



Research Article

From Susceptibility to Symptom Relief: Organon of Medicine and Homoeopathic Philosophy in the Individualised Management of Gastric Disorders

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Abstract

Background

Gastric disorders constitute one of the most prevalent clinical concerns in modern healthcare, significantly affecting quality of life and functional well-being. Functional dyspepsia, gastritis, acid-peptic disturbances, gastroesophageal reflux symptoms, and stress-associated gastric complaints are increasingly associated with lifestyle imbalance, psychological stress, irregular dietary habits, and altered gastrointestinal regulation. Homoeopathy, guided by the principles of the Organon of Medicine and Homoeopathic Philosophy, approaches gastric disorders through individualized constitutional assessment rather than disease-label-based prescribing.

Objective

To evaluate the role of Organon-based individualised homoeopathic management in patients presenting with gastric disorders.

Methods

A prospective observational clinical study was conducted on fifteen patients presenting with gastric complaints. Detailed homoeopathic case-taking was performed emphasising mental generals, food modalities, thermal state, emotional causation, lifestyle factors, constitutional tendencies, and miasmatic background. Remedies were selected individually based on the totality of symptoms and Materia Medica correlation.

Results

Most patients demonstrated symptomatic improvement in gastric discomfort, acidity, bloating, appetite irregularities, nausea, and associated stress-related manifestations. Constitutional prescribing appeared beneficial in improving both gastrointestinal and general well-being.

Conclusion

The study observations suggest that Organon of Medicine and Homoeopathic Philosophy provide a clinically relevant framework for individualized management of gastric disorders. Larger controlled studies are required to strengthen the evidence base.

KEYWORDS: Gastric disorders; Organon of Medicine; Homoeopathic philosophy; Individualisation; Functional dyspepsia; Constitutional prescribing.

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1. INTRODUCTION

Gastric disorders are among the most common causes of outpatient clinical consultations worldwide. Functional dyspepsia, gastritis, gastroesophageal reflux symptoms, acidity, bloating, nausea, and stress-related gastrointestinal disturbances significantly affect daily functioning and quality of life. Modern lifestyles characterized by irregular food habits, occupational stress, sleep disturbances, sedentary behaviour, and excessive stimulant consumption have contributed to increasing gastric morbidity. Contemporary medicine recognises the multifactorial nature of gastric disorders involving acid secretion imbalance, altered gut motility, dietary factors, psychological stress, autonomic dysregulation, and psychosomatic influences. However, many patients continue to experience recurrent or chronic symptoms despite conventional symptomatic treatment.

Homoeopathy approaches gastric disorders through the principles of individualisation, susceptibility, totality of symptoms, and constitutional assessment as described in the Organon of Medicine. Hahnemann emphasised the importance of understanding the patient as a whole rather than focusing solely on pathological diagnosis. Emotional state, food desires, aggravating factors, stress patterns, thermal tendencies, and constitutional disposition become essential components in remedy selection.

The present observational study explores the role of Organon of Medicine and Homoeopathic Philosophy in the individualised management of gastric disorders in fifteen patients.

2. OBJECTIVES

2.1 Primary Objective

To evaluate the clinical response of patients with gastric disorders receiving individualised homoeopathic treatment based on Organon principles.

2.2 Secondary Objectives

- To assess improvement in gastric symptoms and general well-being.
- To study constitutional and stress-related factors associated with gastric complaints.
- To evaluate the role of individualized remedy selection in functional gastric disturbances.

3. MATERIALS AND METHODS

3.1 Study Design

Prospective observational clinical study.

3.2 Study Setting

Homoeopathic outpatient clinical practice.

3.3 Sample Size

Fifteen (15) patients presenting with gastric disorders.

3.4 Inclusion Criteria

- Patients aged between 18 and 60 years.
- Presence of gastric complaints such as acidity, bloating, nausea, dyspepsia, reflux symptoms, heaviness, or gastric discomfort.
- Patients are willing to participate voluntarily.

3.5 Exclusion Criteria

- Severe gastrointestinal pathology requiring emergency intervention.
- Malignancy or advanced systemic disease.
- Acute surgical abdomen.
- Patients unwilling to participate.

4. Organon-Based Case-Taking in Gastric Disorders

Detailed case-taking was conducted according to Organon principles emphasizing:

- Mental and emotional state
- Food desires and aversions
- Modalities related to eating
- Thermal constitution
- Stress factors
- Lifestyle habits
- Sleep pattern
- Occupational stress
- Miasmatic background
- Maintaining causes

Particular importance was given to stress-associated aggravation, dietary triggers, emotional susceptibility, and constitutional disposition.

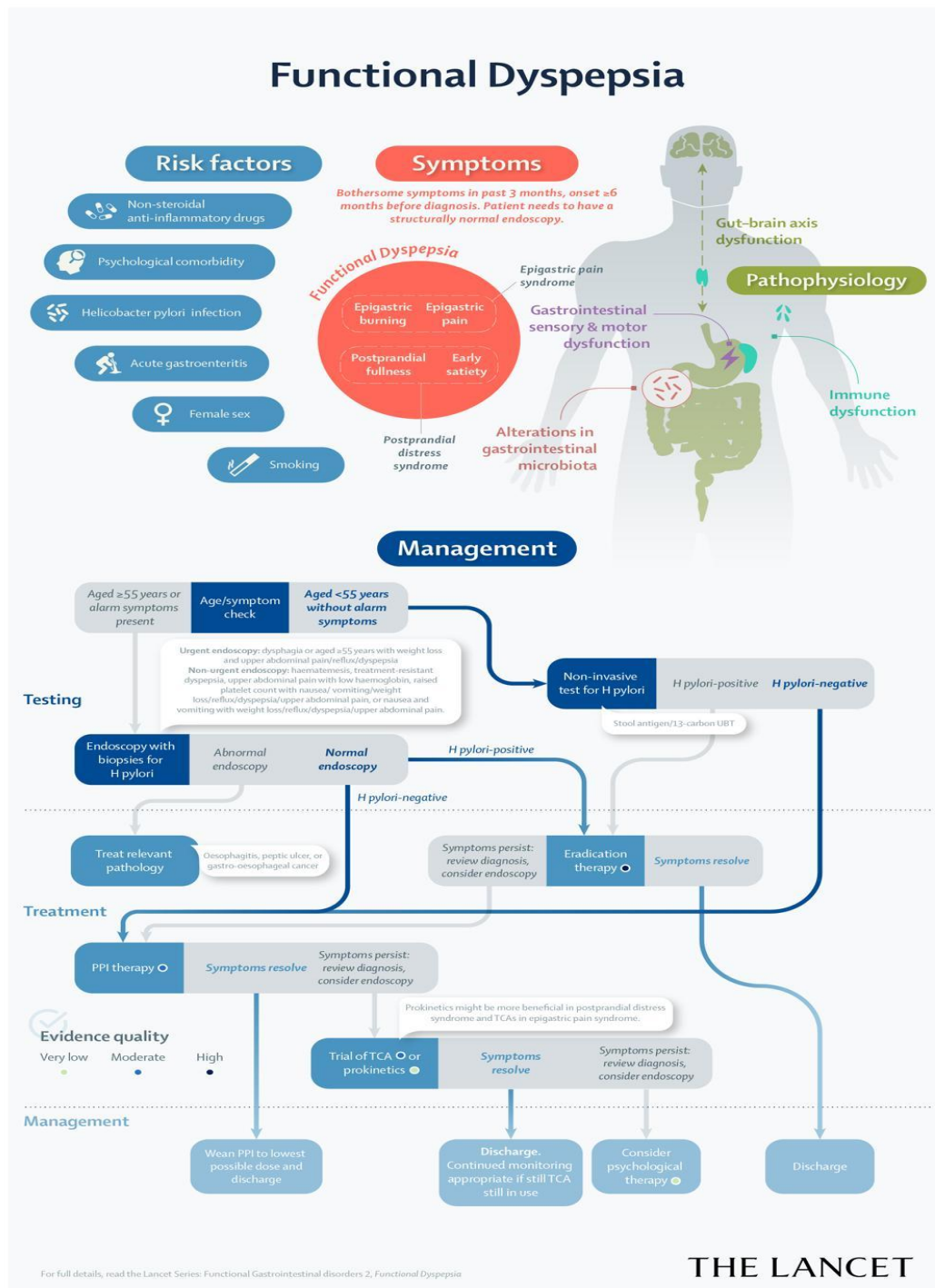
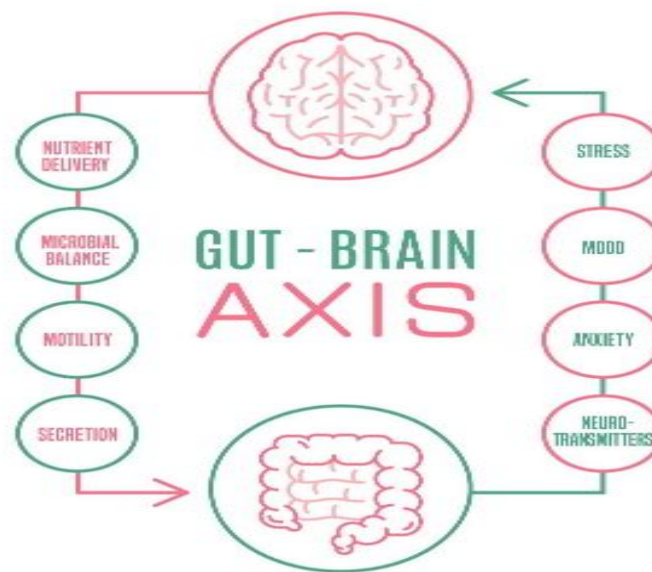


Figure 1: Organon-Based Clinical Approach in Gastric Disorders



Conceptual representation of Organon-based individualised assessment in gastric disorders integrating emotional factors, dietary influences, susceptibility, constitutional evaluation, and individualised remedy selection.

5. Clinical Observations

5.1 Demographic Distribution

Variable	Observation
Total Patients	15
Male	8
Female	7
Age Range	20–56 years
Mean Age	34.8 years

5.2 Common Presenting Symptoms

Symptom	Frequency
Acidity / Burning	12
Bloating	10
Nausea	7
Reflux symptoms	6
Gastric heaviness	8
Appetite irregularity	5
Stress-associated aggravation	9

6. Frequently Prescribed Remedies and Clinical Themes

Remedy	Characteristic Clinical Themes
Nux vomica	Sedentary lifestyle, acidity, irritability, stimulant excess
Lycopodium clavatum	Bloating, gas, evening aggravation, low confidence
Pulsatilla nigricans	Rich-food intolerance, mild temperament, thirstlessness
Arsenicum album	Burning pain, anxiety, restlessness
Carbo vegetabilis	Flatulence, heaviness, sluggish digestion
Natrum phosphoricum	Sour eructations and acidity

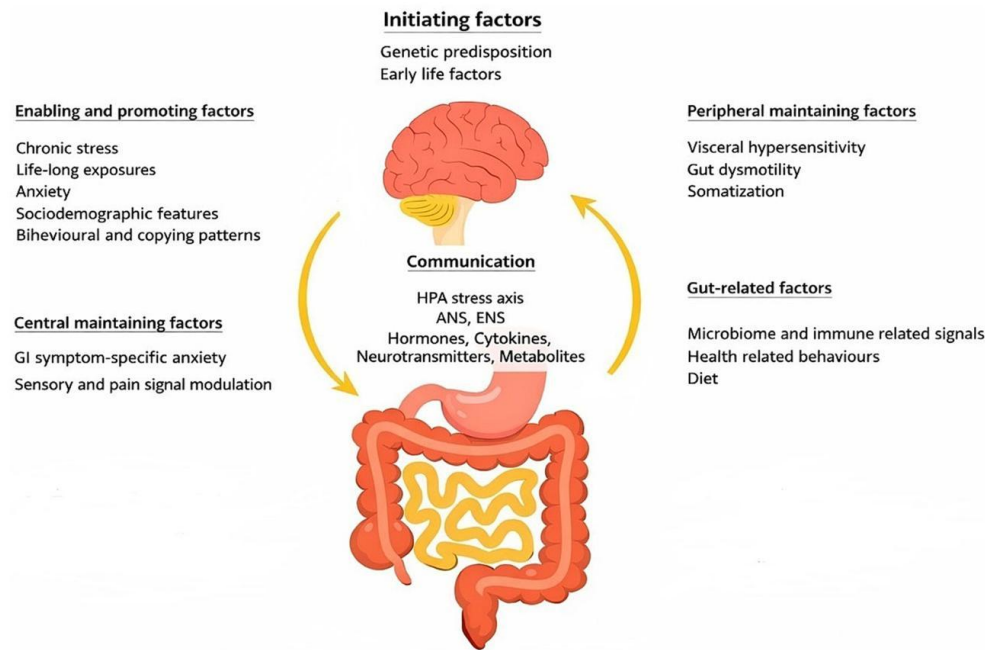


Figure 2. Relationship Between Stress, Lifestyle, and Gastric Disturbance

Illustration demonstrating the interaction between stress, lifestyle imbalance, susceptibility, autonomic disturbance, and gastric symptom expression.

7. RESULTS

Most patients demonstrated gradual symptomatic improvement during follow-up. Clinical improvement was particularly observed in acidity, bloating, appetite regulation, nausea, and gastric discomfort. Several patients also reported improved

sleep quality, reduced irritability, and better stress tolerance. Patients presenting with strong stress-related aggravation appeared to benefit significantly from constitutional prescribing addressing emotional and mental characteristics alongside gastric symptoms.

Table 1. Clinical Outcome Assessment

Clinical Response	Number of Patients
Marked Improvement	7
Moderate Improvement	5
Mild Improvement	2
No Significant Change	1

Clinical Outcome Assessment in Gastric Disorders

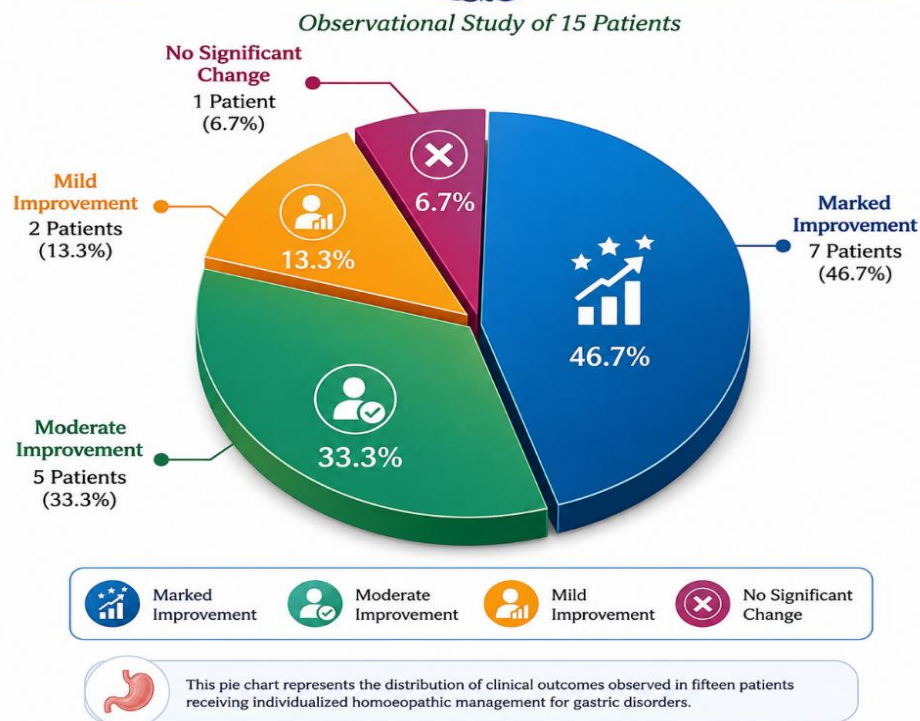
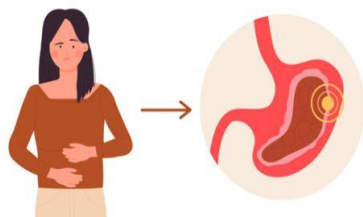


Figure 3: Clinical Outcome Assessment in Gastric Disorders

GASTRITIS



HEALTHY MUCOSA



GASTRITIS

TREATMENT



GASTROSCOPY



MEDICATIONS

CAUSES



ALCOHOL



UNHEALTHY FOOD



HELICOBACTER
PYLORI



MEDICATIONS

SYMPTOMS



ABDOMINAL PAIN



NAUSEA AND VOMITING



BURNING FEELINGS



INDIGESTION



LOSS APPETITE



ABDOMINAL BLOATING



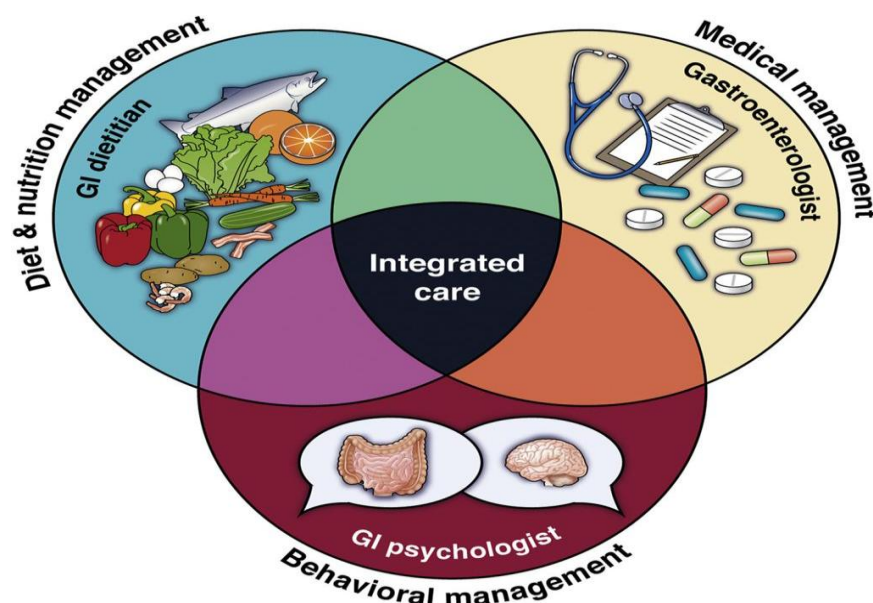
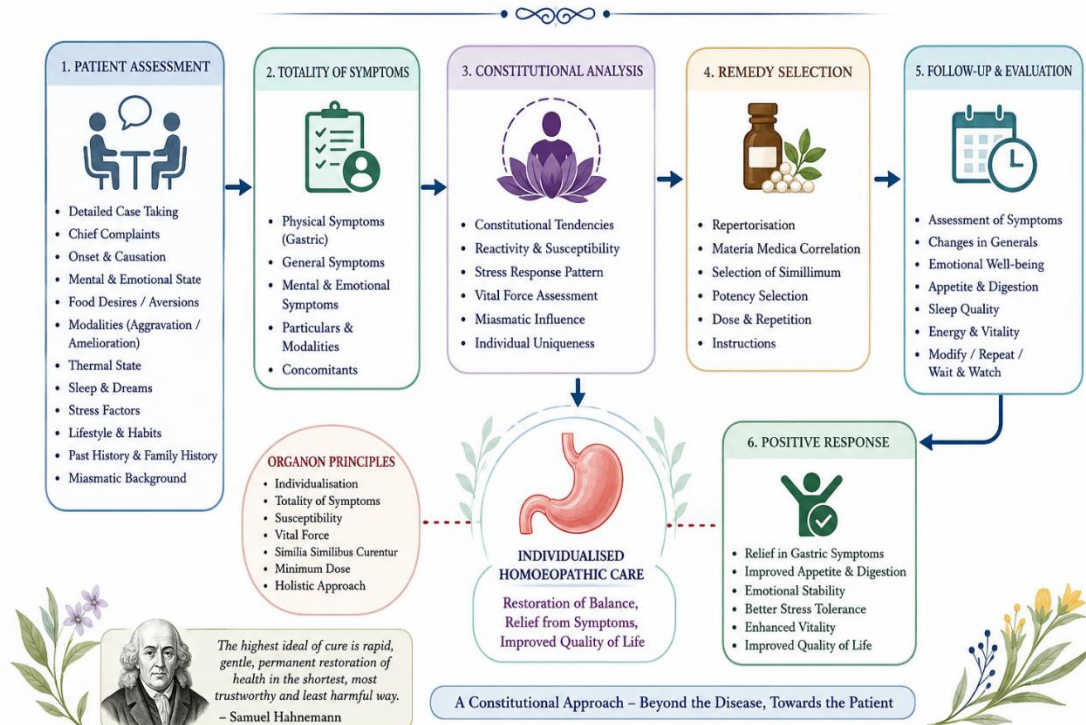
Distribution of clinical outcomes observed among fifteen patients receiving individualized homoeopathic management for gastric disorders.

8. DISCUSSION

The findings of the present study support the clinical relevance of Organon-based individualized prescribing in gastric disorders. Modern gastroenterology increasingly recognizes the importance of psychosomatic interaction, gut-brain axis regulation, stress physiology, and lifestyle influences in functional gastric pathology. Homoeopathic philosophy emphasises susceptibility, emotional causation, and constitutional tendencies in understanding disease expression. Remedies such as *Nux vomica*, *Lycopodium*, *Pulsatilla*, and

Arsenicum album correspond to distinct gastric and emotional patterns commonly observed in clinical practice. The observed improvement in gastric symptoms and associated stress manifestations suggests that individualized constitutional management may provide supportive benefit in functional gastric disorders. The Organon's emphasis on totality, maintaining causes, and holistic evaluation remains clinically relevant in modern integrative healthcare.

Figure 4. Constitutional Homoeopathic Management Pathway in Gastric Disorders



Constitutional management framework demonstrating individualised assessment, symptom totality, remedy selection, follow-up evaluation, and restoration of functional balance.

9. Limitations

The present study is limited by its small sample size, observational design, absence of a control group, and lack of standardised gastroenterological assessment scales. Findings therefore cannot be generalized without further controlled studies.

10. Areas for Future Research

Future research should include larger observational studies, randomized controlled trials, and interdisciplinary investigations integrating gastroenterology, stress physiology, gut-brain interaction, and homoeopathic constitutional assessment.

Development of standardized outcome measures for individualized homoeopathic management in functional gastric disorders may further strengthen clinical research in this area.

11. CONCLUSION

Gastric disorders represent a multidimensional clinical challenge influenced by dietary habits, stress, emotional susceptibility, autonomic imbalance, and lifestyle factors. Organon of Medicine and Homoeopathic Philosophy provide a holistic and individualized framework for understanding gastric symptomatology beyond isolated pathological diagnosis. The present observational study suggests that individualized homoeopathic prescribing may contribute to symptomatic improvement and enhanced overall well-being in patients with gastric disorders. Although preliminary, these observations support the continued relevance of constitutional homoeopathic management in contemporary gastrointestinal practice and encourage further scientific investigation.

12. Funding

No external funding was received for this study.

13. Conflict of Interest

The authors declare no conflict of interest.

14. Ethical Considerations

Written informed consent was obtained from all participants prior to inclusion in the study. Patient confidentiality and anonymity were maintained throughout the study.

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