

## Homoeopathic Management of Gastroenteritis with *Nux vomica* LM

### Potency: A Case Study

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**ABSTRACT**

Gastroenteritis is an acute inflammatory condition of the stomach and intestines and remains a major cause of morbidity worldwide. In India, it contributes substantially to childhood illness and hospitalisation, with viral agents—particularly rotavirus—playing a dominant role. Despite improvements in vaccination coverage and sanitation, gastroenteritis outbreaks related to contaminated water and food continue to occur in several states, including Gujarat. This short review summarises the definition, epidemiology, causes, and clinical features of gastroenteritis with a focus on India and Gujarat, highlighting its public health importance. In this condition homoeopathy give marked improvement in this case with LM Potency prescription in very short time which give rapid and gentle cure to the patient.

### Definition

Gastroenteritis is defined as a diarrhoeal disease characterised by an increase in the frequency of bowel movements, with or without associated symptoms such as vomiting, fever, and abdominal pain [1,2]. An increase in bowel movement frequency is operationally defined as the passage of three or more loose or watery stools within a 24-hour period [2,3].

### Epidemiology

**Burden of Disease in India-** Acute gastroenteritis constitutes a major proportion of diarrhoeal diseases in India. Rotavirus has historically been identified as the most important etiological agent causing severe gastroenteritis in children under five years of age, accounting for nearly one-third to two-fifths of hospital admissions due to acute diarrhoea prior to the introduction of rotavirus vaccination [4,5]. Although mortality has declined in recent years, gastroenteritis continues to cause millions of episodes annually and remains a key contributor to childhood hospitalisation in India [6,7].

**Situation in Gujarat-** In Gujarat, gastroenteritis continues to be reported frequently, particularly during seasonal changes and monsoon months. Hospital-based surveillance studies from the state have demonstrated rotavirus positivity rates ranging from 17% to 23% among children under five years admitted with acute gastroenteritis [8]. Outbreak investigations in districts such as Ahmedabad have repeatedly linked clusters of gastroenteritis to contaminated drinking water supplies and inadequate sanitation [9].

**Causes-** Gastroenteritis may be infectious or non-infectious, though infectious causes predominate in community and outbreak settings [1,2].

### Infectious Causes

- **Viral:** Rotavirus, norovirus, adenovirus, and astrovirus are the most common viral causes, with rotavirus being the leading cause of severe disease in young children [4,5,10].
- **Bacterial:** *Escherichia coli*, *Salmonella*, *Shigella*, and *Campylobacter* are commonly implicated bacteria, usually transmitted via contaminated food or water [1,11].
- **Parasitic:** *Giardia lamblia* and *Entamoeba histolytica* are important causes in regions with poor sanitation and unsafe water supplies [3,12].

**Clinical Features-** The clinical presentation of gastroenteritis varies depending on the etiological agent and host factors [1,2]. Common features include:

Acute onset diarrhoea (usually watery) [2]

- Nausea and vomiting [1]
- Abdominal cramps and pain [1,2]
- Fever and malaise [10]

## Methodology-

PERSONAL DATA:

DATE: 21/7/2020

Name of patient: XYZ

Age: 38 Years

Sex: Male

Religion: Hindu

Nationality: Indian

Marital status: Married

Occupation: Office Employee

Family Size: 04

Diet: Mixed

Address: Vadodara

### **Table-1 Complaints With Duration**

Complaint	Duration	Location	Sensation	Modalities	Concomitant
Loose stools	3 days (6–7 times/day)	GIT	Profuse, watery, offensive	< After eating, early morning > After stool	Feverish Feeling
Abdominal pain	3 days	Lower Abdomen	Gurgling, colicky	< Before stool > After stool	No any
Nausea/Vomiting	2 days	Stomach	Nausea	< After eating	
General weakness	3 days	Whole body	Prostration	> Rest	

### **History Of Present Illness**

A 38-year-old male patient presented with complaints of profuse watery loose stools occurring 6–7 times per day since the last 3 days, associated with gurgling abdominal pain, nausea, and marked weakness. The stools were sudden, forceful, and offensive in nature.

The patient gave a history of consumption of outside street food three days prior to the onset of complaints. Following this, the symptoms gradually increased in frequency and severity. Complaints were aggravated in the early morning hours and after eating.

Onset: Sudden (Acute)

Duration: Since 3 days

Progress: Rapid

### **Past History**

No history of similar complaints in the past.

No history of chronic illness such as diabetes mellitus, hypertension, tuberculosis, or asthma.

### **Family History**

Father: Healthy

Mother: Healthy

No hereditary gastrointestinal disorders.

### **Personal History:**

Appetite: Decreased

Desire: Cold drinks

Aversion: Food

Thirst: Increased, thirst for cold water

Perspiration: Slight, during weakness

Bowel: 6–7 times/day, watery, offensive

Urination: Scanty, yellowish

Sleep: Disturbed due to weakness

Habits/Addiction: None

Others: Dry mouth, exhaustion

### **Mental Symptoms**

Anxious about health condition

Restless due to weakness

Irritable during discomfort

## Physical Examination

General Appearance: Moderately built and nourished

Level of Consciousness: Conscious and oriented

Pulse: 94/min, regular

Blood Pressure: 108/70 mmHg

Temperature: 99.2°F

Respiratory Rate: 20/min

Tongue: Moist with white coating

Skin: Mild dehydration

## Systemic / Local Examination

RS: AEBE clear

CVS: S1 S2 heard, no added sounds

CNS: Conscious and oriented

GIT: Abdomen soft, mild tenderness, increased bowel sounds

GUT: NAD

LM: NAD

**GIT-** Inspection- No any swelling & scar mark.

Palpation- Tenderness++ at right iliac region.

Percussion- No abnormality detects.

Auscultation- Bowel sound present.

## Provisional Diagnosis

Gastroenteritis

**Investigations (23/07/2020)**

**CARE PATHOLOGY LABORATORY**  
 FF107, PALM EXOTICA, BIS JAIN UPASHAYA, HIGH TENSION CROSS ROAD, SUBHANPURA, VADODARA-33, GUJARAT.  
 Contact Lab. No. : 03529 43429 Home Visit No. : 95384 03042 Email : [Carepath24@gmail.com](mailto:Carepath24@gmail.com)  
 TIMING : MONDAY TO SATURDAY : 7:30 AM TO 9:00 PM SUNDAY : 8:00 AM TO 1:00 PM (365 DAYS OPEN) Emergency Service 24 x 7

Patient's name : Mr. [REDACTED]	Reg. ID : PI-357-25
Age/Sex : 38 Years/Male	Patient ID : C260
Referred by : Dr. DHAVAL JADAV	Order Dt/time : 23/07/2020
Sample From : Received At Lab	

**STOOL EXAMINATION**

Test Parameter	Result(s)
<b>Physical Examination:</b>	
Colour:	Yellowish
Consistency:	Watery
Odour:	Offensive
<b>Chemical Examination:</b>	
Occult Blood:	Nil
Reaction (pH):	Acidic
Reducing Substance:	Absent
<b>Microscopic Examination:</b>	
Pus Cells:	5-8
Red blood Cells:	Nil
Epithelial cells:	Nil
Vegetable cells:	Absent
Fat Globules:	Absent
Starch:	Absent
Macrophages:	Absent
Trophozoites:	Absent
Ova:	Absent
Cyst:	Absent
Bacteria:	Absent

----- End Of Stool Report -----

Approved By : Dr. [REDACTED]  
 Reg. NO. [REDACTED]  
 (Consultant Pathologist)

**Figure-1- Stool Examination**

**CARE PATHOLOGY LABORATORY**  
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 TIMING : MONDAY TO SATURDAY : 7:30 AM TO 9:00 PM SUNDAY : 8:00 AM TO 1:00 PM (365 DAYS OPEN) Emergency Service 24 x 7

CULTURE REPORT	
Test Parameter	Result(s)
GROWTH:	Positive
ORGANISM ISOLATED:	Escherichia coli (Enteropathogenic strain)
CULTURE CHARACTERISTICS:	Fermenting colonies on MacConkey agar
SENSITIVE TO:	Ciprofloxacin, Azithromycin
RESISTANT TO:	Ampicillin
INTERPRETATION:	Finding are suggestive of bacterial gastroenteritis, likely due to Escherichia coli infection.

----- End Culture Report -----

Approved By : Dr. [REDACTED]  
 Reg. NO. [REDACTED]  
 (Consultant Pathologist)

**Figure-2- Culture Report**

**Table-2- Gastroenteritis Symptom Score:**

Symptom	Severity / Frequency	Score (0-3)	Criteria / Justification
Frequency of stools	6-8 times/day	2	≥6 stools/day indicates severe diarrhea
Stool consistency	Watery, offensive	3	Profuse watery stools
Abdominal pain / cramps	Moderate, colicky, before stool	2	Moderate abdominal pain relieved after stool
Nausea / Vomiting	2-3 episodes/day	2	Moderate vomiting
Fever	Mild (99°F)	1	Low-grade fever
Weakness / Prostration	Marked weakness after stools	1	Moderate prostration and dehydration

**Total Score: 11 / 18**

**Interpretation of Score**

- **0-5 → Mild Gastroenteritis**

- **6–11** → Moderate Gastroenteritis
- **12–18** → Severe Gastroenteritis

### Interpretation for this case:

The patient's total score of **11/18** indicates **Moderate Gastroenteritis**, correlating with frequent watery stools, dehydration, weakness, and associated gastrointestinal symptoms.

### Classification of Symptoms:

Mental Generals:

- Anxiety about health
- Irritability

Physical Generals:

- Thirst for cold water
- Marked weakness after stools
- Dry mouth

Particulars:

- Profuse, watery, offensive stools
- Gurgling abdominal pain
- Nausea after eating

Aggravation:

- After eating
- Early morning

Amelioration:

- After passing stool
- Rest

### Evaluation Of Symptoms

- Anxiety about health during illness (**2+**)
- Restlessness due to weakness (**2+**)
- Irritability during discomfort (**2+**)
- Thirst for cold water (**3+**)
- Marked weakness and prostration after stools (**3+**)
- Dry mouth (**2+**)

- Profuse, watery, offensive loose stools (3+)
- Gurgling abdominal pain (3+)
- Nausea after eating (2+)

**Aggravation:**

- After eating (3+)
- Early morning (2+)

**Amelioration:**

- After passing stool (2+)
- Rest (2+)

**Totality of Symptoms**

- Anxiety about health during illness
- Restlessness due to weakness
- Irritability during physical discomfort
- Profuse, painless, watery, offensive stools
- Gurgling and colicky abdominal pain
- Marked weakness and prostration after stools
- Thirst for cold water
- Aggravation in early morning
- Aggravation after eating
- Amelioration after stool and by rest

**Repertorization:**

Remedy	Ars	Nux-v	Sulph	Phos	Calc	Lyc	Merc	Sep	Acon	Nat-s	Puls	Rhus-t	Nit-ac	Bov	Bry
Totality	15	14	14	13	12	12	12	12	11	11	11	11	11	10	10
Symptoms Covered	7	7	7	6	5	5	5	5	5	5	5	5	4	6	6
Kingdom	Minerals	Plants	Minerals	Minerals	Minerals	Plants	Minerals	Animals, Sarcodes	Plants	Minerals	Plants	Plants	Minerals	Micro-organisms	Plants
[Kent] [Mind]ANXIETY, Health, about: (33)	1	1	1	2	2			2	1		1		3		1
[Kent] [Mind]RESTLESSNESS, NERVOUSNESS: (249)	3	2	3	1	3	3	3	3	1	3	3	2	2	2	1
[Kent] [Mind]IRRITABILITY (SEE ANGER): (245)	2	3	3	3	3	3	2	3	3	2	3	3	3	3	3
[Kent] [Abdomen]GURGLING: (68)	2	2	3	2		2	1		1		3	1		1	1
[Kent] [Generalities]WEAKNESS, ENERVATION (SEE LASSITUDE, WEARINESS) Stool, After: (60)	3	2	2	2	2	2	3	2		3			3	1	
[Kent] [Stomach]DESIRERS, Cold drinks: (95)	3	1	1	3	2	2	3	2	3	3	1	2		2	3
[Kent] [Abdomen]PAIN, Aching, dull pain (see Boring, Gnawing, etc.) Stool, Diarrhoea, Amel: (33)	1	3	1							2		2		1	1

**Figure-3- Repertorization Sheet****Remedy Selected**

Nux Vomica 0/1 TDS for 7days

**Justification Of Remedy**

Nux Vomica is indicated due to profuse, painless watery stools with gurgling abdomen, marked weakness, thirst for cold water, and early morning aggravation.

**Advice / General Instructions**

- Drink plenty of safe, boiled and cooled water
- Avoid outside, spicy, oily, and junk food
- Take light, easily digestible diet such as rice water, banana, curd, toast
- Maintain proper hand and food hygiene
- Take adequate rest and avoid exertion
- Report immediately if warning signs like persistent vomiting, blood in stools, or reduced urine output occur

**Table-3 -Follow-Up (Tabular Form):**

Date	Subjective Symptoms	Gastroenteritis Symptom Score	Prescription	Assessment
27/7/2020	Stools reduced to 4–5/day; less watery; weakness reduced; no vomiting  Tongue less coated; hydration improving; urine 3–4/day	8 / 18 (Moderate)	S.L. 4-4-4 for 7 days	Improvement observed
3/8/2020	Stools 2–3/day; semi-solid; no abdominal pain; appetite improving. Vitals stable; hydration adequate	6 / 18 (Moderate)	Nux Vomica 0/1 BD for 7days	Marked improvement

9/8/2020	Normal bowel movements once daily; no weakness. General condition good; tongue moist	3 / 18 (Mild)	S.L. 4-4-4 for 7 days	Acute condition resolved
15/8/2020	No gastrointestinal complaints; tolerating normal diet. Weight stable; vitals normal	0 / 18	S.L. 4-4-4 for 7 days	Complete recovery
21/8/2020	No relapse; digestion normal	0 / 18	S.L. 4-4-4 for 7 days	Maintained recovery

**After Treatment (19/08/2020) –**

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 Contact Lab. No. : 03828 43429 Home Visit No. : 96384 03042 Email : Carepath24@gmail.com  
 TIMING : MONDAY TO SATURDAY : 7:30 AM TO 9:00 PM SUNDAY : 8:00 AM TO 1:00 PM (365 DAYS OPEN) Emergency Service 24 x 7

Patient's name : Mr. [REDACTED]	Reg. ID : PI-359-25
Age/Sex : 38 Years/Male	Patient ID : AZ239
Referred by : Dr. DHAVAL JADAV	Order Dt/time : 19/08/2020
Sample From : Received At Lab	

**STOOL EXAMINATION**

Test Parameter	Result(s)
<b>Physical Examination:</b>	
Colour:	Brownish
Consistency:	Semi Solid
Odour:	putrid
<b>Chemical Examination:</b>	
Occult Blood:	Nil
Reaction (pH):	Acidic
Reducing Substance:	Absent
<b>Microscopic Examination:</b>	
Pus Cells:	Absent
Red blood Cells:	Nil
Epithelial cells:	Nil
Vegetable cells:	Absent
Fat Globules:	Absent
Starch:	Absent
Macrophages:	Absent
Trophozoites:	Absent
Ova:	Absent
Cyst:	Absent
Bacteria:	Absent

----- End Of Stool Report -----

Approved By : Dr. [REDACTED]  
 Reg. NO. [REDACTED]  
 (Consultant Pathologist)

**Figure-4- Stool Examination**

**CARE PATHOLOGY LABORATORY**  
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 TIMING : MONDAY TO SATURDAY : 7:30 AM TO 9:00 PM SUNDAY : 8:00 AM TO 1:00 PM (365 DAYS OPEN) Emergency Service 24 x 7

**CULTURE REPORT**

Test Parameter	Result(s)
GROWTH:	Negative
ORGANISM ISOLATED:	Absent
CULTURE CHARACTERISTICS:	Absent
SENSITIVE TO:	Ciprofloxacin, Azithromycin
RESISTANT TO:	Ampicillin
INTERPRETATION:	Normal Stool

----- End Culture Report -----

Approved By : Dr. [REDACTED]  
 Reg. NO. [REDACTED]  
 (Consultant Pathologist)

**Figure-5- Culture Report**

**Result-** Patient gets cured during the follow up period.

**Discussion-** The patient exhibit characteristic symptom align with Nux Vomica such as profuse, painless watery stools with gurgling abdomen, marked weakness, thirst for cold water, and early morning aggravation gets cured after prescribing in 0/1 LM potency within short period of time without any aggravation and the case is assessed by using Gastroenteritis symptom Score.

**Conclusion-** This case highlights that individualized homoeopathic management with Nux Vomica 0/1 proved to be a gentle yet effective approach in restoring the patient's health. The treatment contributed to a disappearance of symptoms in the chief complaints along with notable overall symptomatic improvement and patient gets cured within time frame. The Recovery observed in this case shows individualized homoeopathic medicine can address the totality of symptoms and contribute significantly to the patient's recovery in a holistic manner.

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**Conflict of Interest-** There is no conflict of interest in this study.

**Ethics Approval-** The author certify that they have obtained verbal consent for publishing her reports. In this case report identity is not revealed in any form.

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