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CASE STUDY

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GASTROESOPHAGEAL REFLUX DISEASE (GERD)

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ABSTRACT

Gastroesophageal disease is a common condition seen in world. Is a chronic GI condition characterised by regurgitation of gastric content into oesophagus. It is characterized by the symptoms of Regurgitation and Heartburn. Gastroesophageal disease caused due to the disruption of esophagogastric junction barrier this leads to the exposure of oesophagus to gastric acidic content this leads to GERD. Gastroesophageal disease are classified into 3 phenotype: 1) Barrett esophagus 2) Non erosive reflux disease 3) Erosive esophagitis GERD is one of the most commonly diagnosed digestive disorders in US with the prevalence of 20%.

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INTRODUCTION

Gastroesophageal reflux disease is a condition that develops when there is a backflow of stomach content into esophagus. It is a chronic Gastrointestinal disorder. It is caused by defective lower oesophageal sphincter. The lower oesophageal sphincter muscle between stomach and oesophagus are not working properly. Motility disorders of the distal oesophagus cause prolonged exposure of the oesophagus to refluxed gastric content.

Etiology

1) **Sliding hiatus hernia has a variable association with GORD.** In general. Patients in the more severe stages of GERD tend to have a hernia. But most GERD sufferers do not have a hernia and many of those with a hernia do not have GERD. It should be noted that paraoesophageal hiatus hernia is a quite different and potentially dangerous condition. Efluxoesophagitis is a complication of GERD that occurs in a minority of sufferers. It occurs 40-50% of those referred to hospital. But in a much lower proportion of those who suffer from symptoms of GERD in the community as a whole. The majority of the patients with initially significant gastro-oesophageal reflux have associated sliding oesophageal hiatal hernia. Must the majority of patients with hiatal hernia do not have significant reflux to cause clinical problems.

2) **The impaired gastric outlet emptying may give rise to gastro-oesophageal reflux:** In Westernised countries. GERD is by far the most common condition affecting the gastrointestinal tract.

It seems increase in obesity may be the cause of increasing incidence of gastro oesophageal reflux disorders.

Clinical Features

Pain: Pain is mostly retrosternal and is often referred to by the patient as 'heart-burn'. Peculiarity of such pain is that it is related to posture and the pain increases on lying down.

Dysphagia: There is difficulty in swallowing this is due to muscle spasm.

- Sensation of lump in throat
- Chronic cough
- Nausea
- Water brush

Differential Diagnosis

Chronic Gastritis?

- Acute Gastritis
- Oesophagitis
- Peptic ulcer
- Oesophageal cancer

Investigation

- 1) Radiology - Barium swallow with fluoroscopy

- 2) Upper oesophagial endoscopy
- 3) Manometry

Homoeopathic Management

1) Bryonia Alba: Bryonia is homeopathic medicine used for the treatment of gastroesophageal reflux disease. It is mainly given to the people who have the feeling of heaviness of the stomach.

- Having a sour taste along with the rising acid
- Aggravated by motion and amelioration by rest

2) Carbo Veg: Carbo veg is homeopathic medicine used for the treatment of gastroesophageal reflux disease. These medicines are considered effective if gastroesophageal reflux disease is caused due to belching.

3) Arsenicum Album: Arsenicum album is another homeopathic medicine used for the treatment of gastroesophageal reflux disease. These medicines are considered effective if the gastroesophageal reflux disease is caused due to the burning pain felt in the stomach.

4) Natrum Carb: These medicines are also considered effective to the people who have to follow a strict diet due to gastroesophageal reflux disease.

5) Pulsatilla: If the gastroesophageal reflux disease is caused due to the problem of Indigestion. Due to the excessive consumption of cakes. Ice cream then the pulsatilla can be used in that case

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