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RESEARCH ARTICLE

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HOMOEOPATHIC PERSPECTIVE IN ULCERATIVE COLITIS (UC)

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ABSTRACT

Homoeopathic management in Ulcerative Colitis.

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INTRODUCTION

Ulcerative Colitis (UC) is a chronic inflammatory bowel disease (IBD) characterized by inflammation and ulceration of the mucosal lining of the colon and rectum. It commonly presents with symptoms such as bloody diarrhea, abdominal cramps, urgency, tenesmus, and fatigue. UC is known for its relapsing and remitting course, with periods of flare-ups and remission. From the homoeopathic perspective, UC is not merely a local disease of the intestine but a manifestation of deep-seated constitutional disturbance, often linked with miasmatic influences, emotional stress, lifestyle factors, and suppressed ailments.

Ulcerative Colitis – Modern Medical Overview

Definition: Ulcerative colitis is a chronic inflammatory disorder affecting the large intestine, usually beginning in the rectum and extending proximally in a continuous manner.

Etiology: The exact cause is unknown, but contributing factors include:

- Genetic predisposition
- Autoimmune response
- Altered gut microbiome
- Environmental triggers
- Psychological stress
- Clinical Features

- Common symptoms include:
- Frequent loose stools with blood and mucus
- Lower abdominal pain and cramps
- Tenesmus (constant urge to pass stool)
- Weight loss
- Loss of appetite
- Fever during severe attacks
- Fatigue and anemia

Complications

- Severe bleeding
- Toxic megacolon
- Perforation
- Colon cancer risk (in long-standing cases)
- Extra-intestinal manifestations (arthritis, skin lesions, eye inflammation)

Homoeopathic Perspective of Ulcerative Colitis: Homoeopathy considers ulcerative colitis as a disease arising from a constitutional imbalance affecting the vital force, with the intestine being the target organ.

UC as a Constitutional Disease: Homoeopathy believes that chronic diseases such as UC develop due to:

- Chronic miasmatic influences
- Suppression of skin eruptions or discharges
- Emotional disturbances such as grief, anxiety, anger, fear

- Faulty diet and lifestyle

Thus, UC is not treated as only bowel inflammation but as an expression of a deeper internal disorder.

Miasmatic Interpretation of Ulcerative Colitis: According to Hahnemann, chronic diseases are based on miasms. UC is considered a mixed miasmatic disease, mainly involving:

1. Psoric Miasm

- Functional disturbances
- Irritable bowel tendencies
- Anxiety, hypersensitivity
- Alternating constipation and diarrhea

2. Syphilitic Miasm

- Ulceration and destruction of tissues
- Bleeding stools
- Severe inflammation leading to complications
- Deep weakness and emaciation

3. Sycosis Miasm

- Overgrowth and infiltration
- Thick mucous discharge
- Chronic inflammatory tendencies
- Recurrence of symptoms

Ulcerative colitis is predominantly a Psoro-syphilitic condition, often complicated with sycotic elements.

Role of Suppression in UC: Homoeopathy strongly emphasizes that chronic intestinal diseases may follow suppression such as:

- Suppressed hemorrhoids
- Suppressed skin diseases (eczema, scabies)
- Prolonged use of antibiotics or steroids
- Suppressed diarrhea with strong medicines
- Emotional suppression (long-standing grief or anger)

These suppressions may drive the disease inward, affecting the colon and leading to chronic ulceration.

Homoeopathic Case Taking in UC: Homoeopathic management depends on detailed individualization. A physician must consider:

Mental and Emotional Symptoms

Anxiety, fear, depression
Irritability
Grief, disappointment
Anger, suppressed emotions

Physical General Symptoms

Appetite, thirst, cravings
Thermal reaction (hot/cold patient)
Sleep pattern
Weakness and fatigue

Particular Symptoms (Stool and Rectal Features)

Nature of stool: watery, bloody, mucous
Frequency and urgency
Tenesmus and pain
Modalities: better/worse by food, night, motion, etc.

Past History

Skin diseases
Recurrent infections

Drug history (steroids, antibiotics)
Family history of autoimmune diseases

Anti-miasmatic remedies (chronic background)

Important Homoeopathic Remedies in Ulcerative Colitis

1. Mercurius Corrosivus

Indications:
Severe bloody stools with mucus
Intense tenesmus (constant urging)
Cutting pain in rectum
Stool passed in small quantity frequently
Great weakness after stool

Keynote: Tenesmus with blood and mucus.

2. Aloe Socotrina

Indications:
Sudden urge to stool immediately after eating
Stool with mucus, sometimes blood
Sensation of insecurity of anus (fear stool will escape)
Burning in rectum
Worse in morning

Keynote: Urgency and weakness of sphincter.

3. Podophyllum

Indications:
Profuse watery stools, offensive
Gushing diarrhea, worse early morning
Weakness and dehydration
Alternating constipation and diarrhea
Often in children but useful in adults

Keynote: Painless gushing diarrhea.

4. Nux Vomica

Indications:
UC aggravated by stress, sedentary lifestyle, spicy food
Frequent urging with incomplete stool
Constipation alternating with diarrhea
Irritability and hypersensitivity
Worse early morning

Keynote: Tenesmus with irritable temperament.

5. Arsenicum Album

Indications:
Bloody stools with burning pain
Great restlessness and anxiety
Weakness out of proportion to stool loss
Thirst for small sips frequently
Worse after midnight

Keynote: Anxiety + burning + weakness.

6. Phosphorus

Indications:
Profuse bleeding per rectum
Weakness and anemia
Desire for cold drinks, ice cream
Burning sensation in abdomen
Sensitive, emotional personality

Keynote: Bleeding and exhaustion.

7. Sulphur

Indications:
Chronic cases with burning in rectum
Offensive stools
History of suppressed skin eruptions
Heat sensation, worse at night
Early morning diarrhea

Keynote: Psoric base remedy.

8. Natrum Muriaticum

Indications:

UC after grief, emotional stress
 Constipation alternating with diarrhea
 Blood and mucus in stool
 Craving for salt
 Reserved, introverted patient

Keynote: Grief-related chronic bowel disease.

9. China Officinalis

Indications:

Great weakness from blood loss and diarrhea
 Distended abdomen with gas
 Painless diarrhea
 Anemia and exhaustion

Keynote: Debility from fluid loss.

10. Colchicum

Indications:

Bloody mucus stools
 Severe colicky pains
 Worse from smell of food
 Nausea and vomiting may be present

Keynote: Intestinal inflammation with nausea.

Constitutional and Anti-Miasmatic Treatment

Homoeopathic management of UC should include deeper acting remedies such as:

- Tuberculinum (for recurrent relapsing tendency)
- Medorrhinum (sycotic background, mucus, chronicity)
- Syphilinum (ulceration, destructive changes)
- Psorinum (deep psoric weakness, recurrent flares)

These remedies are prescribed only after proper case analysis.

Scope of Homoeopathy in Ulcerative Colitis

Homoeopathy can help in:

- Reducing frequency and severity of flare-ups
- Improving appetite and digestion
- Decreasing bleeding and mucus discharge
- Enhancing energy levels and immunity
- Achieving longer remission periods
- Reducing dependence on steroids

Limitations and Precautions

Homoeopathy is supportive and constitutional, but:

- Severe acute flare-ups may require emergency care.
- Toxic megacolon, perforation, severe dehydration need immediate hospitalization.
- Steroids should never be stopped suddenly without physician guidance.
