

## Homeopathy for Digestive Disorders.

*Problems such as indigestion, heartburn, stomach ulcers and IBS - irritable bowel disorder – may have many different causes and triggers such as emotional upset, stress, infection, food intolerance or dietary indiscretions. Homeopathic treatment considers all factors relevant to each individual case and a qualified homeopath will recommend a “constitutional prescription” which can alleviate symptoms and improve overall emotional and physical health.*

*Below are some examples of the types of remedies commonly prescribed for digestive complaints. These may be helpful for mild complaints taken in the 6c or 30c potency, but if your symptoms are more severe or you do not experience relief, you should contact your GP or a Registered Homeopath.*



### **Argentum Nitricum.**

Loose motions or alternating diarrhoea and constipation with much flatulence, mucus in the stools and tense feeling in abdomen. Apprehension and nerves affecting the stomach, e.g. before exams / flying / driving tests with rushed, hurried feeling and trembling.

### **Arsenicum album.**

Heartburn, ulcers, sickness and diarrhoea, with burning sensations in the stomach . Pain with weakness, chill, restlessness, thirst for small sips and often the sensation of a stone or weight in the stomach. Gastritis and bowel problems especially if caused by food poisoning or in fussy, fastidious and nervous people who worry about health and disease. All complaints tend to be worse in the early hours, midnight to 2am.

### **Colocynthus.**

Abdominal cramps and acute spasms that cause doubling-up: both heat and hard pressure give some relief. Pain and /or diarrhoea can be brought on by arguments or after suppressed anger.

### **Ignatia.**

Gastric upsets which follow emotional upset and grief. Can be caused by a relationship break-up, bereavement or shock. There may be a feeling of a lump in the throat, discomfort in the centre of the chest with sighing or yawning, or the need to take a deep breath to get enough air into the lungs.

### **Lycopodium.**

Much rumbling, bloating and belching / flatulence. Craving for sweet foods which aggravate, feel full up easily but hungry again after eating. Digestive complaints such as heartburn, indigestion and ulcers. Symptoms may result from anticipatory anxiety, especially if have to give a speech or go into a public place. Lack confidence but can “bluff” way through things; respond well to praise / flattery. Weakness of memory and irritability to family but charming to others, may be part of characteristic personality.

### **Nux vomica.**

Heartburn / indigestion / ulcers / constipation, with irritability and impatience. Workaholic tendencies, ambitious, high living business types who burn the candle at both ends and enjoy lots of stimulants such as coffee, alcohol and rich foods. Symptoms come on ½ hour after eating.

### **Pulsatilla**

Indigestion, headache, nausea, vomiting or diarrhoea caused by fatty or rich foods such as pastries, cream and cheese, or general over-indulgences; often 2 hours after eating. Good for gall bladder disease. Tendency for complaints to be worse in the evening, or first thing in the morning. Can be very tearful and need company and reassurance, sympathy & cuddles.

*For further information or appointments with a registered homeopath, please contact:  
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