

Irritable Bowel Syndrome

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IBS

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Irritable bowel syndrome is a chronic problem with varying symptoms, including abdominal pain and bloating, alternating constipation, flatulence, back pain, and fatigue. The cause is not clearly understood; however, since no significant tissue changes in the bowel are evident on medical examination, some speculation indicates that allergies and emotional stress may contribute to this condition. Remedies listed here may help bring some relief in moderate situations. A constitutional remedy prescribed by an experienced practitioner is often the best approach to help the person's system regain its balance.

Colocynthis: This remedy is indicated when cutting pains and cramping occur, making the person bend double or need to lie on their back and press on the abdomen. Cramps may be felt in the area of the pubic bone. Pain is likely to be worse just before the diarrhea passes and after eating fruit or drinking water. Problems tend to be aggravated by emotions, especially if indignation or anger has been freely expressed. Back pain, leg pain, and gall bladder problems are sometimes seen when this remedy is needed.

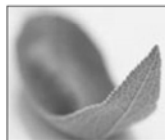
Lycopodium: This remedy is often indicated for people with chronic digestive discomforts and bowel problems. Bloating and a fullness come on early in a meal or shortly after, and a large amount of gas is usually produced. Heartburn and stomach pain are common, and the person may feel better from rubbing the abdomen. Things are typically worse between four and eight p.m. Despite digestive troubles, the person can have a ravenous appetite, and may even get up in the middle of the night to eat. Problems with confidence, a worried facial expression, a craving for sweets, and a preference for warm drinks are other indications for *Lycopodium*.

Nux vomica: Abdominal pains and bowel problems accompanied by tension, constricting sensations, chilliness, and irritability call for a need for this remedy. Soreness in the muscles of the abdominal wall, as well as painful gas and cramps are common. Firm pressure on the abdomen brings some relief. When constipated, the person has an urge to move the bowels, but only small amounts come out. The person may experience a constant feeling of uneasiness in the rectum. After diarrhea has passed, the pain may be eased for a little while. A person who needs this remedy often craves strong spicy foods, alcohol, tobacco, coffee, and other stimulants—and usually feels worse without having them.

Podophyllum: This remedy is indicated when abdominal pain and cramping with a gurgling, sinking, empty feeling are followed by offensive-smelling diarrhea—alternating with constipation, or pasty yellow bowel movements containing mucus. Things tend to be worse in the very early morning, and the person may feel weak and faint or have a headache afterward. Rubbing the abdomen (especially on the right) may help relieve discomfort. A person who needs this remedy may also experience stiffness in the joints and muscles.

Sulphur: This remedy is often indicated when a sudden urge toward diarrhea wakes the person early in the morning (typically 1-3 a.m.) and makes them hurry to the bathroom. Diarrhea can come on several times a day. The person may, at other times, be constipated and have gas with an offensive and pervasive smell. Oozing around the rectum, as well as itching, burning, and red irritation may also be experienced. A person who needs this remedy may tend to have poor posture and back pain, and feel worse from standing up too long.

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For more information contact:

Trina Bell DSHM HD Rhom
Homeopathic Practitioner
647-986-WELL (9355)
healing@trinabell.com
www.trinabell.com