

# Irritable Bowel Syndrome (IBS): A Homoeopathic Perspective

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## ABSTRACT

Irritable Bowel Syndrome (IBS) is a functional gastrointestinal disorder characterized by abdominal pain, altered bowel habits, and bloating, without any identifiable structural pathology. The homoeopathic system of medicine offers an individualized, holistic approach to IBS management, focusing on mind–body connection, miasmatic background, and constitutional prescribing. This article reviews IBS from a clinical and homoeopathic standpoint, including miasmatic analysis, commonly indicated remedies, repertorial references, and Organon-based understanding.

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## INTRODUCTION

Irritable Bowel Syndrome (IBS) is a chronic functional bowel disorder that significantly affects quality of life. Conventional medicine offers symptomatic relief, but many patients continue to suffer due to stress, emotional triggers, and lifestyle factors. Homoeopathy, based on individualization and psycho-somatic understanding, provides a complementary approach to managing IBS.

### Epidemiology

IBS affects 10–20% of the global population (varies by region).

More common in young adults and females.

Frequently associated with stress, dietary factors, and psychological disturbances.

### Etiology

IBS is multifactorial, involving:

Gut–brain axis dysregulation

Stress and emotional triggers

Altered GI motility

Visceral hypersensitivity

Food intolerances

Post-infectious factor

### Clinical Features

#### Key Symptoms

Abdominal pain relieved after stool

Constipation (IBS-C), diarrhea (IBS-D), or mixed pattern (IBS-M)

Bloating and gas

Mucus in stool

Incomplete evacuation

#### Associated Symptoms

Anxiety, depression

Fatigue

Headache

Sleep disturbances

### Diagnosis

IBS is diagnosed clinically using Rome IV Criteria, which include:

#### Rome IV Definition

Recurrent abdominal pain at least 1 day/week in the last 3 months, associated with  $\geq 2$  of the following:

1. Related to defecation
2. Associated with a change in stool frequency
3. Associated with a change in stool form

## Organon of Medicine Perspective

Hahnemann's principles emphasize:

Individualization

Holistic evaluation—mind + body

Search for exciting & maintaining cause (Aph. 5 & 7)

Psychosomatic relationship (Aph. 210–230: mental symptoms importance)

IBS and Miasms

IBS may present with mixed miasmatic expression:

Miasm IBS Expression

Psora Functional disturbance, anxiety, constipation, hypersensitivity

Pseudopsora/Sycotic Alternating constipation–diarrhea, mucus, bloating

Syphilitic Ulceration tendency (rare), chronic destructive changes (advanced GI pathology, not typical IBS)

## Homoeopathic Management

### 1. Constitutional Treatment

Focuses on totality of symptoms—mental, emotional, and physical.

### 2. Miasmatic Treatment

Helps address chronic tendencies and relapses.

### 3. Acute Remedy Selection

Used during immediate flare-ups (e.g., diarrhea, spasmodic pain).

Commonly Indicated Homoeopathic Remedies in IBS

#### 1. Nux Vomica

Suited for sedentary lifestyle, stress, anger

Constipation with ineffectual urging

Abdomen sensitive, bloated

Typical IBS-C

#### 2. Lycopodium

Bloating after small quantity of food

Afternoon aggravation

Constipation with rumbling

Fear of failure, anticipatory anxiety

#### 3. Colocynthis

Severe colicky pain

Better by pressure or bending double

IBS triggered by anger or humiliation

#### 4. Argentum Nitricum

Anxiety-driven diarrhea

Anticipatory anxiety (exams, meetings)

Flatulence and bloating

#### 5. Arsenicum Album

Burning pains, restlessness

Fear of disease

Food poisoning-type IBS

### 6. Sulphur

Morning diarrhea

Redness, heat, craving for sweets Psoric GI disturbance

### 7. Aloe Socotrina

Sudden urging, involuntary stool

IBS-D with gurgling and sensation of weakness in rectum

## Repertorial Rubrics Related to IBS

from Kent / Synthesis repertory

Abdomen – Pain – colic – bending double amel.

Abdomen – Flatulence – aggravation after eating

Stool – Constipation – ineffectual urging

Stool – Diarrhea – anxiety during

Mind – Anxiety – anticipation

Rectum – Urging – constant

Repertorization helps find the similimum, especially in cases with strong mental-emotional components.

## IBS Symptom Severity Score (IBS-SSS)

Used to evaluate improvement before and after treatment.

Includes:

1. Severity of abdominal pain

2. Frequency of pain

3. Severity of distension

4. Dissatisfaction with bowel habits

5. Interference with daily life

Each rated 0–100 (maximum 500).

<75 = Remission, 75–175 = Mild IBS, 175–300 = Moderate, >300 = Severe

Diet & Lifestyle Advice (Compatible with Homoeopathy)

High-fiber diet (if IBS-C)

Avoid trigger foods (spicy, caffeine, dairy if sensitive)

Hydration

Stress reduction: yoga, breathing exercises

Regular physical activity

Avoid late-night meal

## Conclusion

IBS is a chronic functional gastrointestinal disorder with significant psychosomatic involvement. Homoeopathy, with its individualized, miasmatic, and holistic approach, offers a gentle and comprehensive

method of management. Remedies such as Nux Vomica, Lycopodium, Colocynthis, Argentum Nitricum, and Aloe Socotrina are frequently indicated, but the final prescription must always

follow the totality of symptoms and constitutional picture. When combined with lifestyle modifications and stress management, homoeopathic treatment can support long-term relief and improved quality of life.

