



# Homeopathy *and* Gastrointestinal *Disorders*

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Homeopathic medicine has a powerful effect on the human microbiome and the gastrointestinal tract. It is an extremely helpful modality that helps preserve ecological balance within this organ while aiding in the treatment of a wide array of disorders. A limited number of peer reviewed randomized controlled studies attest to its effectiveness and many more case studies from the literature demonstrate its feasibility and validity. A summary of the current literature follows.

## Cancer

Between 50-90% of cancer patients in the U.S. utilize Complementary and Alternative medical (CAM) treatments, including homeopathy.<sup>287</sup> Throughout Europe, homeopathy is used by up to 76% of patients.<sup>288</sup>

Homeopathy has been used successfully in many difficult and "incurable" cancers both in combination with conventional medicine<sup>289</sup> as well as in isolation as a sole therapeutic intervention.

Physicians at the Prasanta Banerji Homeopathic Research Foundation (PBHRF), in Kolkata, India have treated more than 17,324 cancer patients, noting complete regression in 19% and stabilization or partial regression in 21%.<sup>290, 291</sup>

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<sup>287</sup> Vapiwala N, Mick R, Hampshire MK, et al. Patient initiation of complementary and alternative medical therapies (CAM) following cancer diagnosis. *Cancer J* 2006;12:467-474. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/?term=17207316>

<sup>288</sup> Nwanodi OB. Homeopathy: Curative, Concurrent and Supportive Cancer Treatment Potential. *Homop Inform* 2017. <https://homeopathy-information.com/homeopathy-concurrent-supportive/> accessed online November 8, 2017. Available from: [https://www.researchgate.net/publication/318146616\\_Homeopathy\\_Curative\\_Concurrent\\_and\\_Supportive\\_Cancer\\_Treatment\\_Potential](https://www.researchgate.net/publication/318146616_Homeopathy_Curative_Concurrent_and_Supportive_Cancer_Treatment_Potential). Available at

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<sup>289</sup> Gaertner K, Mullner M, Friehs H, Schuster E, Marosi C, Muchitsch I, Frass M, Kaye AD. Additive homeopathy in cancer patients: Retrospective survival data from a homeopathic outpatient unit at the Medical University of Vienna. *Complement Ther Med* 2014;22(2): 320-32. Available from: <https://www.sciencedirect.com/science/article/pii/S0965229913002124>

<sup>290</sup> Ramaskrishnan AU. A homeopath, approach to cancer. St. Louis, MO. Quality Medical Publishing, 2001. Available from: <https://www.homeopathycenter.org/homeopathy-today/homeopathic-approach-cancer>

<sup>291</sup> Master FJ. Homeopathy in cancer. India: Narayana Publishers, 2006. Available from: [https://www.narayana-verlag.com/homeopathy/pdf/Homeopathy-in-Cancer-Farokh-J-Master.01193\\_2.pdf](https://www.narayana-verlag.com/homeopathy/pdf/Homeopathy-in-Cancer-Farokh-J-Master.01193_2.pdf)

Available at: <https://homeopathychoice.org/wp-content/uploads/2019/01/Homeopathy-Cancer.pdf>

<sup>292</sup> Cancer case studies from this Foundation were submitted to the National Cancer Institute (NCI) "Best Case Series Program" and found to merit prioritization for accelerated research funding.<sup>293, 294</sup>

Homeopathic medicines demonstrate many selective cytotoxic and antineoplastic properties in human cancer colon cells both in vivo<sup>295</sup> and in vitro.<sup>296</sup> Anti-cancer effects in COLO-205 cells demonstrate cell cycle arrest at G2/M phase and apoptosis by mitochondrial mediated pathways.<sup>297</sup> Homeopathic medicines appear to selectively target cancer cells with only minimal impact on surrounding "healthy" tissue.<sup>298, 299</sup>

A range of studies and retrospective case series indicate that homeopathy has provided curative treatment for an array of GI cancers including oral, periampullary,

esophageal,<sup>300</sup> liver, gallbladder, stomach and pancreatic both in vitro and in vivo.<sup>301, 302, 303</sup>

Homeopathy is also effective in reducing the severity of the many side-effects associated with conventional cancer treatments including immunotherapy and chemotherapy induced nausea, insomnia, depression, anxiety, asthenia, incontinence, and hot flashes.<sup>304</sup> Additionally homeopathic medicine prophylactically reduces the intensity and severity of topical burns associated with radiation therapy.<sup>305</sup>

## Gastroesophageal Reflux Disease (GERD)

Homeopathy combined with lifestyle and dietary changes, dramatically improves GERD, helping to restore gastric ecology, and improve Lower Esophageal Sphincter (LES) function without inducing the host of other health

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<sup>293</sup> Banerji P, Campbell DR, Banerji P. Cancer patients treated with the Banerji Protocols utilizing homeopathic medicine: a Best case Series Program of the National Cancer Institute USA. *Oncol Rep* 2008;20(1)169-74. Available from: <http://www.femh.org/wp-content/uploads/2013/01/probaar2.pdf>

<sup>294</sup> Olaku O, Zia F, Santana JM, White JD. The National Cancer Institute Best Case Series Program, a summary of cases of cancer patients treated with unconventional therapies in India. *Integr Cancer Ther* 2013;12(5):385-92. Available from: <https://journals.sagepub.com/doi/pdf/10.1177/1534735412473641>

<sup>295</sup> Arora S, Aggarwal A, Singla P, Jyoti S, Tandon S. Anti-proliferative effects of homeopathic medicines on human kidney, colon and breast cancer cells. *Homeopathy*. 2013 Oct;102(4):274-82. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/24050774>

<sup>296</sup> Bell IR, Sorter B, Koithan M, et al. Integrative Nanomedicine: Treating Cancer with Nanoscale Natural Products. *Global Adv Health Med* 2014; 3(1):36-53. Available from: <https://journals.sagepub.com/doi/pdf/10.7453/gahmj.2013.009>

<sup>297</sup> Lim KJ, Bisht S, Bar EE, Maitra A, Eberhart CG. A polymeric nanoparticle formulation of curcumin inhibits growth, clonogenicity and stem-like fraction in malignant brain tumors. *Cancer Biology & Therapy* 2010;11:464-73. <https://www.tanfonline.com/doi/pdf/10.4161/cbt.11.5.14410?needAccess=true>  
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<sup>298</sup> Arora S, Tandon S. DNA fragmentation and cell cycle arrest: a hallmark of apoptosis induced by Ruta graveolens in human colon cancer cells. *Homeopathy* 2015; 104(1):36-47. Available from: <https://daneshyari.com/article/preview/2629357.pdf> Available at: <https://homeopathychoice.org/wp-content/uploads/2019/01/DNA-Fragmentation-and-cell-cycle-arrest-a-hallmark-of-apoptosis-reduced-by-Ruta-Graveolens-in-human-colon-cancer-cells.pdf>

<sup>299</sup> Pathak S, Multani AS, Banerji P, Banerji P. Ruta 6 selectively induces cell death in brain cancer cells but proliferation in normal peripheral blood lymphocytes: a novel treatment for human brain cancer. *Int J Oncol* 2003;23(4):975-132. Available from: <https://www.jane.symons.com.au/PDF/Ruta-Phos.pdf>  
Available at: <https://www.homeopathychoice.com/wp-content/uploads/2019/01/Ruta-6-selectively-induces-cell-death-in-brain-cancer-cells-but-proliferation-in-normal-peripheral-blood-lymphocytes-A-novel-treatment-for-human-brain-cancer.pdf>

<sup>300</sup>

<http://specialityclinic.blogspot.com/2008/02/case-of-esophageal-cancer-treated-with-h.pdf>, accessed online August 26, 2017. Available from: <http://www.specialityclinic.blogspot.com/2008/02/case-of-esophageal-cancer-treated-with.html>

<sup>301</sup> Lederman, EK. The homeopathic treatment of common liver and gall-bladder disorders. *British Homoeopathic Journal* 1950;40(2):86-100. [https://www.thieme-connect.com/products/ejournals/pdf/10.1016/50007-0785\(50\)80017-0.pdf](https://www.thieme-connect.com/products/ejournals/pdf/10.1016/50007-0785(50)80017-0.pdf) Available: <https://homeopathychoice.org/wp-content/uploads/2019/01/The-Homoeopathic-Treatment-of-Common-Liver-and-Gall-Bladder-Disorders.pdf>

<sup>302</sup> Mondal J., Das J, Shah R, Khuda-Bukhs AR. A homeopathic nosode, Hepatitis C 30 demonstrates anticancer effect against liver cancer cells in vitro by modulating telomerase and topoisomerase 11 activities as also by promoting apoptosis via intrinsic mitochondrial pathway. *J Integr Med* 2016 May;14(3):209-18. Available from: <https://www.askdrshah.com/manage/articles/pdf/11.%20HCV%20In%20vitro%20Anti%20activity-%20FR.pdf>. Available at <https://homeopathychoice.org/wp-content/uploads/2019/01/A-homeopathic-nosode-Hep-C-30-demonstrates-anticancer-effect.pdf>

<sup>303</sup> Chatterjee A, Biswas 7, Chatterjee A, Bhattacharya S, Mukhopadhyay B, Mandal S. Psorinum Therapy in Treating Stomach, Gallbladder, Pancreatic, and Liver Cancers: A Prospective Clinical Study. *Evict Based Complement Alternat Med*. 2011; 2011: 724743. Available from:

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<sup>305</sup> Bao Y, Kong X, Yang L, Liu R, Shi Z, Li W, Hua B, Hou W. Complementary and alternative medicine for cancer pain: an overview of systematic reviews. *End Based Complement Altana Med* 2014;2014:170396. Available from: <https://hindawi.com/journals/ecam/2014/170396/>

disturbances commonly associated with conventional treatments.<sup>306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317</sup>

## Liver and Gallbladder Disease

Diseases of the liver and the biliary tract have been treated effectively with homeopathic medicines,<sup>318</sup>

including cases of cirrhosis,<sup>319</sup> viral hepatitis,<sup>320, 321, 322</sup> and fulminant hepatic failure.<sup>323</sup> Homeopathic medicines provide useful prophylactic effects, protecting the liver against medication and toxin induced injuries.<sup>324</sup>

Homeopathy provides an excellent resource in pain management thus reducing exposure to more harmful drugs such as acetaminophen, NSAIDs, and opiates.<sup>325</sup> Using homeopathic medicines in this manner avoids iatrogenic induced hepatic injury,<sup>326, 327</sup> reduces inflammation and improves recovery time from injuries, dramatically lowering the need for more problematic interventions.

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<sup>308</sup> Wang K, Li S, Liu C, Perng D, et al. Effects of ingesting Lactobacillus- and Bifidobacterium-containing yogurt in subjects with colonized *Helicobacter pylori*. *Am J Clin Nutr* 2004; 80(3):737-741. Available from: <https://academic.oup.com/ajcn/article/80/3/737/4690554> Available at: <https://homeopathychoice.org/wp-content/uploads/2019/01/Effects-of-ingesting-La-tobacillus-and-Bifidobacterium-containing-yogurts-in-subjects-with-colonized-He-licobacter-pylori.pdf>

<sup>309</sup> Maes ML, Fixen DR, Linnebur SA. Adverse effect of proton-pump inhibitor use in older adults: a review of the evidence. *Ther Adv Drug Saf* 2017; 8(9): 273-297. Available from: <https://journals.sagepub.com/doi/10.1177/2042098617715381>

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<sup>310</sup> <https://secure.medicalletter.org/w1527a> accessed online February 19, 2018. Available from:

<https://secure.medicalletter.org/sites/default/files/freedocs/w1527a.pdf>

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<sup>320</sup> Dobrescu D, Motoc A, Ceausu E, Negres S. Anti-cytolytic homeopathic remedy, beneficial in chronic viral hepatitis. *First Journal of Homeopathic Pharmacology, Pub. Romanian Academy of Medical Sciences* 2014; 11(1):11-17. Available from: <https://homeopathychoice.org/wp-content/uploads/2019/01/Anticytolytic-homeopathic-remedy-beneficial-in-chronic-viral-hepatitis.pdf>

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<sup>322</sup> Shah R. A Clinical Evaluation of a Hepatitis C Nosode in the Treatment of Hepatitis C. *J Altern Complement Med* 2016; 22(3): 197-203. Available from: <https://www.liebertpub.com/doi/10.1089/acm.2014.0146>

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## Small Intestinal Bacterial Overgrowth

Small intestinal bacterial overgrowth (SIBO) is an increasingly common dysbiosis<sup>328</sup> whose etiology is not well understood, but frequently develops after alterations in gastrointestinal architecture, motility, pH and gut microbiome constitution.<sup>329</sup> Homeopathy is an inherently effective modality in SIBO since it helps reduce the use of other more damaging medications that are associated with high relapse rates.<sup>330</sup> Utilizing homeopathy in the GI tract helps conserve the integrity of the gut microbiome and prevent its development.<sup>331</sup>

## Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD)

Homeopathic treatment of IBD and IBS has been demonstrated by numerous case studies<sup>332, 333, 334</sup> and experimental protocols.<sup>335</sup> Homeopathy is beneficial

across a wide range of these conditions<sup>336, 337, 338, 339</sup> improving symptoms, quality of life, digestive function, and reducing risks associated with the use of conventional medications.<sup>340, 341</sup>

A recent Cochrane review looking at the pooled data from two studies using a simplified form of homeopathy found benefit beyond placebo in those patients with constipation-predominant IBS.<sup>342</sup>

An outpatient survey performed in Switzerland determined that homeopathy was one of the most frequently used alternative modalities in patients suffering from Crohn's disease and Ulcerative colitis, with more than 67% experiencing improvement with long-term treatment.<sup>343</sup>

## Diverticulosis and Diverticulitis

Both diverticulosis and diverticulitis are associated with a variety of factors including diet, lifestyle, and microbiome

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<sup>334</sup> Shevin W. Lymphocytic Colitis in a 68-Year-Old Woman: A Homeopathic Medicine Case Report. *Am J Homeop Med* 2017; 110(1): p11-16. 6p. Available from: [https://web.a.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authType=crawler&jml=19342454&AN=123551143&h=4fDJxPxynJBj11mMFvgv5awN5Q%2f90Xmd314YYFZNtlw1%2fX7rXUvYmDcTdyB4v\\*q68rXr7D%2fUToAB2%2f5wQ%3d%3d&crl=c&resultNs=AdminWebAuth&resultLocal=ErrCrlN otAuth&crlhashurl=login.aspx%3fdirect%3dtrue%26profile%2dehost%26scope%3dsite%26authType%3dcrawler%26jml%3d19342454%26AN%3d123551143](https://web.a.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authType=crawler&jml=19342454&AN=123551143&h=4fDJxPxynJBj11mMFvgv5awN5Q%2f90Xmd314YYFZNtlw1%2fX7rXUvYmDcTdyB4v*q68rXr7D%2fUToAB2%2f5wQ%3d%3d&crl=c&resultNs=AdminWebAuth&resultLocal=ErrCrlN otAuth&crlhashurl=login.aspx%3fdirect%3dtrue%26profile%2dehost%26scope%3dsite%26authType%3dcrawler%26jml%3d19342454%26AN%3d123551143)

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<sup>339</sup> Jack RAF. A case of colitis treated with Secale. *Br Homeop J* 1990;79(2):106-108. Available from: <http://www.sciencedirect.com/science/article/pii/S000707850801577>

<sup>340</sup> Abitbol V, Lahmek P, Buisson A, Olympic A, Poupardin C, Chaussade S, Lesgourgues B, Nahon S. Impact of complementary and alternative medicine on the quality of life in inflammatory bowel disease: results from a French national survey. *Eur J Gastroenterol Hepatol* 2014;26(3):288-94. Available from: [https://journals.www.com/eurojgh/Abstract/2014/03000/Impact of complementary and alternative medicine.6.aspx](https://journals.www.com/eurojgh/Abstract/2014/03000/Impact%20of%20complementary%20and%20alternative%20medicine%20on%20the%20quality%20of%20life%20in%20inflammatory%20bowel%20disease%20results%20from%20a%20French%20national%20survey.pdf) Available at: <https://homeopathychoice.org/wp-content/uploads/2019/01/Impact-of-complementary-and-alternative-medicine-on-the-quality-of-life-in-inflammatory-bowel-disease-results-from-a-French-national-survey.pdf>

<sup>341</sup> Jack RAF. How I treat Crohn's disease. *Br Homeop J* 1993;82(1): 29-36. Available from: <https://www.sciencedirect.com/science/article/pii/S000707850809512>

<sup>342</sup> Peckham EJ, Nelson EA, Greenhalgh J, Cooper K, Roberts ER, Agrawal A. Homeopathy for treatment of irritable bowel syndrome. *Cochrane Database of Systematic Reviews* 2013, Issue 11. Art. No.: CD009710. DOI: 10.1002/14651858.CD009710.pub2. Retrieved from: <https://eprints.whiterose.ac.uk/96915/1/Peckham%202013%20Homeopathy%20for%20IBS%20Cohrane.pdf>. Available at: <https://www.homeopathychoice.org/wp-content/uploads/2019/01/Homeopathy-for-treatment-of-irritable-bowel-syndrome-review.pdf>

<sup>343</sup> Ausfeld-Hafter B, Hoffmann S, Seibold F, Quattropani C, et al. [Status of alternative medicine in Crohn disease and ulcerative colitis patents: a questionnaire survey]. *Forschende Komplementärmedizin und Naturheilkunde = Research in Complementary and Natural Classical Medicine* 2005; 12(3):134-138. Retrieved from: <https://www.ncbi.nlm.nih.gov/pubmed/15985776>

health.<sup>344</sup> Conventional treatment strategies, including surgery and antibiotics, tend to be overused and are associated with significant risk of complications.<sup>345</sup>

Clinical experience demonstrates that individualized homeopathic treatment is beneficial in the prevention and treatment of early stage diverticulitis and reduces the need for more invasive and disruptive interventions.<sup>346</sup>

## Constipation and Diarrhea

Two of the most common conditions affecting the GI tract are constipation and diarrhea. According to a survey of patients suffering from constipation in the United Kingdom, only 25% were satisfied with conventional treatments while 43% resorted to using alternative approaches including homeopathy.<sup>347</sup> Several studies<sup>348</sup> and many case reports testify to the benefits of homeopathic intervention.<sup>349</sup>

According to the World Health Organization (WHO) diarrhea is the second leading cause of death in children under five years old. There are nearly 1.7 billion cases annually and nearly 525,000 children die as a result.<sup>350</sup>

Several studies performed in remote rural locations found that individualized homeopathic treatment of infectious diarrhea is expedient, clinically and cost effective,

shortens both duration and frequency of stools, and improves quality of life.<sup>351, 352, 353, 354, 355</sup>

## The Acute Abdomen

The acute abdomen, including acute pain, ileus, biliary colic, cholestasis, choledocholithiasis, cholecystitis, pancreatitis, appendicitis, peritonitis, colic, and sepsis syndromes have responded to the integrated application of homeopathic treatment, particularly in the intensive care unit (ICU).<sup>356</sup>

Postoperative ileus, which frequently develops after invasive intra-abdominal surgery also responds well to homeopathic treatment. A meta-analysis of six studies demonstrates a significant benefit of homeopathy over placebo reducing the duration of postoperative ileus and shortening the time to first flatus.<sup>357</sup>

In summary, homeopathy is beneficial in a wide range of gastrointestinal tract disorders, but further clinical investigation and prioritization is necessary. Many cured cases have been recorded in the worldwide homeopathic literature, but these represent only a tiny fraction of those

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<sup>345</sup> Morris AM, Regenbogen SE, Hardiman KM, et al. Sigmoid Diverticulitis A Systematic Review. *JAMA* 2014;311(3):287-297. Retrieved from: <http://blog.utp.edu.co/cabrales/files/2014/09/7-DIVERTICULITIS.pdf>. Available at: <http://homeopathychoice.org/wp-content/uploads/2019/01/Ulcerative-colitis-and-diverticulitis.pdf>

<sup>346</sup> Bodman F. Ulcerative colitis and diverticulitis. *Br Homoeop J* 1975; 64(4): 201-209. Retrieved from: [https://www.thieme-connect.com/products/ejournals/pdf/10.1016/S0007-0785\(75\)0020-2.pdf](https://www.thieme-connect.com/products/ejournals/pdf/10.1016/S0007-0785(75)0020-2.pdf) Available at: <https://homeopathychoice.org/wp-content/uploads/2019/01/Ulcerative-colitis-and-diverticulitis.pdf>

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<sup>349</sup> Nakhouda F, Solomon EM, Tsele-Tebakang T. The Efficacy of Individualised Homeopathic Treatment on Constipation. February 2016. <https://core.ac.uk/download/pdf/54193540.pdf> accessed online November 8, 2017. Available from: <https://core.ac.uk/download/pdf/54193540.pdf>. Available at: <https://homeopathychoice.org/wp-content/uploads/2019/01/the-Efficacy-of-Individualised-Homeopathic-Treatment-on-Constipation.pdf>

<sup>350</sup> <http://www.who.int/mediacentre/factsheets/fs330/en/> accessed online November 10, 2017. Available from: <https://www.who.int/en/news-room/fact-sheets/detail/diarrhoeal-disease>

<sup>351</sup> Jacobs J, Margarita Jimenez L, Malthouse S, Chapman E, Crothers D, Masuk M, Jonas WB. Homeopathic Treatment of Acute Childhood Diarrhea: Results from a Clinical Trial in Nepal. *J Altern Complement Med* 2007; 6(4):131-139. Available from: <https://liebertpub.com/doi/10.1089/acm.2000.6.131>. Available at: <http://homeopathychoice.org/wp-content/uploads/2019/01/Homeopathic-Treatment-of-Acute-Childhood-Diarrhea-Results-from-a-Clinical-Trial-in-Nepal.pdf>

<sup>352</sup> Jacobs J, Jimenez LM, Gloyd SS, Gale JL, Crothers D. Treatment of acute childhood diarrhea with homeopathic medicine: a randomized clinical trial in Nicaragua. *Pediatrics* 1994;93(5):719-725. <https://www.ncbi.nlm.nih.gov/pubmed/8165068/>

<sup>353</sup> Jacobs J, Jimenez LM, Malthouse S, Chapman E, Crothers D, Masuk M, Jonas WB. Homeopathic treatment of acute childhood diarrhea: results from a clinical trial in Nepal. *J Altern Complement Med*. 2000 Apr;6(2):131-9. Available from: <https://thiacamdb.info/Downloads/PDF/homeo3/pdf>

<sup>354</sup> Jacobs J, Jonas WB, Jimenez-Perez M, Crothers D. Homeopathy for childhood diarrhea: combined results and metaanalysis from three randomized, controlled clinical trials. *Pediatr Infect Dis J* 2003 Mar;22(3):229-34. Available from: <https://pdfs.semanticscholar.org/9ec2/bab9e0149cdfb9b927c702d249ae0f5a325.pdf>. Available at: <https://homeopathychoice.org/wp-content/uploads/2019/01/Homeopathy-for-Childhood-diarrhea-combined-results-and-metaanalysis-from-three-randomized-controlled-clinical-trials.pdf>

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seen and helped by the hundreds of thousands of homeopathic physicians in worldwide daily clinical practice. Prioritization of research in homeopathy is sorely needed, particularly in the realm of gastrointestinal disorders.

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