

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)

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 Contact Lab. No.: 63208 43429 Home Visit No.: 96384 00042 Email: Carepatho24@gmail.com
 TIMING: MONDAY TO SATURDAY: 7.30 AM TO 9.00 PM SUNDAY: 9.00 AM TO 1.00 PM (965 DAYS OPEN) Emergency Service 24 x 7

Patient's name : Mr. [REDACTED] Reg. ID : PI-357-25
 Age/Sex : 38 Years/Male Patient ID : CZ60
 Referred by : Dr. DHAVAL JADAV Order Dt/time : 23/07/2020
 Sample From : Received At Lab

STOOL EXAMINATION

| Test Parameter | Result(s) |
|---------------------------------|-----------|
| Physical Examination: | |
| Colour: | Yellowish |
| Consistency: | Watery |
| Odour: | Offensive |
| Chemical Examination: | |
| Occult Blood: | Nil |
| Reaction (pH): | Acidic |
| Reducing Substance: | Absent |
| Microscopic Examination: | |
| 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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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 | 3 | 1 | 3 | 3 | 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]DESIRE: 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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Patient's name : Mr. [REDACTED] Reg. ID : PJ-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) |
|---------------------------------|------------|
| Physical Examination: | |
| Colour: | Brownish |
| Consistency: | Semi Solid |
| Odour: | putrid |
| Chemical Examination: | |
| Occult Blood: | Nil |
| Reaction (pH): | Acidic |
| Reducing Substance: | Absent |
| Microscopic Examination: | |
| Pus Cells: | Absent |
| Red blood Cells: | Nil |
| Epithelial cells: | Nil |
| Vegetable cells: | Absent |
| Fat Globules: | Absent |
| Sarch: | 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

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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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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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