Homeopathy as an integrative approach for GERD Management: A Comprehensive Review

Parth Aphale¹ *, Himanshu Shekhar²; Dr. Dharmendra Sharma ³

1-Professor & HOD, Department of Homeopathic Pharmacy, Dr. D.Y. Patil Homeopathic Medical College & research Centre, Dr. D.Y. Patil Vidyaapeeth (Deemed to be University), Pimpri, Pune, Maharashtra, India
2-Final BHMS Student, Dr. D.Y. Patil Homeopathic College & Research Centre, Dr. D.Y. Patil Vidyaapeeth (Deemed to be University), Pimpri, Pune, Maharashtra, India
3-Principal, Professor & HOD, Department of Forensic Medicine & Toxicology, Dr. D.Y. Patil Homeopathic College & Research Centre, Dr. D.Y. Patil Vidyaapeeth (Deemed to be University), Pimpri, Pune, Maharashtra, India

*parth.aphale@dpu.edu.in - https://orcid.org/0000-0002-1004-2605

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ABSTRACT

Background: Gastroesophageal reflux disease (GERD) also named Gastro-oesophageal reflux disease (GORD) is a common condition characterized by stomach contents flowing into the esophagus, causing distressing symptoms and potential complications. GERD is primarily linked to lower esophageal sphincter dysfunction, and its symptoms can impact quality of life. Treatment options include lifestyle changes, medications, and surgery, with concerns about prolonged medication use. Homeopathy is a complementary approach gaining recognition and interest as an alternative to conventional orally administered drugs for GERD. Aim/Objective: This review examines the clinical evaluation of homeopathic treatments for GERD, highlighting their potential role by analysing existing clinical studies. Methodology: We conducted a comprehensive database search for clinical studies RCT, open label, retrospective, perspective, and observational studies on homeopathic treatments for GERD, adhering to inclusion criteria related to homeopathy in GERD treatment. Results: Six clinical studies were identified which included 1 open label, 3 retrospective, 1 perspective and 1 observational study. Renu Mittal's study demonstrated significant symptom improvement and enhanced quality of life with homeopathic treatment. Dr. Leena Dighe's study reinforced the effectiveness of homeopathic medicines in GERD, Acid-Peptic Disorder (APD), and irritable bowel syndrome (IBS), while Sitharthan's retrospective analysis supported the potential of homeopathy for gastrointestinal disorders. A study exploring Robinia pseudoacacia in GERD treatment showed positive results. Conclusion: These studies suggest the potential of homeopathic treatments in managing GERD and related gastrointestinal disorders. These findings encourage future studies and applications of homeopathic interventions in GERD management. Further research, including randomized trials, is needed to solidify homeopathy's role in gastroenterological care.

Keywords: GERD, GORD, Gastroesophageal reflux disease, Homoeopathy, Ultra High Dilution

INTRODUCTION

Gastroesophageal reflux disease (GERD) is a medical condition characterized by the occurrence of distressing symptoms and potential complications that arise due to the backflow of stomach contents into the esophagus, with heartburn and acid
regurgitation being common symptomatic manifestations, as described by the Montreal definition [1].

GERD significantly affects patient quality of life and is linked to an increased risk of esophagitis, esophageal strictures, Barrett’s esophagus, and esophageal adenocarcinoma [2, 3]. Understanding the epidemiology and pathophysiology of GERD is essential. Risk factors include older age, high BMI, smoking, anxiety/depression, and reduced physical activity at work and in life in general. Dietary choices, such as food acidity, meal size and timing, also contribute. Regular physical activity tends to be protective, except when performed immediately after eating [4, 5].

GERD primarily involves dysfunction of the lower esophageal sphincter (LES). Transient lower esophageal sphincter relaxations (TLESRs), brief relaxations unrelated to swallowing, are a common physiological cause, becoming more frequent after meals, intensifying acid reflux in GERD. Other factors include reduced LES pressure, hiatal hernias, impaired esophageal clearance, and delayed gastric emptying [6].

Typical GERD symptoms are characterized by heartburn, a burning sensation in the chest due to acid reflux into the esophagus, often accompanied by a sour taste or regurgitation. Non-cardiac chest pain is a possible complication, necessitating careful differentiation from cardiac chest pain. Extra-esophageal symptoms encompass throat clearing, hoarseness, globus sensation, bronchospasm, cough, dyspnea, and nausea/vomiting. Alarm symptoms such as dysphagia, anaemia, and weight loss require endoscopic evaluation [7,8]. Routine endoscopy is not needed for typical GERD cases [8]. Dyspepsia, distinct from heartburn, may require different management and testing for H. pylori infection [9,10].

Left untreated, GERD can lead to serious complications, including esophagitis with varying severity, from mild irritation to extensive erosions, ulcers, and esophageal narrowing. Severe cases can result in gastrointestinal bleeding, presenting as anaemia, hematemesis, coffee-ground emesis, melena, or even hematochezia. Prolonged acid exposure may lead to scarring and peptic strictures, primarily causing dysphagia [11].

In terms of treatment, patients with typical symptoms are usually started on proton pump inhibitors (PPIs) as the initial therapy. When patients do not respond to treatment or when the diagnosis is uncertain, endoscopy, esophageal manometry, and pH monitoring are recommended. Patients with GERD symptoms and warning signs for potential malignancy or other significant risk factors should undergo endoscopy. Treatment strategies for GERD include lifestyle modifications, pharmaceutical interventions, and surgical options. Encouraging weight loss and smoking cessation often proves beneficial. PPIs are the primary pharmaceutical agents, with a focus on using the lowest effective dose after an initial full-dose regimen. However, concerns about the long-term use of PPIs require further investigation. Surgical options, particularly laparoscopic fundoplication, are considered for carefully selected patients following comprehensive assessments, especially those who are young and in good health. Emerging endoscopic and minimally invasive surgical techniques hold promise in reducing the dependence on extended PPI use and fundoplication. Nonetheless, their long-term safety and efficacy require further rigorous scientific validation [12, 13, 14, 15].

Prolonged use of PPIs has been associated with several adverse effects, including osteoporosis-related hip and spine fractures, as well as pneumonia acquired both in the community and healthcare settings, various gastrointestinal and non-gastrointestinal infections, and the development of fundic gland polyps. In contrast to conventional allopathic
treatments for GERD that often involve orally administered drugs, homeopathy offers an alternative approach that is rooted in the clinical experiences of several authors [16, 17, 18]. Homeopathy embraces a holistic approach to address a wide array of illnesses and is globally acknowledged as a complementary and integrative system of medicine. Its principles align with the natural laws of cure, and it employs potentized homeopathic remedies derived from a sequential dilution and succussion process, believed to retain the essential properties of the original source substance. These remedies are administered in accordance with homeopathic principles, following the “Law of Similars”.

Notably, there has been a growing number of clinical studies in recent years dedicated to assessing the effectiveness of homeopathic remedies in managing GERD. Consequently, a comprehensive review of the existing literature concerning these clinical studies was conducted. This review aims to provide researchers with insights into the progress made in the clinical evaluation of homeopathic medicines for GERD.

METHODOLOGY

Search Strategy:

To compile this review, the literature was identified through electronic databases, including PubMed, SCOPUS, Google Scholar, and published literature such as library catalogues. Furthermore, the reference lists of articles were meticulously examined to identify additional pertinent studies. The keywords utilized for this literature review encompassed “Homoeopathy”, “GERD, GORD, Heartburn”, and their variations in PubMed. The search strategy encompassed all clinical studies with descriptors published up to September 2023.

Study Selection:

All titles, abstracts, and full articles were independently reviewed by the authors to eliminate any redundancies.

Inclusion Criteria:

The inclusion criteria encompassed clinical studies related to homoeopathic medicines within the context of GERD. Only publications in the English language were considered.

Exclusion Criteria:

This review excluded all case studies, as well as review articles, letters to the editor, conference proceedings, and comments. Unpublished data, such as dissertations, non-peer-reviewed sources, and website content, were also excluded.

Data Extraction:

Data pertaining to medicines, dosages, positive controls, study duration, outcomes, and results were independently extracted by the authors.

RESULTS

A comprehensive database search was carried out to identify original clinical studies on homoeopathic medicines related to GERD, with a focus on papers published up to September 2023. The initial search yielded a total of 45 records, and after eliminating duplicates, 35 unique records remained. Within this set, 1 review article, 4 case studies, 2 non-clinical investigations and 2 dissertations were excluded in accordance with the predetermined exclusion criteria. Consequently, 6 studies, consisting of clinical studies, met the inclusion criteria and were retained for the present review (refer to Figure 1). The clinical studies of homoeopathic medicines in the management of GERD have been summarized in Table 1.
Figure 1: Prisma Chart
### Table 1: Summary of clinical studies of homoeopathic medicines in the management of GERD

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<tr>
<th>Sr No</th>
<th>Authors</th>
<th>Title</th>
<th>Study Type</th>
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<td>1</td>
<td>Renu Mittal1 *, Anil Khurana1, M. S. Ghosh2, Ramesh Bawaskar3, Divya Taneja1, Sandhya Kashyap1, Raj K. Manchanda</td>
<td>An open-label pilot study to explore usefulness of Homoeopathic treatment in nonerosive gastroesophageal reflux disease</td>
<td>Open label pilot study</td>
<td>In this study, 78 patients were initially screened, and 34 were enrolled due to experiencing heartburn and/or regurgitation symptoms at least twice weekly, along with a GERD symptom score greater than 4. Homeopathic treatment was based on their specific symptoms. The effectiveness of the treatment was evaluated using GERD symptom scores, a visual analog scale for heartburn severity, and the WHO-QOL questionnaire at the start and end of an 8-week treatment period.</td>
<td>A significant difference was noted in the GERD symptom scores prior to and following the treatment, as well as in the visual analog scale (VAS) scores for heartburn. Statistically meaningful enhancements were also observed in three domains of the WHO-QOL score: psychological well-being, social interactions, and the environmental aspect.</td>
<td>These findings are promising and suggest the need for further research into reflux disease.</td>
<td>19</td>
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<td>2</td>
<td>Dr. Leena Dighe</td>
<td>Usefulness Of Homoeopathic Medicines In Case Of Gastro-oesophageal Reflux, Acid Peptic Disorder, Irritable</td>
<td>Retrospective Study</td>
<td>The study included individuals attending the OPD of Dr. V.H. Dave Homeopathic Medical College. It followed a retrospective randomized.</td>
<td>Subjective improvement was observed in all three diseases: 70% of GERD cases, 63% of APD cases, and 30% of Irritable cases.</td>
<td>This retrospective study of gastroenterological cases found that out of 100 cases, 40 had GERD, and 30 cases</td>
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<td>Issue</td>
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<td>24</td>
<td>Bowel Syndrome: A Retrospective Study</td>
<td>design, with a sample size of 100 subjects randomly selected from OPD attendees, regardless of age, gender, or associated diseases. Patients already receiving allopathic treatment for these conditions were excluded. The analysis considered diagnosis, age, gender, disease symptoms, prescribed medicines, and subjective improvement, with improvement categorized as significant, moderate, or mild based on symptom score reductions.</td>
<td>66.6% of IBS cases showed improvement. Males were more affected by GERD and APD, while females were more affected by IBS.</td>
<td>Arsenicum album was the indicated medicine in 52.5% of GERD cases, while Kali bichromicum was indicated in 33.3% of APD cases. Argentum nitricum and Colocynth were commonly indicated in IBS cases. Homeopathic medicines were found to be beneficial in subjectively improving cases of GERD, APD, and IBS.</td>
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<td>3</td>
<td>Gastrointestinal Disorders and Homoeopathy - A Retrospective Study</td>
<td>Retrospective Study</td>
<td>This retrospective study analyzed the case records of 261 patients diagnosed with gastrointestinal disorders, presenting symptoms like abdominal pain, nausea, vomiting, heartburn, flatulence, diarrhea, rectal bleeding, dysuria,</td>
<td>The study revealed that the highest prevalence of gastrointestinal disorders occurred in the age group of 51-60, with the lowest incidence in each had APD and IBS.</td>
<td>This retrospective study underscores the importance of adhering to homeopathic principles when treating patients, as it can lead to</td>
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and urinary hesitancy. These patients visited the outpatient department at NHRIMH, from January 2022 to May 2022 (a span of 5 months). The study aimed to identify the most common gastrointestinal disorders and frequently prescribed remedies for effective patient management. The 91-100 age group. Females were more commonly affected than males. Among the patients, 45 were new, and 216 were returning patients. The most frequently observed gastrointestinal disorders were Cholelithiasis, Gastritis, and GERD. The commonly indicated medicines included *Nux vomica* (20.69%), *Sulphur* (16.48%), *Bryonia* (9.96%), *Argentum nitricum* (9.58%), and *Lycopodium* (9.20%). The study demonstrated significant improvement in all patients, emphasizing the high permanent cures without adverse side effects.
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<tr>
<th>No.</th>
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| 4   | Zakir A. Jamdar et al | The study of homeopathic medicines for treatment in gastroesophageal reflux disease | Observational study | In this study, 30 patients aged 18 to 65, diagnosed with gastroesophageal reflux disease (GERD), were selected. The study assessed changes before and after treatment by evaluating the FSSG score and GERD questionnaire score. Homeopathic remedies were carefully chosen based on the patient's overall symptom presentation, following a detailed study and repertorization process.  
Out of the 30 patients, 23 (76.66%) were male, and 7 (23.33%) were female. Homeopathic treatments were administered based on the totality of symptoms. The response to treatment was assessed by evaluating the FSSG score and GERD questionnaire score before and after treatment. The results showed that 56.66% of patients had experienced significant improvement, 33.33% had shown moderate improvement, and 10% showed minimal improvement. | This study demonstrates the effectiveness of homeopathic medicines in the treatment of gastroesophageal reflux disease (GERD). The results suggest that there is potential for further research on GERD and homeopathic treatments, opening up new avenues for future studies in this area. |
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<tr>
<td>5</td>
<td>Ramalingam Sitharthan, Baskaran Naganivetha, Dharman Amrutha</td>
<td>Retrospective study</td>
<td>A retrospective study to analyse the effect of homoeopathic medicines in the treatment of gastroesophageal reflux disease (GERD)</td>
<td>Improvement, and 10% had displayed mild improvement. Statistically significant improvements in GERD symptom scores were observed ($p &lt; 0.0001$).</td>
<td>The study's findings indicate a significant improvement in patients symptom scores after the administration of homoeopathic medicines, suggesting the effectiveness of homoeopathic treatments in the management of GERD.</td>
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<td>6</td>
<td>Radhika Agarwal</td>
<td>Prospective study</td>
<td>A prospective observational study took place</td>
<td>All 30 enrolled patients</td>
<td>In conclusion, this study</td>
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### Observational Study

| Observational study | at Bakson Homeopathic College and Hospital in Greater Noida, Uttar Pradesh, from 2016 to 2018. The study focused on patients between 20 to 60 years of age experiencing heartburn and regurgitation. The researchers employed purposive sampling to select 30 participants (17 males and 13 females) who met the specified criteria. The diagnosis of gastroesophageal reflux disease (GERD) was made using the GERD questionnaire (GerdQ). The patients were treated with *Robinia pseudoacacia* in 6 c potency, administered in repeated doses based on their symptom presentation. The study evaluated the patient improvement by assessing their GerdQ scores both at the beginning of the study and after six months of completed the 6-month follow-up. Among them, one patient was completely cured, 26 patients demonstrated substantial improvement, and three patients did not respond to the treatment. The study revealed a statistically significant difference in GerdQ scores before and after treatment ($p < 0.001$). However, it's important to note that this study had limitations, such as the absence of a control group and the prescription based on common symptoms due to the lack of distinctive symptoms. |

| Suggests the potential effectiveness of *Robinia pseudoacacia* in treating GERD. |
treatment using a paired ‘t’ test.
DISCUSSION

1. An open-label pilot study to explore usefulness of Homoeopathic treatment in nonerosive gastroesophageal reflux disease

In a study conducted by Renu Mittal and her team, a total of 78 patients were initially screened, and ultimately, 34 individuals meeting specific criteria were enrolled. These participants experienced symptoms of heartburn and/or regurgitation occurring at least twice a week and had a gastroesophageal reflux disease (GERD) symptom score exceeding 4. The study involved the administration of homoeopathic medicine tailored to each patient presenting symptoms. The response to this treatment was evaluated using parameters including the GERD symptom score, a visual analog scale (VAS) for heartburn, and the World Health Organization quality of life-BREF (WHO-QOL) questionnaire. These assessments were carried out both at the beginning of the study and after 8 weeks of treatment. The findings from this investigation indicated a notable decrease in the GERD symptom score before and after treatment (8.79 ± 2.7 vs. 0.76 ± 1.8; P = 0.001), as well as in the VAS for heartburn (47.47 ± 19.6 vs. 5.06 ± 11.8; P = 0.001). Furthermore, there were statistically significant enhancements observed in three specific aspects of the WHO-QOL score: psychological well-being, social interactions, and environmental quality.

In conclusion, these findings are promising and suggest the potential for further exploration and research into the management of reflux disease using homoeopathic interventions.

2. Usefulness Of Homoeopathic Medicines In Case Of Gastroesophageal Reflux, Acid Peptic Disorder, Irritable Bowel Syndrome: A Retrospective Study

In a study conducted by Dr. Leena Dighe, a retrospective analysis was performed. The study aimed to assess the effectiveness of homoeopathic medicines in patients with gastroenterological problems, specifically GERD, Acid-Peptic Disorder (APD), or Irritable Bowel Syndrome (IBS). Among patients attending the college's Outpatient Department (OPD), approximately 11% presented with these conditions. The study involved a random selection of 100 subjects suffering from GERD, APD, or IBS from the OPD of Dr. V.H. Dave Homoeopathic College, irrespective of age, gender, or associated diseases. Patients under allopathic treatment for any of these conditions were excluded. The analysis included a thorough examination of the patient diagnoses, age, gender, disease symptoms, and indications for prescribed homeopathic medicines. The assessment of patient condition improvement was conducted and classified as follows: significant improvement if symptom scores decreased by 75-99%, moderate improvement if scores decreased by 50-74%, and mild improvement if scores decreased by 25-49%. The study results revealed subjective enhancements in all three conditions. Remarkably, 70% of patients experienced improvement, with 11 patients having significant improvement, 09 patients showing moderate improvement, and 08 patients exhibiting mild improvement. In APD cases, 63% of patients showed improvement, with 11 patients experiencing significant improvement, 06 patients with moderate improvement, and 02 patients with mild improvement. The sources do not specify the explicit criteria used to categorize the level of improvement (significant, moderate, or mild) in the mentioned cases. Additionally, in IBS cases, 66.6% of patients demonstrated improvement, with 10 patients having significant improvement, 09 patients showing moderate improvement, and 01 patient experiencing mild improvement. Gender-related disparities were noted, with
males experiencing a higher prevalence of GERD and APD, while females were more commonly affected by IBS.

In conclusion, the retrospective study on gastroenterological cases revealed that among the 100 cases analysed, 40 were diagnosed with GERD, while 30 cases each were associated with APD and IBS. The study identified specific homeopathic medicines, with Arsenicum album indicated in 52.5% of GERD cases and Kalium bichromicum in 33.3% of APD cases. Argentum nitricum and Colocynthis were commonly indicated in cases of IBS. Homeopathic medicines proved useful in subjectively improving GERD, APD, and IBS cases, as demonstrated in the study.

3. Gastrointestinal Disorders and Homoeopathy - A Retrospective Study

R. Sitharthan conducted the retrospective analysis of case records from 261 patients who had been diagnosed with various gastrointestinal disorders. These patients presented with symptoms such as abdominal pain, nausea, vomiting, heartburn, flatulence, diarrhea, rectal bleeding, dysuria, and urine hesitancy. The data were collected from patients who visited the Outpatient Department (OPD), from January 2022 to May 2022, spanning a period of five months.

The study revealed that the highest incidence of gastrointestinal disorders occurred in the age group of 51-60, with the lowest incidence in the age group of 91-100. Females were more commonly affected than males. Out of the patients, 45 were new cases, and 216 were returning patients. The most frequently diagnosed gastrointestinal disorders were Cholelithiasis, Gastritis, and Gastroesophageal Reflux Disease (GERD).

The study also identified the most frequently indicated homeopathic remedies, which included Nux vomica (20.69%), Sulphur (16.48%), Bryonia (9.96%), Argentum nitricum (9.58%), and Lycopodium (9.20%). Notably, the study demonstrated a reduction in symptoms such as epigastric pain, heartburn, nausea, abdominal rumbling, vomiting, flatulence, constipation, hard stools, urgency to pass stool, and ineffectual urge in all patients, underscoring the effectiveness of homeopathy in managing gastrointestinal disorders. In conclusion, this retrospective study emphasizes that adhering to homeopathic principles in patient treatment can lead to permanent cures in all patients without the risk of side effects.

4. The study of homeopathic medicines for treatment in gastroesophageal reflux disease

In a study conducted by Jamdar et al., titled "The Study of Homeopathic Medicines for Treatment in Gastroesophageal Reflux Disease," a group of 30 patients diagnosed with gastroesophageal reflux disease (GERD) within the age range of 18 to 65 years was selected. The study aimed to assess changes in their condition before and after treatment. Treatment responses were evaluated based on the FSSG (Frequency Scale for Symptoms of GERD) score and the GERD questionnaire score before and after the treatment. After careful examination and repertorization, a specific homeopathic remedy was prescribed to each patient.

The study comprised 30 patients, with 23 (76.66%) being male and 7 (23.33%) females. Homeopathic remedies were prescribed based on a comprehensive assessment of the patient symptoms, and their responses to the treatment were assessed by comparing the FSSG score and GERD questionnaire score before and after the treatment. The findings revealed that 56.66% of the patients exhibited significant improvement, 33.33% showed moderate improvement, and 10% displayed mild improvement. The sources do not specify the explicit criteria used to categorize the level of improvement (significant, moderate, or mild) in the mentioned cases. The enhancements in GERD symptom scores were statistically significant, with a p-value
of less than 0.0001 in pre-treatment and post-treatment in GERD. However, the study did not explicitly define distinct groups, and statistical data for pre- and post-treatment values were not provided, except for GERD symptom scores, which showed significant improvement (p < 0.0001). Homeopathic medicines such as Nux vomica, Arsenicum album, Lycopodium clavatum, Sulphur; and other remedies were the commonly prescribed remedies that yielded improvement. In conclusion, the study suggests that homeopathic medicines are effective in the treatment of gastroesophageal reflux disease (GERD). These results provide support for further exploration of GERD treatment using homeopathy in future studies, including control groups and randomization.

5. A retrospective study to analyse the effect of homoeopathic medicines in the treatment of gastroesophageal reflux disease (GERD)

In a study conducted by Sitharthan et al. titled "A Retrospective Study to Analyze the Effect of Homoeopathic Medicines in the Treatment of Gastroesophageal Reflux Disease (GERD)," the primary objectives were to assess the impact of homoeopathic medicines on GERD treatment and to evaluate the potential influences of dietary habits, occupation, age, gender, and patient past medical histories related to GERD.

This retrospective study was carried out at the gastroenterology Outpatient Department (OPD) of the National Homoeopathy Research Institute in Mental Health (NHRIMH), located in Kottayam, Kerala, India. Materials and Methods: The study involved the screening of a total of 70 patient case sheets from those who had visited the clinic between January 2019 and December 2019. Among these, 28 patients with scores greater than or equal to 8 on the Gastroesophageal Reflux Disease Questionnaire scale were included in the analysis. The assessment was based on the Gastrointestinal Symptom Rating Scale (GSRS), and scores were recorded during each of the five follow-up visits. Statistical analysis was conducted using IBM SPSS Version 20.0 software. The changes in symptom scores and the total GERD score were evaluated using the Friedman test.

The analysis revealed a statistically significant difference in the total GSRS score (χ²= 100.586, p<0.001). The study's findings indicate that homoeopathic medicines led to significant improvements in patient symptoms scores, suggesting the effectiveness of homoeopathic treatments in the management of GERD.

6. Usefulness of Robinia pseudoacacia in the Treatment of Gastroesophageal Reflux Disease

This study aimed to investigate the potential therapeutic value of Robinia pseudoacacia in managing Gastroesophageal Reflux Disease (GERD). Robinia pseudoacacia has a long history of use for various gastric issues when administered in physiological doses. The study, conducted at Bakson Homeopathic College and Hospital in Greater Noida, Uttar Pradesh from 2016 to 2018, employed a prospective observational approach. Patients between the ages of 20 and 60, presenting symptoms of heartburn and regurgitation, were screened for inclusion. A total of 30 patients (comprising 17 males and 13 females) meeting specific criteria were enrolled using purposive sampling. GERD diagnoses were established using the GERD questionnaire (GerdQ). Robinia pseudoacacia, prescribed in 6 cH potency, was administered based on the unspecific similarity with the pathological diagnosis of GERD and the pathological indication of Robinia. Patient progress was assessed through GerdQ scores at the studies outset and after six months of treatment, with statistical analysis conducted using the paired 't' test.

The study revealed that all 30 enrolled patients successfully completed the 6-month
follow-up. Among them, one patient experienced a complete cure, 26 patients demonstrated good improvement while 3 patients did not respond to the treatment. Notably, a statistically significant difference was observed in the GerdQ scores before and after treatment (p < 0.001).

Nonetheless, this study had some limitations, including the absence of a control group and reliance on common symptoms due to the lack of characteristic symptoms. In conclusion, this research offered promising results regarding the potential of *Robinia pseudoacacia* in GERD treatment.

**CONCLUSION**

The findings from the reviewed studies underscore the potential utility of homeopathic ultra-high dilutions in the management of Gastroesophageal Reflux Disease (GERD) and related gastrointestinal ailments. Renu Mittal's study yielded noteworthy insights, revealing that homeopathic treatment significantly ameliorated GERD symptoms and enhanced patient overall quality of life within an eight-week timeframe. These results not only suggest the effectiveness of homeopathy in GERD management but also beckon further research endeavours in this domain.

Dr. Leena Dighe's retrospective study reinforced the effectiveness of homeopathic medicines in managing GERD, Acid-Peptic Disorder (APD), and irritable bowel syndrome (IBS). With high percentages of patients experiencing improvement, this study underscores the value of adhering to homeopathic principles for long lasting cures in gastrointestinal disorders.

Sitharthan's retrospective analysis of gastrointestinal disorders emphasized the potential of homeopathy to offer effective and safe treatment for a range of gastrointestinal issues. The study found substantial improvement across cases, reinforcing the value of homeopathic interventions.

The study exploring the utility of *Robinia pseudoacacia* in GERD treatment indicated positive results, with significant symptom improvement in the majority of patients over a six-month period. This suggests the potential of *Robinia pseudoacacia* as a valuable homeopathic remedy for GERD.

The limitation of our review lies in the absence of Randomized Controlled Trials (RCTs) on GERD with homoeopathic high dilutions, potentially affecting the comprehensiveness of the analysis. The lack of RCTs specifically conducted on GERD with homeopathic intervention highlights a gap in the current research landscape. It is crucial to recognize this limitation and acknowledge the need for future rigorous studies to enhance the evidence base, thereby offering a more thorough insight into the effectiveness of homeopathic approaches in the treatment of GERD.

In brief, these studies collectively support the notion that homeopathic treatments can offer effective and safe alternatives for GERD and various gastrointestinal disorders. Further research, including randomized controlled trials and long-term follow-ups, is warranted to establish homeopathy’s role more definitively in the management of these conditions. These findings encourage the exploration of homeopathic interventions in gastroenterological care and hold promise for the development of new avenues for future studies in this field.

**Conflict of interest**

None declared.

**Financial support and sponsorship**

Author(s) declare(s) that this study received no funding.

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