Traditional Medicine-2013
OMICS Group Conferences
Accelerating Scientific Discovery
International Conference and Exhibition on
Traditional & Alternative Medicine
December 9-11, 2013 Hyderabad, India

Role of homoeopathy in irritable bowel syndrome

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Abstract

Irritable bowel syndrome is a functional gastrointestinal disorder characterized by abdominal pain, discomfort and alteration of bowel habits in the absence of any organic disorder. Irritable Bowel Syndrome is a very common gastrointestinal dysfunction with the world wide prevalence among general population ranges from 5.7% to 34%, the overall prevalence of IBS in western countries as reported by various studies ranges from 17-22%. However, in Asian countries a highly variable range of prevalence has been observed i.e. 2.3-34%. Many studies have reported that IBS is associated with elevated levels of emotional and psychological stress is a major contributing factor. In spite of strong evidence of a high prevalence of depression and anxiety in IBS there is very limited research on this in India. As there is no clear causes of irritable bowel syndrome, treatment focuses on the relief of symptoms.

Many sufferers seeking homeopathic, complementary and alternative medicine as a part of treatment. Homeopathic treatment is based on Individualization, Constitutional approach with lifestyle modification. In Homoeopathy, Importance is given to psyche symptoms along with bowel symptoms in the plan of treatment, There is quite a good number of remedies in Homoeopathy like Argentum nitricum. Sulphur, Podophyllum,Cynodin and carcinocin etc Results are quite encouraging.

Biography

Prof G R Mohan M.B.S (Homoeo),MD (Hom), PG Dip(Env Stud), working as Principal Devs Homoeopathic Medical college, Ankkireddy Palli, Kesari mandal, RR District,501301, A P.India. Member Special Committee Drug proving Central Council Research Homoeopathy, ministry of health, Govt of India, Recipient of Govt of Andhra Pradesh, India, Meritorious Best Teacher Award for 2005, Recipient of Indo-Global Education Summit National Award for Teaching Excellence for 2013. Author of Wonders of Homoeopathy an Evidenced based study book , 38 years of teaching experience, Post graduate Guide, published scientific articles in international(15) and national journals (30).