

Evaluating the Role of *Nux vomica* in Patients with Gastroesophageal Reflux Disease: A Prospective Case Series Study

Dr. Nilima Dinesh Bhoj1, PhD Scholar, Dr. G. D. Pol Foundation Y.M.T. Homoeopathic Medical College - Hospital & P.G. Institute Kharghar

Dr. Vinod Suryakant Sawant, Associate Professor, Dr. G. D. Pol Foundation Y.M.T. Homoeopathic Medical College - Hospital & P.G. Institute, Kharghar

Abstract

Background: Gastroesophageal Reflux Disease (GERD) is one of the most prevalent gastrointestinal disorders, characterized by troublesome reflux of gastric contents into the esophagus, leading to symptoms such as heartburn and acid regurgitation. In homoeopathic practice, *Nux vomica* is frequently prescribed for patients presenting with dyspeptic symptoms, gastric irritability, acidity, and lifestyle-related digestive complaints. However, systematic clinical documentation of its role in GERD remains limited. **Aim:** To evaluate the role of *Nux vomica* in patients diagnosed with GERD. **Objectives:** To assess changes in GERD symptom severity following treatment with *Nux vomica*. To evaluate changes in quality of life during follow-up. To document the safety and clinical response to *Nux vomica*. **Methods:** Prospective, single-centre, interventional case series involving **30 patients** diagnosed with GERD. Patients will receive *Nux vomica* based on homoeopathic principles and will be followed for **12 weeks**. Clinical outcomes will be measured using validated symptom scores and quality-of-life assessments. **Expected Outcome:** Improvement in GERD symptom scores and quality of life among enrolled patients.

Keywords

GERD, *Nux vomica*, Homoeopathy, Materia Medica, Prospective Case Series.

Introduction

GERD is a chronic digestive disorder caused by reflux of gastric contents into the oesophagus. Common manifestations include heartburn, regurgitation, epigastric burning, belching, sour eructation, and sleep disturbance.

Global prevalence ranges from approximately 10–30%, with increasing incidence attributed to obesity, sedentary lifestyle, dietary habits, stress, and smoking.

Conventional management includes proton pump inhibitors, H2 blockers, and lifestyle modifications. Although these treatments are effective for many patients, relapse after discontinuation and concerns regarding long-term medication use have prompted interest in complementary therapeutic approaches.

In Homoeopathic Materia Medica, *Nux vomica* is classically indicated for patients with:

- Hyperacidity
- Gastric irritability
- Sour eructations
- Epigastric burning
- Indigestion following overeating
- Sedentary lifestyle
- Excessive tea, coffee, alcohol, or spicy food consumption
- Irritable temperament

Despite frequent clinical use, well-designed prospective studies documenting outcomes remain scarce.

Need for the Study

- Increasing prevalence of GERD.
- Growing demand for complementary treatment.
- Limited prospective clinical evidence regarding *Nux vomica*.
- Need for clinical verification of Materia Medica indications.

Aim

To evaluate the role of *Nux vomica* in patients with GERD.

Objectives

Primary Objective

To assess improvement in GERD symptoms after homoeopathic treatment.

Secondary Objectives

- Evaluate improvement in quality of life.
- Assess reduction in frequency of heartburn.
- Assess reduction in acid regurgitation.
- Record adverse events.
- Document changes in associated symptoms.

Research Question

Does *Nux vomica* improve clinical symptoms in patients suffering from GERD?

Hypothesis

Null Hypothesis (H_0)

There is no significant improvement in GERD symptoms following treatment with *Nux vomica*.

Alternative Hypothesis (H_1)

Treatment with *Nux vomica* is associated with improvement in GERD symptoms.

Materials and Methods

Study Design

Prospective Case Series Study

Study Setting

Department of Homoeopathic Materia Medica and OPD of the concerned Homoeopathic Medical College and Hospital.

Study Duration

18 months

Sample Size

30 patients

Sampling Technique

Consecutive sampling.

Inclusion Criteria

- Age 18–60 years.
- Clinical diagnosis of GERD.
- Typical symptoms for at least 3 months.
- Willing to provide informed consent.

Exclusion Criteria

- Esophageal malignancy.
- Barrett's esophagus.
- Severe systemic illness.
- Pregnancy.
- Previous upper GI surgery.
- Patients unwilling to participate.

Intervention

Homoeopathic prescription based on totality of symptoms.

Study medicine

Nux vomica

Potency and repetition will be individualized according to homoeopathic principles and clinical response.

Follow-up Schedule

- Baseline
- 2 weeks
- 4 weeks
- 8 weeks
- 12 weeks

Outcome Measures

Primary Outcome

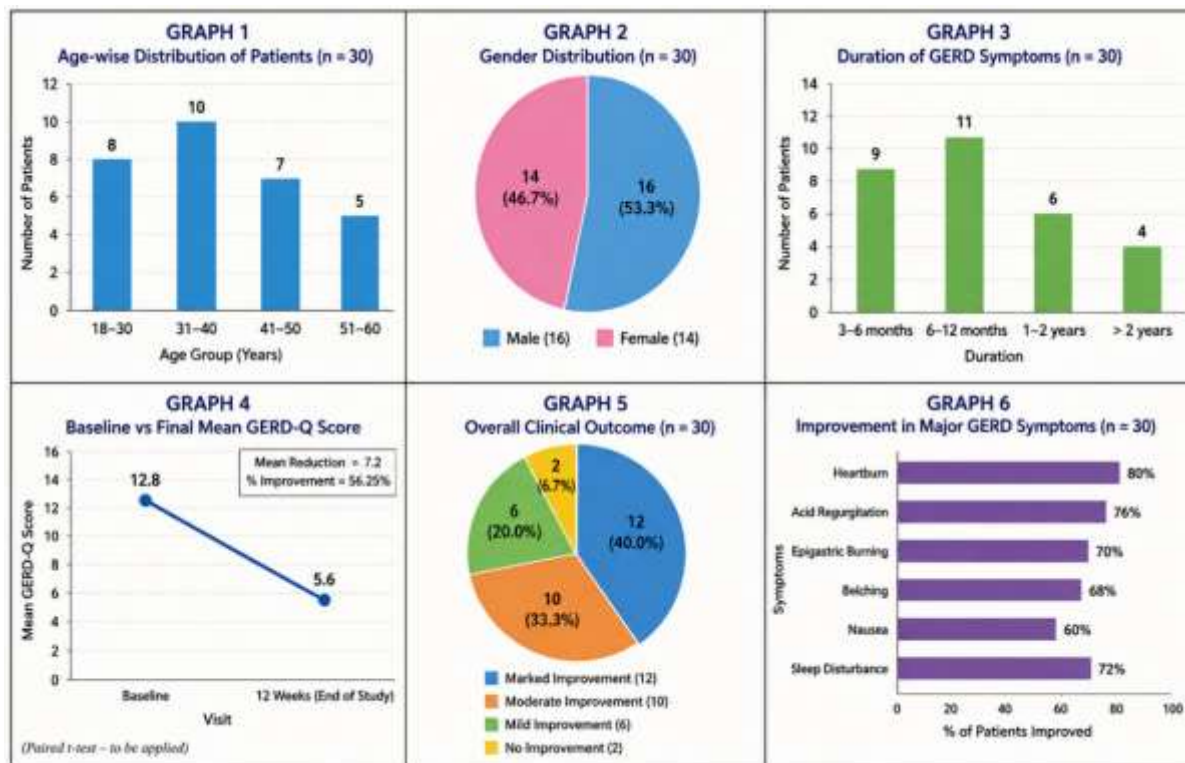
Improvement in GERD symptoms measured by the **GERD Questionnaire (GERD-Q)**.

Secondary Outcomes

- Heartburn frequency.
- Regurgitation frequency.
- Epigastric pain.

- Sleep disturbance.
- Quality of life.
- Patient Global Assessment.

Observation and Result:



Note: The above graphs are templates. Values will be replaced by actual study results.

Statistical Analysis

Software:

- SPSS version 26 or higher (or equivalent statistical software).

Statistics:

- Mean $\pm$ SD
- Frequency and percentage
- Paired t-test (for normally distributed continuous data)
- Wilcoxon signed-rank test (if data are non-parametric)
- Significance level: $p < 0.05$

Ethical Considerations

- Approval from Institutional Ethics Committee.
- Written informed consent.
- Confidentiality maintained.
- Voluntary participation.
- Freedom to withdraw without affecting treatment.

Expected Outcome

It is expected that patients receiving *Nux vomica* selected according to homoeopathic principles will demonstrate improvement in GERD symptom severity and quality of life over the follow-up period. The study aims to contribute preliminary clinical evidence regarding the role of this remedy in the homoeopathic management of GERD.

Limitations

- Small sample size.
- No control group.
- Single-centre study.
- Limited duration of follow-up.
- Findings may not be generalizable.

References

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