 different genetic abnormalities have been shown to be associated with Crohn's disease.

People who have a relative with Crohn's disease are 10 times more likely to develop the disease themselves. If the affected relative is a sibling, the risk jumps to 30 times more likely to develop Crohn's disease. Jewish people of European descent also have a greater risk for developing Crohn's disease.

Treatment for Crohn's disease depends on the type and how severe the disease is. Because the disease can sometimes go into remission on its own, it is not always possible to determine whether a specific treatment has been effective. When Crohn's disease is active, treatment is aimed at relieving symptoms, controlling inflammation, and correcting nutritional deficiencies.

- Homoeopathic Medications are generally useful in the Crohn's disease. Some of these Homeopathic Remedies for Inflammatory Bowel Disease can bring relief to the patient and also work to root out the causative factor leading to IBD
- In managing Crohn's disease, it is very important to maintain a healthy lifestyle. This is

important even when the disease goes into remission for long periods of time. You can maintain a healthy lifestyle by exercising regularly and eating a healthy diet. Abstaining from smoking can also help prevent symptoms from recurring.

- Studies have shown that smokers are at a higher risk of developing Crohn's disease than nonsmokers and that smokers with Crohn's tend to have a more severe course than nonsmokers with Crohn's. People with Crohn's disease are usually able to lead healthy and active lifestyles.

Along with the arthritis and other things IBD can cause, people with the condition can also have:

- Diarrhea
- Constipation
- Stomach pain
- Internal bleeding
- Leakage

Some people need surgery.

"It does have to do with going to the bathroom," Greenberg says. "And at a very young age, we're taught not to talk to anybody about what happens behind those closed doors.

"So we start to learn how to deal with these diseases on our own, even though we don't have to, and we kind of get into a very negative place because we feel very alone."

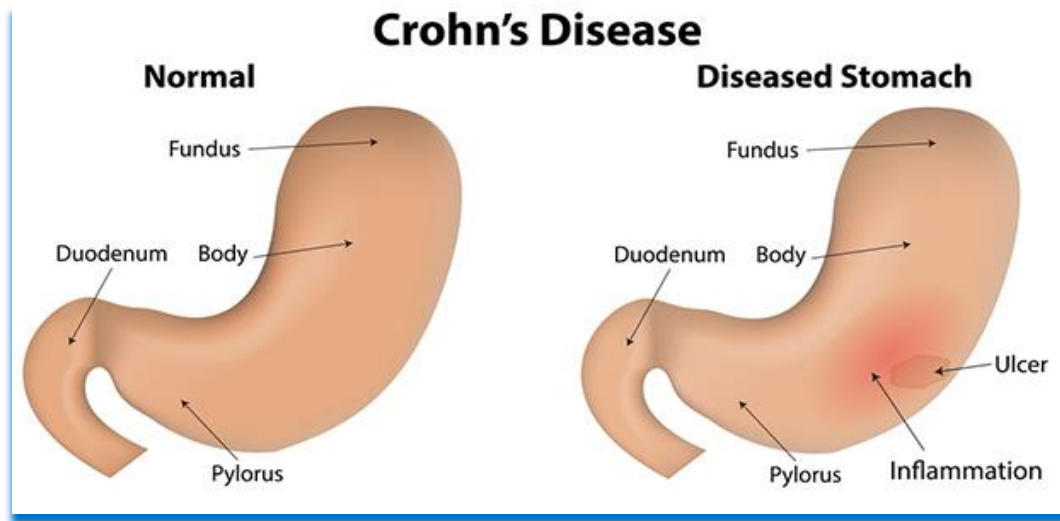
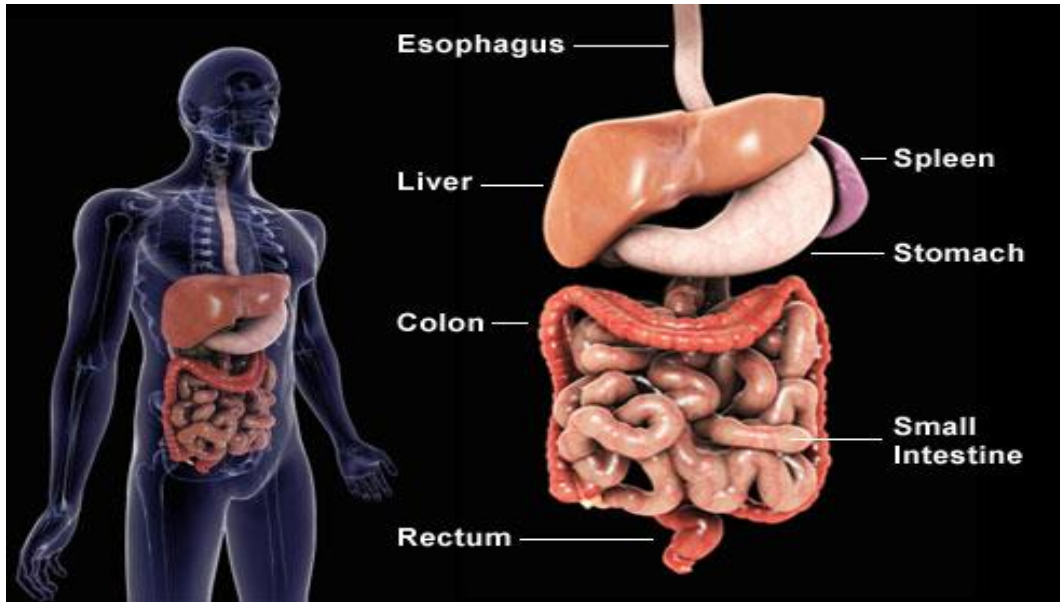
Inflammatory bowel disease

The term inflammatory bowel disease (IBD) describes a group of disorders in which the intestines become inflamed. The likeliest cause is an immune reaction the body has against its own intestinal tissue. Two major types of IBD are ulcerative colitis and Crohn's disease. Ulcerative is limited to the colon or large intestine. Crohn's disease, on the other hand, can involve any part of the gastrointestinal tract from the mouth to the anus. Most commonly, though, it affects the small intestine or the colon or both.

If you have an IBD, you know it usually runs a waxing and waning course. When there is severe inflammation, the disease is considered active and the person experiences a flare-up of symptoms. When there is less or no inflammation, the person usually is without symptoms and the disease is said to be in remission. IBD is a disease with an unknown cause. Some agent or a combination of agents -- bacteria, viruses, and antigens -- triggers

the body's immune system to produce an inflammatory reaction in the intestinal tract. It could also be that the body's own tissue causes an autoimmune response.

Whatever causes it; the reaction continues without control and damages the intestinal wall, leading to diarrhea and abdominal pain.



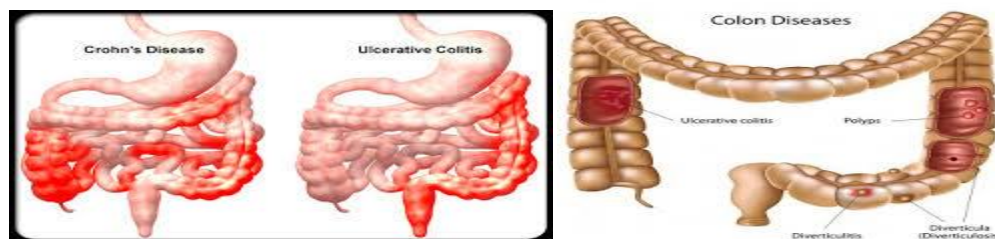


Fig 1: Comparison of normal, crohn's disease

As with other chronic diseases, a person with IBD will generally go through periods in which the disease flares up and causes symptoms, followed by periods in which symptoms decrease or disappear and good health returns. Symptoms range from mild to severe and generally depend upon what part of the intestinal tract is involved. They include Abdominal cramps and pain

- Diarrhea that may be bloody
- Severe urgency to have a bowel movement
- Fever
- Weight loss
- Loss of appetite
- Iron deficiency anemia due to blood loss
- IBD can lead to several serious complications in the intestines, including:
 - Profuse intestinal bleeding from the ulcers
 - Perforation, or rupture of the bowel
 - Narrowing – called a stricture -- and obstruction of the bowel; found in Crohn's
 - Fistulae (abnormal passages) and per anal disease, disease in the tissue around the anus; these conditions are more common in Crohn's than in ulcerative colitis.
 - Toxic mega colon, which is an extreme dilation of the colon that is life-threatening; this is associated more with ulcerative colitis than Crohn's.
- Malnutrition

Complications

IBD, particularly ulcerative colitis, also increases the risk of colon cancer. IBD can also affect other organs;

for example, someone with IBD may have arthritis, skin conditions, inflammation of the eye, liver and kidney disorders, or bone loss. Of all the complications outside the intestines, arthritis is the most common. Joint, eye, and skin complications often occur together.

Homeopathic remedies for Ulcerative Colitis and Inflammatory Bowel Disease

Diarrhea, often with blood and mucus, the frequent urge to pass stool or poop, cramping pains in abdomen, all these point to a stomach disorder. Inflammatory Bowel Disease refers to inflammation in the digestive tract. It includes two medical conditions:- The first is Ulcerative Colitis in which inflammation of rectum or large intestine (colon) occurs and the second condition is Crohn's Disease, in which inflammation of any part of the gastro-intestinal tract from mouth to anus can take place but mainly the small intestine is involved. The main symptoms of Ulcerative Colitis are diarrhoea containing blood or mucus, urgency or frequent desire to pass stool and tenesmus, where there is a constant urge to pass stool but the bowels cannot be moved and only scanty stool is passed. The main symptoms of Crohn's Disease are diarrhoea, cramping pains in abdomen, weight loss, anemia and joint pains.

The Homeopathic treatment for Inflammatory Bowel Disease is very beneficial and completely safe as it is made of natural substances and has no side effects.

Homeopathic Remedies for Inflammatory Bowel Disease can bring relief to the patient and also work to root out the causative factor leading to IBD

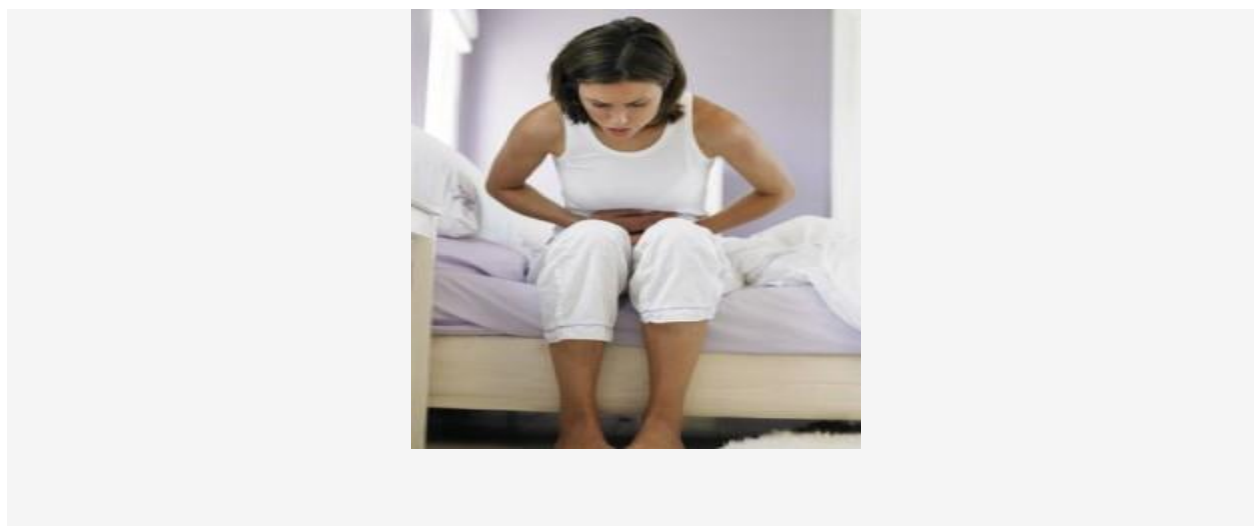
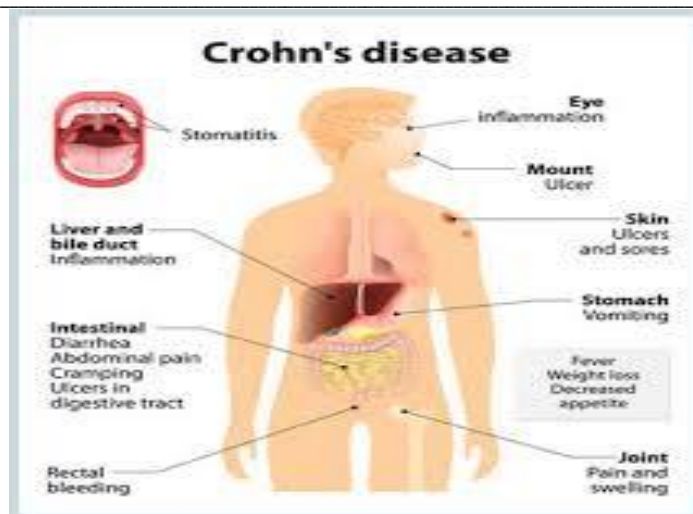


Fig 2: Symptoms of chrohn's disease

Homeopathic medicines for Ulcerative colitis

Medicines are Merc Cor , Colchicum, Arsenic Album, and Phosphorus

Mercurius Corrosivus: Best Homeopathic remedy for blood and mucus in stool in Ulcerative Colitis patients

Mercurius Corrosivus is the top natural Homeopathic medicine to treat patients suffering from Ulcerative Colitis. This is the best remedy for patients in whom blood and shreds of mucus membranes are passed along with the stool. The patients requiring this Homeopathic medicine feel a constant urge to pass stool but only scanty, hot stool of offensive odour is passed. After passing the stool, the urge reappears and the patient gets no

satisfaction. Cutting pains in the rectum accompany the passage of stool.

Colchicum Autumnale: Homeopathic remedy for Ulcerative Colitis with jelly-like mucus in stool

Colchicum Autumnale is a natural Homeopathic remedy used in treating those patients of Ulcerative Colitis who complain of excessive jelly-like mucus in stool. The patients experience nausea of the extreme degree and even faint from the odour of cooking food, mainly eggs and meat.

Arsenicum Album: Homeopathic medicine for Ulcerative Colitis with stool of offensive odour and blood

Arsenicum Album is a natural Homeopathic medicine of great help for the treatment of

Ulcerative Colitis. The main symptom guiding its use is stool with an offensive odour and dark-coloured blood in it. The complaints get worse at night and the patient feels a lot of weakness. This Homeopathic medicine can bring about much relief when alcoholic drinks, watery fruit or cold drinks worsen the condition. Burning pain in abdomen and rectum is a constant accompanying symptom. Warm drinks generally bring relief to patients requiring Homeopathic medicine Arsenicum Album.

Phosphorus: Homeopathic medicine for Ulcerative Colitis with stool containing blood and greenish mucus

Natural Homeopathic remedy

Phosphorus is a very beneficial remedy for patients of Ulcerative Colitis where the stool contains blood and greenish mucus with extreme offensiveness. The condition mainly gets worse in the morning. The patients show an excessive craving for cold drinks, ice cream and juicy things.

Top Homeopathic Remedies for IBD-Crohn's Disease

Aloe Socotrina: Best Homeopathic remedy for Crohn's Disease with loose stool

Aloe Socotrina is among the top natural Homeopathic remedies for Crohn's Disease. The patients requiring this Homeopathic medicine complain of loose stool which gets worse immediately after eating or drinking anything. The patient feels a sudden urge to pass stool and has to rush to the toilet. Homeopathic medicine Aloe Socotrina also brings relief from the cutting pains in lower abdomen which get worse before and during passing stool and get better after the stool is passed out. Faintness usually follows stool. This Homeopathic medicine can also control the diarrhoea that gets worse due to the intake of beer.

Podophyllum Peltatum: Homeopathic remedy for Crohn's Disease with diarrhoea

Natural Homeopathic medicine Podophyllum Peltatum is a very beneficial remedy for Crohn's Disease with diarrhoea and when the stool is watery, greenish and very offensive. The diarrhoea mainly gets worse in the morning but in the evening, the stool is normal. The patient can also complain of prolapse of rectum before or during stool. The patient always feels a thirst for large quantities of cold water.

Cinchona Officinalis: Homeopathic medicine for Crohn's Disease with diarrhoea which gets worse at night

Cinchona Officinalis is a natural Homeopathic medicine of great help in treating Crohn's Disease

where the diarrhoea gets worse at night. The patient has excessive flatulence in the whole abdomen along with diarrhoea. This Homeopathic remedy also works best for patients in whom diarrhoea gets worse by taking milk or fruits.

Argentum Nitricum: Homeopathic medicine for Crohn's Disease with watery green stool and flatulence

Argentum Nitricum is the top natural Homeopathic remedy for Crohn's Disease with watery green stool accompanied by discharge of loud and noisy flatus. The diarrhoea mainly gets worse by over-eating sweets or after any emotional excitement. An unusual craving for sweets may be present in patients requiring this Homeopathic medicine

.Natural Homeopathic Remedies for IBD where the patient complains of bleeding from rectum

For controlling bleeding from rectum in Inflammatory Bowel Disease, natural Homeopathic medicines Mercurius Solubilis, Nitricum Acidum, Nux Vomica and Hamamelis Virginica are the best remedies. Homeopathic medicine Mercurius Solubilis is prescribed for patients in whom bleeding from rectum occurs with loose stool and an extremely chilly feeling. There's also an unusual thirst for water. Nitricum Acidum is the Homeopathic medicine which is of great help for patients complaining of bleeding of excessive bright red blood from rectum with severe cutting or tearing pains in rectum. Hamamelis Virginica is the ideal Homeopathic remedy when the blood from rectum is dark coloured and the patient experiences extreme weakness. Nux Vomica is a Homeopathic medicine that is very beneficial when the bleeding from rectum is excited by the intake of spicy food, alcoholic drinks or coffee.

Natural Homeopathic Remedies for IBD with diarrhoea

Gambogia is a natural Homeopathic medicine that is very beneficial for controlling diarrhoea in Inflammatory Bowel Disease where the stool is very profuse, watery and is ejected out with suddenness and force. Diarrhoea mainly gets worse in hot weather in patients requiring Homeopathic medicine Gambogia. Sulphur, on the other hand, is the best Homeopathic remedy when the diarrhoea gets worse in the morning. Such patients have to rush out of bed early morning to pass out stool. Patients usually feel hot in soles of feet, palms and head. Homeopathic medicine Podophyllum Peltatum is another effective natural remedy to treat diarrhoea in Inflammatory Bowel Disease. The

symptoms which guide towards its use are watery, greenish profuse stool with jelly-like mucus in it.

Homeopathic Remedies for IBD for controlling mucus

Aloe Socotrina and Colchicum Autumnale are the top natural Homeopathic medicines for excessive jelly-like mucus in the stool with pain in the rectum of Inflammatory Bowel Disease patients. Homeopathic remedy Pulsatilla Pratensis is of great help if the mucus in stool is of green colour. The patients requiring Pulsatilla Pratensis are almost thirstless and fatty food always worsens the condition. Natural Homeopathic medicine Colocynthis works well in patients in whom the cramping pain in abdomen is relieved by pressure or bending double. Dioscorea Villosa is the ideal Homeopathic remedy for patients in whom the abdominal cramps get worse from bending double and better by bending backwards or by walking. Homeopathic medicine Magnesium Phosphoricum gives excellent results if the cramps in abdomen get better by pressure or warm applications. Nux Vomica is the best natural Homeopathic medicine for treating tenesmus in Inflammatory Bowel Disease. The main indication towards this Homeopathic medicine use is an ineffectual but constant urge to pass stool. The stool is very scanty and the patient is not satisfied and goes to pass stool at very short intervals. There is pain in the abdomen which is relieved for a little while after passing of stool, but reappears very soon. Mercurius Solubilis is another Homeopathic remedy which is very beneficial for tenesmus in Inflammatory Bowel Disease where the stool is slimy, bloody and is accompanied by excessive chilliness. Capsicum Annum, meanwhile, is a natural Homeopathic medicine that is of great help for dealing with the tenesmus of Inflammatory Bowel Disease if burning and stinging pains are present in the rectum while passing unsatisfactory and insufficient stool. Thirst for water is present after passing stool.

Natural Homeopathic medicines Ferrum Phosphoricum, Natrum Muriaticum, Cinchona Officinalis and Lycopodium Clavatum are of great help in treating weakness or anemia in patients of Inflammatory Bowel Disease. Ferrum Phosphoricum can help in raising the haemoglobin level of the patient who has become anemic due to excessive blood loss in stool. The patient looks pale and very weak. Natrum Muriaticum is another good Homeopathic medicine to relieve the weakness in a patient of Inflammatory Bowel Disease. The patient

requiring this Homeopathic medicine shows an unusual craving for salty things and cannot bear the heat of sun. Cinchona Officinalis, on the other hand, is the ideal natural Homeopathic medicine for treating the weakness in Inflammatory Bowel Disease due to excessive loss of fluid in diarrhoea. Excessive flatulence is mainly present in patients requiring Cinchona Officinalis. Homeopathic medicine Lycopodium Clavatum can reduce weakness in Inflammatory Bowel Disease and the symptoms guiding its use are a desire for sweets and warm drinks. The patient looks pale and emaciated with a yellow face and blue circles around eyes. The joint pains in patients of Inflammatory Bowel Disease can be best treated with natural Homeopathic medicines like Bryonia Alba, Rhus Toxicodendron and Kali Bichromicum. If joints are excessively inflamed with pains getting worse on motion, Homeopathic medicine Bryonia Alba can provide a lot of relief. Such joint pains always get better by resting. Homeopathic medicine Rhus Toxicodendron gives a huge amount of relief to Inflammatory Bowel Disease patients suffering from joint pains who experience excessive pain and stiffness in joints which get worse on resting and better by motion. Homeopathic medicine Kali Bichromicum can be very beneficial if the joint pains are of a wandering nature that shift quickly from one joint to another at short intervals.

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