

Effectiveness of *Vanilla* in Gastro-Esophageal Reflux Disease: A Case Report

Dr. Aayushi Patel¹, Dr. Shweta Awati², Dr. Jignesh Patel³

¹(MD.Hom Repertory), ²(MD.Hom Repertory), Assistant Professor, ³(MD.Hom Repertory) (HOD),
^{1,2,3}Parul University, JNHMC, Vadodara, Gujarat, India

ABSTRACT

Gastro-esophageal reflux disease (GERD) is a very common GI condition seen worldwide that occurs when acidic stomach juices, or food and fluids back up from the stomach into the esophagus.(1) Homoeopathic treatment is a holistic approach given to a patient. In this article, a case of GERD is effectively treated using homoeopathic medicine vanilla. The reportorial presentation of Vanilla in GERD has also been showcased as it has poorly reflected in homoeopathic material medica.

Materials - The case was assessed using GERDQ questionnaire. The score has been taken in record before and after the homoeopathic treatment in order to evidently assess the case. Modified Naranjo MONARCH criteria has been used which an as essential tool to show a link between the treatment and impact on patient based on clinical outcome.

Conclusion – While using GERDQ questionnaire, we see an astonishing result and marked relief in complaint of gastro-esophageal reflux disease ultimately scaling down GERDQ score. An effective course of action is shown using Naranjo MONARCH criteria proving potential advancement with homoeopathic treatment. Along with that we came across a lesser known medicine such as VANILLA using Synthesis repertory which can conclusively improve the scientific literature for further studies in regards to GERD.

How to cite this paper: Dr. Aayushi Patel | Dr. Shweta Awati | Dr. Jignesh Patel "Effectiveness of Vanilla in Gastro-Esophageal Reflux Disease: A Case Report" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-5, October 2023, pp.936-941, URL: www.ijtsrd.com/papers/ijtsrd59882.pdf



Copyright © 2023 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



KEYWORDS: GERD, Vanilla, Heartburn, Regurgitation, Homoeopathy, GERDQ score, Case report

INTRODUCTION

The Global prevalence of GERD is around 30% and in India is around 15.6%. In GERD, a person suffers from heartburn and regurgitation multiple times a week which eventually affects one's quality of life. Some amount of reflux a individual experiences often. Where else in GERD the barrier mechanism of Lower esophageal sphincter (LES) fails. The atypical symptoms are chronic cough, Laryngitis, Asthma, Erosion of dental enamel, etc ⁽¹⁾.

The clinical diagnosis is can be done on base of typical symptoms such as heartburn, regurgitation and dysphagia. Regurgitation is effortless backflow of stomach content into esophagus ⁽¹⁾. GerdQ questionnaire is used in primary care to diagnose and evaluate gastro-esophageal reflux disease.

Along with a homoeopathic treatment we must advice some lifestyle and dietary modifications to help improve the overall condition. The symptomatology of GERD is presented in Synthesis repertory. The rubrics related to GERD are given as: STOMACH – HEARTBURN (for heartburn), STOMACH - ERUCTATIONS; TYPE OF – food (for regurgitation), STOMACH – ERUCTATION; TYPE OF (for eructation), STOMACH – ERUCTATION; TYPE - Waterbrash, etc. This repertory is most revised, ultimately consists of all new data of medicines in it. Similimum was chosen while analyzing the case using Synthesis repertory ⁽⁴⁾.

VANILLA AROMATICA:

Master Prover: Louis Klein in 2004

Original habitat: Mexico.

Kingdom - Plant

Parts used: fruit.

Family: Orchidaceae-largest plant family. Vanilla being the only edible fruit.

Synonym: Vanilla Planifolia

Origin: Madagascar



Fig1: Vanilla plantifolia



FlowerFig2: Dried vanilla seed pods

Vanilla is the second most expensive price next to saffron with an compound “vanillin” and is used as pleasant, aromatic and aphrodisiac purposes. Vanilla aromatic is a homoeopathic medicine ⁽²⁾.

Mentals:

Understanding the mental disposition of Vanilla from Jan Scholten's Wonderful Plants book:

- “Sweet, nice, happy, harmony
- Desire: cooking, dinner parties, company, people, fun, play, perfect things, quality, finery, jewelry, earrings.
- Depression, sad, lonely, <frustration, alone; desire to be alone and silent.
- Sexual desire high, aphrodisiac, mannequin, prostitute, whore, sensually enchanted.
- Aversion: work responsibility, procrastination, lazy.

- Religious, meditating: spiritual. Zen, Buddhism
- Time and pace goes slowly or quickly
- Busy, hurry, productive, energetic; ability to multi task. Giving orders, terse,
- Lack of focus, concentration: losing things; absent minded, not sharp, uncoordinated, dropping things: losing way
- Problems contacts, connection, relationships, distant, little contact; marriage short, divorce.
- Desire to clean, organise work efficiently or disorganised, inefficient. Irritable, critical, scolding, cursing: frustration. Cover up, looking nice, superficial, all looks beautiful, underneath it is not nice
- Theme: poems, meditations, blue and orange.”⁽³⁾

CASE REPORT

Presenting complains: A female patient of age 54 years visited OPD on 7th oct 2022. She had complaint of heartburn and regurgitation since 9 months. Heartburn onset is mostly after regurgitation. Regurgitation is infrequent onset in evening and on lying down. Frequency of complaint is 4 to 7 days a week along with duration 30-45 min. Mouth dryness and bad taste.

History of presenting complaints: The patient was well 1 year ago. Since the death of her daughter-in-law she had complaint of heartburn and regurgitation. She had also taken Allopathic treatment but got only temporary relief. Therefore is seeking Homoeopathy for the apparent complaint.

Associating complaint: Back pain in lumbo-sacral region > lying down.

Past history: Hemorrhoids – 3 yrs ago, treated with allopathic medicine.

Family history: Husband – died of DM. Elder son – died in accident.

PERSONAL HISTORY:

Appetite easily sated, *desire* for sweet, *aversion* of sour things- buttermilk, pickle, *sleep* disturbed.

GYNEC/OBS HISTORY:

Menopause

Obstetric history: G4P4A0L4 , FTND –all 4 children.2 boys and 2 girls.

LIFE SPACE:-

The patient was married at the age of 17. She had 2 sons and 2 daughters. Her elder son died very young in an accident. Because of that she was very disturbed and decided to wear only blue or white colors till date. In a few years she realizes, her younger son was

not supportive and often disrespects her. Since then she moved with her elder daughter-in-law and her grandchild in a separate apartment. Irrespective of the scenario, she is pleasant joyful person.

Her daughter- in- law was fairly carrying and on amicable terms, but she died of CKD 1 year ago leaving her with the grandchild. During this period she was the one having taken care of daughter-in-law and all the house chores. She thinks she has to work to please the family in order to gain respect and affection. Hence, she goes out of her way for them and is very energetic. Since this incident, she suffers from anxiety for her grandchild and weeps recalling the past events. She feels better when her daughters comes visits her. She has plans on buying a new

GERDQ SCALE

This scale will be used for assessment of the case ⁽⁶⁾.

house for them after the marriage of her grandchild and passing off her gold jewellery to him. But her younger son is repeatedly asking for it which she has denied him often times.

From last 9 months, the patient is having complaint of Heartburn, regurgitation, mouth dryness and anxiety.

Mental generals: Patient is very active and wants be engaged in work. She is very kind and happy person. She desires to be appreciated. She desire company (+++). She weeps recalling or narrating past events (+++). Plan making (++) . Anxiety for her grandchild (++) . She is talkative and open while case taking.

FINAL DIAGNOSIS:

Gastro- esophageal reflux disease

Symptom	0 days	1 day	2 or 3 days	4 to 7 days
Burning feeling behind the breastbone (heartburn)	0	1	2	3
Stomach contents moving up to the throat or mouth (regurgitation)	0	1	2	3
Pain in the middle of the upper stomach area	3	2	1	0
Nausea	3	2	1	0
Trouble getting a good night's sleep because of heartburn or regurgitation	0	1	2	3
Need for over-the-counter medicine for heartburn or regurgitation (such as Tums, Rolaids, Maalox, or other antacids), in addition to the medicine your doctor prescribed	0	1	2	2

Table1- GERDQ score at start of homoeopathic treatment

The GERDQ score is 15.

Score of Positive predictors: 8

- Frequency score – 5.
- Impact score – 4.

Reportorial Totality:-

1. MIND - AILMENTS FROM - death of loved ones
2. MIND - ANXIETY - children - about his
3. MIND - COMPANY - desire for
4. MIND - LOQUACITY
5. MIND - PLANS - making many plans
6. MIND - WEEPING - past events, thinking of
7. GENERALS - FOOD and DRINKS - sweets - desire
8. GENERALS - FOOD and DRINKS - sour food, acids – aversion
9. SLEEP - DISTURBED
10. STOMACH - HEARTBURN - evening - bed; after going to
11. STOMACH - HEARTBURN - eructations; after
12. STOMACH - ERUCTATIONS; TYPE OF - food
13. MOUTH - DRYNESS
14. MOUTH - TASTE - bad
15. BACK – PAIN – Lying - amel

REPERTORIAL CHART:

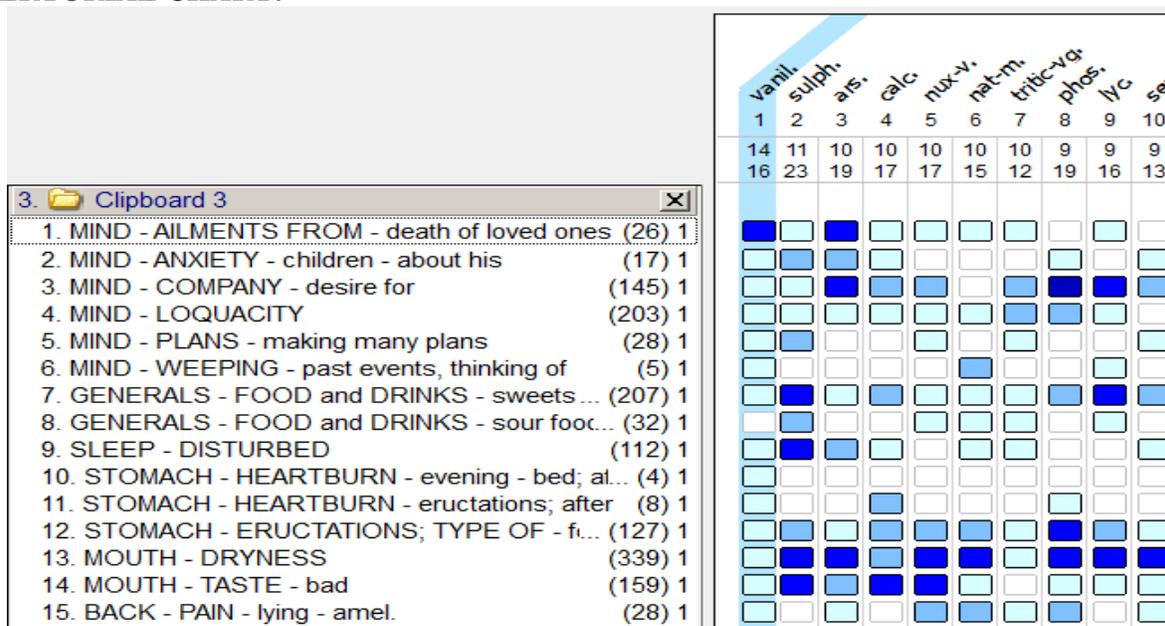


Fig 3: RADAR software, Synthesis repertory (5)

REPERTORIAL FINDINGS:

1. Vanilla –16/14
2. Sulph – 23/11
3. Ars –19/10
4. Calc –17/10
5. Nux vom – 17/10

PRESCRIPTION:

1. Vanilla 200 OD for 7 days.
(3 – 0 – 0)
2. 2. SL BD
(3 – 0 – 0)

Auxiliary Measures:-

1. Practice Yoga and meditation
2. Avoid going to bed just after eating
3. Raising the head of the bed
4. Avoid highly seasoned food, acidic food

Follow up:

Date	Complaint	Prescription
7 Oct 2022	Heartburn after regurgitation < evening in bed, recurrent regurgitation of food, need for overcounter medicines, sleep disturbance, mouth dryness and bad taste. Back pain > lying down	Vanilla 200 OD for 7 days. SL for 1 week
15 Oct 2022	Heartburn is decreased but still no relief in regurgitation, mouth complaints no relief.	Vanilla 1M 3 dose alternate days/week SL for 1 week
23 Oct 2022	Decreased frequency of complaint. Sleep improved.	SL for 1 week
1 Nov 2022	Marked relief in heartburn and regurgitation. Limiting the need for overcounter medicines.	SL for 15 days
15 Nov 2022	Status of the complaint – not much change. Back pain no relief.	Vanilla 1M 3 dose alternate days/week SL for 15 days

28 Nov 2022	Better in all complaints. Marked relief in frequency of complaint. Sleep – sound	SL for 1 month
26 Dec 2022	In general the patient is feeling better in the complaint. Mouth relief in dryness and bad taste.	SL for 15 days
10 Jan 2022	No more episodes of heartburn and regurgitation. Mouth complaints - better	SL for 15 days
28 Jan 2023	Patient having relief all aspect of complaint. Mouth dryness no change. Sulphur prescribed as an intercurrent medicine.	Sulphur 1M 1 dose SL for 15 days
14 Feb 2023	Appetite increased. Mouth dryness relief. Marked improve in back pain.	SL for 15 days
5 Mar 2023	Noticeable advancement in general.	SL for 15 days

Table 1: Follow-up**Before and after treatment Score of GERDQ:**

GERDQ score of positive predictors	BEFORE	AFTER
1. Frequency/ severity score (Q1, Q2)	5	2
2. Impact/ Quality of life score (Q5, Q6)	4	0
TOTAL SCORE	9	2

Table2 – Assessment Score of GERDQ**Modified Naranjo Monarch criteria:**

“Questions	Yes	No	Not sure
1. Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	+2	0	0
2. Did the clinical improvement occur within a plausible timeframe relative to the drug intake?	+1	0	0
3. Was there an initial aggravation of symptoms?	0	0	0
4. Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)?	+1	0	0
5. Did overall well - being improve?	+1	0	0
6. (A) <i>Direction of cure</i> : did some symptoms improve in the opposite order of the development of symptoms of the disease?	-	-	0
6. (B) <i>Direction of cure</i> : did at least two of the following aspects apply to the order of improvement of symptoms: – from organs of more importance to those of less importance? – From deeper to more superficial aspects of the individual? – from the top downwards?	-	-	0
7. Did “old symptoms” (defined as non- seasonal and non - cyclical symptoms that were previously thought to have resolved) reappear temporarily during improvement?	-	-	0
8. Are there alternate causes (other than the medicine) that — with a high probability- could have caused the improvement? (Consider the known course of the disease, other forms of treatment, and other clinically relevant interventions)	-	+1	-
9. Was the health improvement confirmed by any objective evidence?	+2	0	0
10. Did repeat dosing, if conducted, create similar clinical improvement?	+1	0	0
TOTAL SCORE	9		

Table 3 – Modified Naranjo Monarch Criteria ⁽⁷⁾

Positive markers in questions - 1,2,4,5,8,9,10.

Negative markers – none”

DISCUSSION:

GERD has multiple causes in its domain such as obesity, sedentary lifestyle, smoking, citric food, etc. Through this case report we are able to show the psychosomatic aspect such as anxiety, death of loved ones, etc in development of GERD. GERDQ score at beginning of treatment had a eligible score (i.e. >8) of 9 with high frequency and impact rating (Table 1). It was remarkably decreased at the end of the treatment upto 2 along with decrease in frequency, no recurrence of the complaint eventually improving quality of life of patient (Table 2).

GERD is a common complaint seen in the routine clinical practice. The allopathic treatment has open use of PPIs which can cause secondary symptoms like constipation, nausea, headache, etc. Whereas, Homoeopathic treatment provides a holistic approach without any complications. Homoeopathy individualized medicine along with lifestyle modifications was advised, where the patient has found tremendous relief. Hence, the efficacy of Homoeopathic treatment in case of GERD has a high success rate.

In the case report, considering the emotional and particulars along with the help of repertory, a Homoeopathic similimum *Vanilla* was prescribed⁽⁴⁾. There are many rubrics in Synthesis repertory encasing the medicine VANILLA in regards of symptomatology of GERD. Important rubrics which indicate Vanilla in GERD in Synthesis repertory⁽⁵⁾:

- STOMACH - ERUCTATIONS
- STOMACH - ERUCTATIONS; TYPE OF - food
- STOMACH - HEARTBURN
- STOMACH - NAUSEA
- STOMACH - PAIN
- STOMACH - VOMITING
- MOUTH - DRYNESS
- MOUTH - TASTE - bad
- THROAT - DRYNESS
- THROAT - HAWK; disposition to
- THROAT - LUMP; sensation of a
- COUGH - DRY
- COUGH - HACKING
- COUGH - SHORT

To finish off the case, an intercurrent medicine *Sulphur* was prescribed. The commonly indicated medicines for GERD in homoeopathy are *Nux vomica*, *Bryonia*, *Nat mur*, *Carbo veg*, *Iris versicolor* from a study conducted in Ahmedabad⁽⁸⁾.

As per modified Naranjo criteria total score was +9 with positive markers 9 in questions - 1,2,4,5,8,9,10. Negative markers - none. Zero markers in question -

3,6a,6b,7 (Table 3). No aggravations of symptoms were recorded, neither did old symptoms reappeared. The direction of cure was not established. It can be said that clinical advancement of marked was attended using homoeopathic medicine⁽⁷⁾.

CONCLUSION:

Homoeopathic treatment can remarkably manage the case of GERD thereby improving the quality of life. This case report enlightens the effectiveness of a lesser known medicine *Vanilla* in case of GERD. Hence the clinical manifestation and effectiveness for *Vanilla* in GERD is evidently showed to widen the scope of homoeopathy.

REFERENCE:

- [1] Davidson's principles and practice of medicines. 23rd edition. Elsevier; 2018.
- [2] Klein, Louis (2014); Orchids in Homeopathy. Narayana Verlag
- [3] Scholten J, Burdet C. Orchidacea. In: Wonderful plants. Utrecht: Stichting Alonnisos; 2015.
- [4] Schroyens F. synthesis. Repertorium Homeopathicum Syntheticum. 9.1th edition. B. Jain publisher; India; 2011.
- [5] Homeopathy software online: Homeopathic repertory [Internet]. RadarOpus. [cited 2023Apr19]. Available from: <https://www.radaropus.com/>
- [6] Jonasson C, Wernersson B, Hoff DA, Hatlebakk JG. Validation of the GERDQ questionnaire for the diagnosis of gastro-oesophageal reflux disease. *Alimentary Pharmacology & Therapeutics*. 2013;37(5):564–72.
- [7] Lamba CD, Gupta VK, van Haselen R, Rutten L, Mahajan N, Molla AM, et al. Evaluation of the modified naranjo criteria for assessing causal attribution of clinical outcome to homeopathic intervention as presented in case reports. *Homeopathy*. 2020;109(04):191–7.
- [8] Jamdar ZA. The study of homeopathic medicines for treatment in gastroesophageal reflux disease. *global journal for research analysis [internet]*. 2020 mar [cited 2023 jan 4]; 9(3):65–67. available from: <https://www.worldwidejournals.com/global-journal-for-research-analysis-GJRA/article/the-study-of-homeopathic-medicines-for-treatment-in-gastroesophageal-reflux-disease/MTQ0MjU=?is=1&b1=0&k=1>